

# Quick Care

Digital Healthcare Platform

Dr. Moazzam Ali

Psychology

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Patient Name	Age / Gender	Date Issued	Prescription ID
Burhan Ahmad	19 Y / Male	04 Mar 2026	#00003

Chief Complaints

persistant sadness

Primary Diagnosis

Diagnosed Condition

Major Depressive Disorder (MDD)

Rx

Prescribed Medicines

#	Medicine	Dosage	Frequency	Duration
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1

Escitalopram (or Lexapro)

10mg

1 tablet daily

30 days

**Note:** Take in the morning after breakfast. May cause mild nausea for the first few days.

2

Melatonin

3mg

1 tablet at night

14 Days

**Note:** Take 30 minutes before bedtime if experiencing severe difficulty sleeping.

Doctor's Advice & Instructions

- Engage in at least 30 minutes of light exercise daily (e.g., a brisk walk).
  - Try to maintain a consistent sleep schedule (aiming for 7-8 hours per night).
  - Avoid alcohol and excessive caffeine as they can worsen mood and sleep.
  - Please schedule a follow-up appointment in 2 weeks to monitor your progress and check for any medication side effects.
- Note: If you experience any severe worsening of your mood, please reach out to emergency services immediately.

Dr. Moazzam Ali

Digital Signature