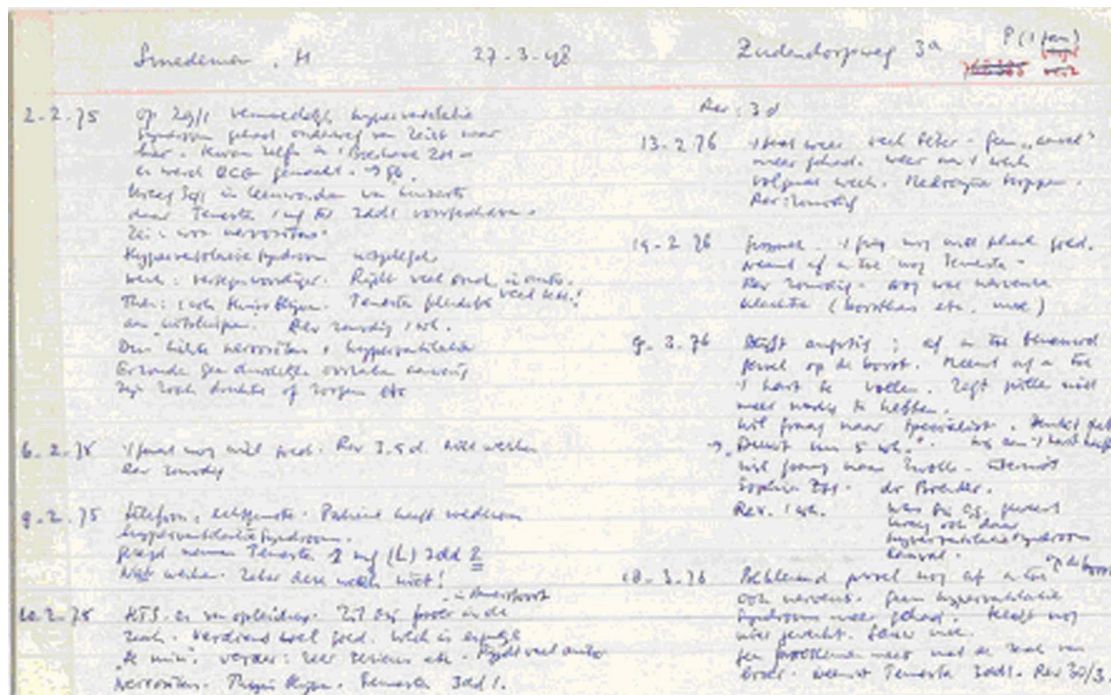




Based on the image provided, this is a handwritten medical record card (typical of a General Practitioner/Huisarts in the Netherlands) for a patient named **H. Smedema**.

The handwriting is quite "doctor-style" (cursive and hurried), but I have transcribed the legible parts below, organized by the columns on the card.

Header Information

- **Name:** Smedema, H.
- **Date of Birth:** 27-3-48 (March 27, 1948)
- **Address:** Zuiderdorpweg 3a (Likely in a Dutch town)

Left Column (1975)

2.2.75 (Feb 2, 1975)

- **Note:** "Op 29/1 vermoedelijk hyperventilatie syndroom gehad onderweg van Zeist naar hier." (On Jan 29 presumably had hyperventilation syndrome on the way from Zeist to here.)
- **Note:** "Kwam zelfs in 't Beatrix ZH [Ziekenhuis] – er werd ECG gemaakt -> gb [geen bijzonderheden]." (Even ended up in the Beatrix Hospital – an ECG was made -> no abnormalities.)
- **Note:** "Vroeg Zelf in Leeuwarden [unclear] huisarts daar Temesta 1 mg tab." (Asked [unclear] GP in Leeuwarden himself for Temesta 1mg tablets there.)
- **Note:** "Zei: was overstuur." (Said: was upset.)
- **Diagnosis:** "Hyperventilatie syndroom uitgelegd." (Hyperventilation syndrome explained.)
- **Social/Work:** "Werk: vertegenwoordiger. Rijdt veel snel in auto." (Work: sales representative. Drives fast in the car often.)
- **Advice:** "Thuis: toch rustig blijven. Temesta flexibel... af en uitsluipen." (At home: remain calm regardless. Temesta flexible... wean off.)

- **Vitals:** "RR [Blood Pressure]: rustig 145..." (*BP: calm 145...*)
- **Observation:** "Dhr trilde vanmorgen + hyperventilatie. Gezonde, geen duidelijke oorzaken aanwezig. Zijn toch drukte of zorgen etc." (*Mr. was shaking this morning + hyperventilation. Healthy, no clear causes present. Is definitely busyness or worries etc.*)

6.2.75 (Feb 6, 1975)

- **Note:** "'t Gaat nog niet goed. Rev [Revisie] 3.5 d. Wil werken." (*It's not going well yet. Review in 3-5 days. Wants to work.*)
- **Vitals:** "RR rustig." (*Blood pressure calm.*)

9.2.75 (Feb 9, 1975)

- **Note:** "Telefoon: echtgenote. Patiënt heeft wederom hyperventilatie syndroom." (*Telephone: wife. Patient has hyperventilation syndrome again.*)
- **Rx (Prescription):** "Moest nemen Temesta 1 mg (L) 3dd ?" (*Had to take Temesta 1mg... 3 times a day?*)
- **Advice:** "Niet werken. Zeker deze week niet!" (*Do not work. Certainly not this week!*)

10.2.75 (Feb 10, 1975)

- **Note:** "H.T.S. [Higher Technical School] en vooropleiding. Zit erg [groots/vast?] in de zaak." (*H.T.S. and prior education. Is very deeply involved in the business.*)
- **Note:** "Verdient wel goed. Werk is erg jachtig." (*Earns well. Work is very hectic.*)
- **Note:** "[30 min?] voren: weer nerveus etc - Rijdt veel auto." (*...before: nervous again etc - Drives car a lot.*)
- **Diagnosis:** "Neurotisch. Tegen Roken." (*Neurotic. Against smoking.*)
- **Rx:** "Temesta 3dd 1." (*Temesta 3 times a day 1 tablet.*)

Right Column (1976)

13.2.76 (Feb 13, 1976)

- **Note:** "Gaat weer veel beter - geen 'aanval' meer gehad." (*Going much better again - haven't had an 'attack' anymore.*)
- **Plan:** "Weer aan 't werk volgende week." (*Back to work next week.*)
- **Rx:** "Medicijnen stoppen." (*Stop medicines.*)
- **Follow-up:** "Rev: zonodig." (*Review: if necessary.*)

19.2.76 (Feb 19, 1976)

- **Note:** "Jammer - 1 dag nog niet geheel goed." (*Pity - 1 day not entirely good yet.*)
- **Note:** "Neemt af & toe nog Temesta." (*Takes Temesta now and then.*)
- **Note:** "Rev zonodig - [oorzaak?] was nerveuze klachten (borstkas etc, moe)." (*Review if necessary - cause was nervous complaints (chest etc, tired).*)

9.3.76 (March 9, 1976)

- **Symptoms:** "Blijft angstig; of in een trommel. Gevoel op de borst." (*Remains anxious; [feels] like being in a drum. Feeling on the chest.*)
- **Symptoms:** "Neemt af en toe 't hart te voelen." (*Sometimes feels the heart/palpitations.*)
- **Note:** "Zegt pillen niet meer nodig te hebben." (*Says he doesn't need pills anymore.*)
- **Request:** "Wil graag naar specialist. Denkt dat hij aan 't hart heeft." (*Wants to see a specialist. Thinks he has a heart condition.*)

- **Referral:** "Wil graag naar Zwolle - internist Sophia Zks - dr. [Breuder/Brander?]." (*Wants to go to Zwolle - internist Sophia Hospital - Dr. [Name].*)
- **Note (Side):** "Was bij C.S. [Cardioloog?] ... kreeg ook daar hyperventilatie syndroom vermeld." (*Was at the cardiologist? ... was told there too it was hyperventilation syndrome.*)
- **Plan:** "Rev. 14 d." (*Review in 14 days.*)

18.3.76 (March 18, 1976)

- **Status:** "Sukkelend, gevoel nog af en toe op de borst." (*Struggling along, feeling on chest still now and then.*)
- **Diagnosis:** "Ook nerveus. Geen hyperventilatie syndroom meer gehad." (*Also nervous. Has not had hyperventilation syndrome anymore.*)
- **Work:** "Heeft nog niet gewerkt. Beter mee." (*Hasn't worked yet. Better that way.*)
- **Plan:** "Kan proberen weer met de zaak van start. Wel niet Temesta 3dd1." (*Can try to start with the business again. Probably not Temesta 3x daily.*)
- **Follow-up:** "Rev 30/3." (*Review March 30th.*)

Summary of Context

This patient (a sales representative who drives a lot) suffered from **Hyperventilation Syndrome** caused by stress/work ("jachtig" = hectic/rushed). He was treated with **Temesta** (Lorazepam, an anti-anxiety medication). He frequently worried he had a heart condition despite normal ECGs, eventually requesting a referral to a specialist in Zwolle (Sophia Hospital) for reassurance.

Real reason I found out much later after 2000 when my memories slowly came back:

My wife was submissive to rapist Jan van Beek from the torture into a sex-slave with an extra emotional personality, and was ordered to give her husband secretly a daily dose of Ketamine. So the first years of my career with an IQ of 135 (gifted) tested around 1983, I was severely handicapped without knowing this myself. Only in Drachten after 10 years or so she stopped doing this which jumped my career immensely.

In 2025 I was able to prove that she has an extra emotional personality which can be easily triggered.

This 1975 event came after the Family and Omerta found out the child born on Jan 15th, 1975 was not from Hans Smedema, which caused panic with Joris Demmink who ordered my murder. This failed because a woman warned police in Motel Bennik, Zeist just in time. Police found a deadly drug in my glass, which caused heart problems and visited Boerhaave Hospital emergency. Who refused to mention this to the police. Too much administrative work.