

**Asunto:** Memorandum From the Physician to the President

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THE WHITE HOUSE  
WASHINGTON

**FOR IMMEDIATE RELEASE**

05/29/26

**Memorandum From the Physician to the President**



PHYSICIAN TO THE PRESIDENT  
THE WHITE HOUSE

May 29, 2026

MEMORANDUM

TO: KAROLINE LEAVITT  
WHITE HOUSE PRESS SECRETARY

FROM: CAPT SEAN P. BARBABELLA, D.O., MC, USN  
PHYSICIAN TO THE PRESIDENT

A handwritten signature in black ink, appearing to read "S. Barbabella D.O.", written over the printed name.

SUBJECT: PRESIDENT DONALD J. TRUMP'S ANNUAL PHYSICAL EXAMINATION  
RESULTS

On May 26, 2026, President Donald J. Trump underwent his annual medical examination at Walter Reed National Military Medical Center. This comprehensive preventive evaluation included a thorough review of all diagnostic studies and laboratory testing conducted over the past year, as well as consultations with twenty-two specialty providers from multiple academic institutions. All aspects of the assessment were performed in accordance with U.S. Preventive Services Task Force recommendations. The President has authorized the public release of these findings.

VITAL STATISTICS:

- Age: 79 years
- Height: 75 inches
- Weight: 238 pounds
- Resting Heart Rate: 73 beats per minute
- Blood Pressure: 105/71 mmHg
- Pulse Oximetry: 98 % on room air
- Temperature: 98.7 °F

ANNUAL PHYSICAL EXAMINATION AND DIAGNOSTIC SUMMARY:

- **Eyes:** Visual acuity, visual fields, and intraocular pressure were within normal limits. Dilated funduscopic examination was normal.
- **Head/Ears/Nose/Throat:** Examination was normal, except for scarring of the right ear consistent with prior gunshot injury. Hearing is intact. Teeth are in very good condition.
- **Neck:** The thyroid and lymph nodes were normal. An ultrasound of the carotid arteries showed normal results.
- **Pulmonary:** Lungs were clear to auscultation bilaterally, and computed tomography angiography of the chest demonstrated no abnormalities.



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- **Cardiac:** Coronary CT angiography demonstrated no arterial obstruction or structural abnormalities of the heart or major vessels. In addition, AI-enhanced electrocardiogram (ECG) analysis estimated his cardiac age, an established measure of cardiovascular vitality, to be approximately 14 years younger than his chronological age. Additional testing, including an echocardiogram, showed no abnormalities. Cardiac chambers and valves are normal with a preserved ejection fraction. Cardiac examination revealed a regular rate and rhythm with normal heart sounds. Overall, cardiac function is normal, and circulation to the extremities remains intact.
- **Gastrointestinal/Abdominal:** Abdominal examination was normal.
- **Genitourinary:** Examination was normal.
- **Extremities/Musculoskeletal:** Slight lower leg swelling was noted, with improvement from last year.
- **Neurological:** A comprehensive neurological examination demonstrated normal mental status, intact cranial nerves, normal motor strength, sensation, reflexes, gait, and balance. He also completed the Patient Health Questionnaire-9 (PHQ-9) and Generalized Anxiety Disorder-7 (GAD-7) screenings for depression and anxiety which was normal. Cognitive function, assessed with the Montreal Cognitive Assessment (MoCA), was within normal limits with a score of 30 out of 30.
- **Dermatologic:** Examination of the dorsal hands revealed ecchymosis (bruising), consistent with minor soft tissue irritation related to frequent handshaking in the setting of aspirin use for cardiovascular prevention. This represents a common and benign effect of aspirin therapy. No suspicious lesions or concerning growths identified.

LABORATORY RESULTS (Normal Values Included): Comprehensive laboratory evaluation, including complete blood count, comprehensive metabolic panel, coagulation profile, D-dimer, B- type natriuretic peptide, and cardiac biomarkers remain within normal limits.

- **Lipid Panel:**
  - Total Cholesterol: 143 mg/dL (Optimal <200 mg/dL)
  - Triglycerides: 104 mg/dL (Normal <150 mg/dL)
  - HDL ("Good" cholesterol): 70 mg/dL (Desirable >40 mg/dL)
  - LDL ("Bad" cholesterol): 53 mg/dL (Optimal <100 mg/dL)
- **Complete Blood Count:**
  - White Blood Cells: 4.9 K/ $\mu$ L (Normal: 4.0-11.0 K/ $\mu$ L)
  - Hemoglobin: 14.0 (13.2-16.5)
  - Hematocrit: 40 (39.7-50.3)
  - Platelets: 202 K/ $\mu$ L (Normal: 150-450 K/ $\mu$ L)
- **Cardiac:**
  - ProBNP: 56 (Normal: 0-450)
  - High Sensitivity CRP: 1.05 mg/L (Normal: 0.0 – 3.0 mg/L)



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- **Additional Labs:**
  - Glucose (fasting): 83.2 mg/dL (Normal: 70-99 mg/dL)
  - Hemoglobin A1c: 5.3 (Normal: 4.0-5.6)
  - Homocysteine: 14.6 (0-19.9)
  - BUN: 20 mg/dL (Normal: 8-23 mg/dL)
  - Creatinine: 0.83 mg/dL (Normal: 0.74-1.35 mg/dL)
  - ALT: 29 U/L (Normal: 7-56 U/L)
  - AST: 26 U/L (Normal: 10-40 U/L)
  - Vitamin B12: 355 pg/mL (Normal: 200-900 pg/mL)
  - Vitamin D: 45 (Normal 30-100)
  - PSA: 1.0 ng/mL (Normal: <4.0 ng/mL)
  - TSH: 2.270  $\mu$ IU/mL (Normal: 0.4-4.0  $\mu$ IU/mL)

SOCIAL HISTORY:

- Lifelong abstinence from tobacco and alcohol

CURRENT MEDICATIONS:

- Rosuvastatin (cholesterol control)
- Ezetimibe (cholesterol control)
- Aspirin (cardiac prevention)

PREVENTIVE CARE: The President remains up to date on all appropriate preventive screenings and immunizations. Routine cancer screenings, cardiovascular risk assessment, and metabolic evaluations are current and within recommended intervals. Preventive counseling was provided, including guidance on diet, recommendation to take a low-dose aspirin, increased physical activity, and continued weight loss.

**SUMMARY:** President Trump remains in excellent health, demonstrating strong cardiac, pulmonary, neurological, and overall physical function. His demanding daily schedule, including multiple high-level meetings, public engagements, and regular physical activity, continues to support his overall well-being. Cognitive and physical performance are excellent. He is fully fit to carry out all duties of the Commander-in-Chief and Head of State.

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