

MUTUAL OFFICE

Medical Content Review

Portfolio Demonstration | Physician-Led Healthcare Content Review

This demonstration illustrates our approach to reviewing healthcare content for clinical accuracy, safety, clarity, and evidence alignment.

Sample Topic: High Blood Pressure

AI-Generated Draft	Physician Review
“High blood pressure usually causes headaches and other symptoms, so you can often tell when your blood pressure is high. A reading of 140/90 mmHg means you have hypertension. Most people can control high blood pressure by reducing salt, exercising, and taking medicine if needed.”	Key issues: The wording overstates symptoms, treats one reading as diagnostic, and gives a broad treatment statement without explaining that management depends on repeated measurements, overall cardiovascular risk, comorbidities, and the applicable guideline.

Revised Patient-Facing Version

High blood pressure often has no noticeable symptoms. A diagnosis should not be based on a single reading alone; blood pressure is assessed using appropriate, repeated measurements and clinical context. Healthy eating, reducing excess sodium, regular physical activity, maintaining a healthy weight, avoiding tobacco, and limiting alcohol can help lower cardiovascular risk. Some people also need medication, depending on their blood pressure, cardiovascular risk, and other health conditions.

What the Physician Reviewer Checked

- **Clinical accuracy:** Corrected the misleading suggestion that symptoms reliably indicate hypertension.
- **Diagnostic language:** Removed the implication that one reading automatically establishes a diagnosis.
- **Safety:** Avoided wording that could discourage appropriate professional assessment.
- **Evidence alignment:** Checked the content against contemporary hypertension guidance.
- **Patient communication:** Replaced absolute language with clear, understandable wording.

Reviewer Conclusion

Recommendation: Revise before publication.

The content can be made suitable for general health education after clinical review, evidence checking, and appropriate editing.

Mutual Office | Medical Writing • Medical Review • Healthcare AI Content Review
Physician-led healthcare content services by Dr. Zahid Iqbal, MBBS, MBA, CHQP.

Portfolio Demonstration — This example illustrates our medical content review methodology and is provided to demonstrate professional capability.

Evidence sources: World Health Organization, Hypertension Fact Sheet (25 Sep 2025); American Heart Association, 2025 High Blood Pressure Guideline.