

White House Military Office
The White House
Washington D.C. 20502

October 12, 2024

MEMORANDUM FOR KIRSTEN N. ALLEN
 DEPUTY ASSISTANT TO THE PRESIDENT AND
 COMMUNICATIONS DIRECTOR FOR THE VICE
 PRESIDENT

FROM: JOSHUA R. SIMMONS, M.D., FAAEM
 PHYSICIAN TO THE VICE PRESIDENT

SUBJECT: Healthcare Statement

The following is a summary of the current health status and medical history of Vice President Kamala D. Harris. I have been her primary care physician for the last three and a half years since the start of the current administration. She completed her most recent annual physical exam during the month of April 2024. I performed and supervised the exam with the appropriate specialty consultations and diagnostic testing.

With Vice President Harris' consent, I release the following health information:

Vice President Harris is a healthy 59-year-old female who has a medical history notable for seasonal allergies and urticaria. Her allergic symptoms primarily consist of allergic rhinitis and allergic conjunctivitis and have previously been well-managed with over-the-counter and prescription medications such as Allegra (fexofenadine), Atrovent (ipratropium bromide) nasal spray and Pataday (olopatadine) eye drops. The urticaria are sporadic and transient and do not seem to be triggered by any particular exposure nor are they associated with other symptoms. The urticaria also have responded very well to antihistamine therapy (Allegra). The patient has been on allergen immunotherapy (AIT) for the past three years. As a result, her allergy symptoms and urticaria have improved dramatically to the point that she has had not needed any medication for management of these symptoms apart from occasional nasal Atrovent for rhinitis. Notably, she has never experienced severe symptoms, angioedema, or anaphylaxis.

Vice President Harris has mild myopia (nearsightedness). She wears corrective contact lenses with resultant 20/20 vision. She is able to read comfortably without contacts or glasses.

Vice President Harris' family history is notable for a maternal history of colon cancer. She has no personal history of diabetes, high blood pressure, high cholesterol, cardiac disease, pulmonary

disease, neurological disorders, cancer or osteoporosis. Her only surgery was a laparotomy with an incidental appendectomy for intussusception at age three.

Vice President Harris is up to date on all preventive care recommendations, including colonoscopy and annual mammograms. She is taking vitamin D3 supplementation for skeletal health. She is at low risk for atherosclerotic cardiovascular disease.

Vice President Harris maintains a healthy, active lifestyle despite her busy schedule, including vigorous daily aerobic exercise and core strength training. She eats a very healthy diet. She does not use tobacco products and drinks only occasionally and in moderation. Routine immunizations are all up to date.

Her most recent physical exam in April 2024 was unremarkable. Her vital signs showed a blood pressure of 128/74 mmHg, heart rate of 78 beats per minute, pulse oximetry of 100% on room air with a respiratory rate of 16 breaths per minute and temperature of 98.7 °F. Head, eyes, ears, nose and pharynx are normal. Uncorrected visual acuity is 20/40 (right) 20/25 (left) 20/30 (both). Corrected visual acuity is 20/20 (right) 20/20 (left) 20/20 (both). There is no lymphadenopathy noted and the thyroid exam is normal. No carotid bruits noted. Lungs are clear to auscultation. Cardiac exam is normal with a regular rate and rhythm, no murmurs or abnormal heart sounds and normal extremity pulses. Abdominal exam is normal with no liver or spleen enlargement. Extremities have a full range of motion with symmetric strength and reflexes. Examinations of the cranial nerves, motor, sensory and cerebellar function are normal. Skin exam is normal apart from mild sun damage in sun-exposed areas.

Routine bloodwork is unremarkable, including blood counts, glucose, electrolytes, creatinine, blood urea nitrogen, estimated glomerular filtration rate, liver enzymes, cholesterol panel and thyroid panel. Vitamin B12 and Folate levels are within normal limits. Vitamin D is in the insufficient range at 22.2 ng/mL. Electrocardiogram (ECG) revealed normal sinus rhythm and is otherwise unremarkable.

In summary, Vice President Harris remains in excellent health. She possesses the physical and mental resiliency required to successfully execute the duties of the Presidency, to include those as Chief Executive, Head of State and Commander in Chief.

Respectfully submitted,

A handwritten signature in blue ink, appearing to read 'JRS', with a stylized flourish extending to the right.

Joshua R. Simmons, M.D., FAAEM
Colonel, U.S. Army
Physician to the Vice President