

Patient Information:

- **Name:** Sarah Adams
- **Date of Birth:** 1990-09-12
- **Gender:** Female
- **Address:** 234 Elm St, Townsville, CA, USA

Medical History:

- **Primary Diagnosis:** Rheumatoid Arthritis (RA) diagnosed on 2015-04-20
- **Secondary Diagnoses:** Hypothyroidism diagnosed on 2012-08-15, Asthma diagnosed on 2010-03-25
- **Allergies:** None reported

Current Visit:

- **Date:** 2024-06-25
- **Reason for Visit:** Routine follow-up for RA management and thyroid check

Diagnosis:

- **Active Issues:** Rheumatoid Arthritis (M06.9), Hypothyroidism (E03.9)
- **Stable Conditions:** Asthma (J45.909)

Medications Prescribed:

- **Rheumatoid Arthritis:** Methotrexate 10 mg once weekly, Hydroxychloroquine 200 mg twice daily
- **Hypothyroidism:** Levothyroxine 75 mcg once daily
- **Asthma:** Albuterol inhaler (ProAir) as needed for wheezing

Treatment Plan:

- **RA Management:** Continue current medications. Monitor for disease activity with periodic joint exams and lab tests (CRP, ESR).
- **Thyroid Management:** Continue Levothyroxine. Monitor thyroid function tests (TSH, T4) annually.
- **Asthma Control:** Use Albuterol inhaler as needed. Review asthma action plan annually.
- **Lifestyle:** Encourage regular exercise and healthy diet to manage RA symptoms and overall health.

Next Steps:

- **Follow-Up:** Schedule next rheumatology appointment in 3 months.
- **Lab Tests:** Order routine labs including complete blood count (CBC) and comprehensive metabolic panel (CMP) in 6 months.

Additional Notes:

- Patient reports occasional joint pain and stiffness in hands, managed with heat therapy and gentle exercises.
- No recent exacerbations of asthma; patient reports good control with current medication regimen.