

# Trump is ‘fully fit’ for duty, his doctor says

*The 78-year-old president, the oldest to ever be sworn in, “exhibits excellent cognitive and physical health,” according to a report from his physician, Sean Barbabella.*

**By Dan Diamond, Justine McDaniel, Michael Birnbaum and Cat Zakrzewski**  
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President Donald Trump’s physician pronounced him “fully fit” to execute the duties of the presidency, according to a memo released by the White House on Sunday.

The 78-year-old president “exhibits excellent cognitive and physical health,” Sean Barbabella, the physician to the president, wrote in a memo shared with reporters.

Trump underwent the first physical exam of his second presidency at Walter Reed National Military Medical Center on Friday. It included a neurological exam, bloodwork, an electrocardiogram, an abdominal ultrasound and a psychological examination, according to the report, which was prepared in consultation with 14 specialists.

As part of the neurological exam, Trump completed all 30 questions on the [Montreal Cognitive Assessment](#), or MoCA, which is often used to test cognitive function in older adults, Barbabella said. Trump also completed screenings for anxiety and depression and had no abnormalities with his mental status, gait or other functions, the doctor reported. His vaccinations are also up-to-date.

The report also contains a Trumpian flourish: Barbabella invoked Trump’s “frequent victories in golf events” as proof of the president’s active lifestyle. Trump, a lifelong golfer, has spent nearly one-third of his 83 days as president [visiting his golf courses](#).

Trump — who spent three nights at Walter Reed in October 2020 as he dealt with a serious coronavirus infection — is the oldest person to be sworn in as U.S. president. Trump was a few months older than his predecessor, Joe Biden, was at the time of his inauguration. Biden was also sworn in at 78 and faced [mounting questions](#) last year about his [continued fitness](#) to serve as the nation's commander in chief.

“Overall I felt I was in very good shape. Good heart. A good soul. Very good soul,” Trump told reporters on Air Force One on Friday, hours after his physical. “I took — I wanted to be a little different than Biden. I took a cognitive test. I don't know what to tell you other than I got every answer right.”

Beforehand, he had posted on his social media site, “I have never felt better, but nevertheless, these things must be done!”

Trump is 224 pounds, the report said, down 24 pounds from the last presidential physical exam conducted in 2020, during his first term. The report noted that a previously unreported July 2024 colonoscopy found [diverticulosis](#) — a condition where small pouches develop in the digestive tract that is common in older adults — and a [benign polyp](#).

A gastroenterologist recommended a follow-up colonoscopy in three years, which would mean that Trump would need to be briefly sedated and have to decide whether to transfer presidential power. Biden [transferred power](#) to his vice president, Kamala Harris, for about 85 minutes while he underwent a colonoscopy in 2021.

Trump also has scarring on his right ear from the July assassination attempt in Butler, Pennsylvania, the report said. And he has had cataract surgery in both eyes, although the report didn't say when.

During Trump's first term, Democrats repeatedly questioned his health and fitness, arguing that the president's behavior prompted the need for additional safeguards. In October 2020, House Speaker Nancy Pelosi (D-California) said Trump was in an “altered state” as he received treatment for his coronavirus infection and subsequently [called for an independent commission](#) to assess future presidents' health.

Presidents do not have to undergo exams or reveal medical information to the public. The amount of information shared by past presidents has varied. [Questions arose](#) about Biden's health — which his doctor had [given high marks](#) — after his June 2024 debate performance, in which he tripped over his words. Biden [repeatedly dismissed](#) the need for a cognitive exam, saying his physician never recommended that he take one.

But Trump's first campaign and term were marked by notable episodes of secrecy — including the revelation that he had dictated a 2015 [letter](#) released by his doctor, Harold Bornstein, that said he “will be the healthiest individual ever elected to the presidency.”

Medical exams released by the White House found that Trump had elevated cholesterol and weight during his first term, which are risk factors for cardiovascular disease, heart attack, stroke, diabetes and high blood pressure.

Trump also frequently relied on his physicians to offer sweeping endorsements of his health, including during his most recent presidential campaign, while he attacked Biden's fitness. A doctor who belonged to Trump's New Jersey golf club [said in November 2023](#) that Trump had excellent health and “exceptional” cognitive exam results and did not need to release an additional medical report before the 2024 election.

In July 2024, a week after Trump was slightly wounded in the Pennsylvania assassination attempt, he [shared a letter](#) from Rep. Ronny Jackson (R-Texas), who served as a White House physician during Trump's first term. Jackson said Trump sustained a wound to his right ear, but he did not provide information about Trump's general health.

Trump has frequently publicized one element of his medical checkups: He has [repeatedly bragged](#) about his past performance on the MoCA, a widely used cognitive test, offering it as evidence of his fitness for the presidency while mocking rivals.

Questions arose about Trump's mental fitness in 2017 after he slurred his words during a public appearance, and a subsequent [2018 physical](#) conducted by Jackson was so pristine that it drew scrutiny. Jackson said that Trump scored perfectly on a cognitive test and that he had no sign of heart disease and an

above-average exercise capacity despite elevated cholesterol and weight. Asked about it, Jackson said Trump “has incredibly good genes.”

A [controversy over Trump’s health records](#) unfolded a few months later after it was reported that his bodyguard and lawyer seized his medical records from his former doctor in February 2017. In 2019, Trump drew [more speculation](#) about his health after a medical visit was kept secret for two days before a doctor said it was a routine checkup.

In October 2020, Trump contracted the coronavirus, [hid the positive test](#) from health officials and the public for a week while he continued to campaign, and then came down with a [far more serious](#) case than the White House acknowledged at the time.

*Maegan Vazquez contributed to this report.*