

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

Document Type:

Service Date/Time:

Result Status:

Perform Information:

Sign Information:

Ambulatory Patient Education

12/18/2023 12:23 CET

Modified

COLON,DEBORAH E (12/18/2023 12:23 CET)

COLON,DEBORAH E (12/18/2023 12:23 CET); COLON, DEBORAH E (12/18/2023 12:23 CET); COLON,DEBORAH E (12/18/2023 12:23 CET); COLON,DEBORAH E (12/18/2023 12:23 CET); COLON,DEBORAH E (12/18/2023 12:22 CET); COLON,DEBORAH E (12/18/2023 12:22 CET); COLON, DEBORAH E (12/18/2023 12:22 CET); COLON,DEBORAH E (12/18/2023 12:22 CET); COLON,DEBORAH E (12/18/2023 12:22 CET); COLON,DEBORAH E (12/18/2023 12:22 CET); COLON,DEBORAH E (12/18/2023 12:22 CET)

Ambulatory Patient Education

Mental and Behavioral Health

Managing Anxiety, Adult

After being diagnosed with anxiety, you may be relieved to know why you have felt or behaved a certain way. You may also feel overwhelmed about the treatment ahead and what it will mean for your life. With care and support, you can manage this condition.

How to manage lifestyle changes

Managing stress and anxiety



Stress is your body's reaction to life changes and events, both good and bad. Most stress will last just a few hours, but stress can be ongoing and can lead to more than just stress. Although stress can play a major role in anxiety, it is not the same as anxiety. Stress is usually caused by something external, such as a deadline, test, or competition. Stress normally passes after the triggering event has ended.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

Anxiety is caused by something internal, such as imagining a terrible outcome or worrying that something will go wrong that will devastate you. Anxiety often does not go away even after the triggering event is over, and it can become long-term (chronic) worry. It is important to understand the differences between stress and anxiety and to manage your stress effectively so that it does not lead to an anxious response.

Talk with your health care provider or a counselor to learn more about reducing anxiety and stress. He or she may suggest tension reduction techniques, such as:

- Music therapy. Spend time creating or listening to music that you enjoy and that inspires you.
- Mindfulness-based meditation. Practice being aware of your normal breaths while not trying to control your breathing. It can be done while sitting or walking.
- Centering prayer. This involves focusing on a word, phrase, or sacred image that means something to you and brings you peace.
- Deep breathing. To do this, expand your stomach and inhale slowly through your nose. Hold your breath for 3–5 seconds. Then exhale slowly, letting your stomach muscles relax.
- Self-talk. Learn to notice and identify thought patterns that lead to anxiety reactions and change those patterns to thoughts that feel peaceful.
- Muscle relaxation. Taking time to tense muscles and then relax them.

Choose a tension reduction technique that fits your lifestyle and personality. These techniques take time and practice. Set aside 5–15 minutes a day to do them. Therapists can offer counseling and training in these techniques. The training to help with anxiety may be covered by some insurance plans.

Other things you can do to manage stress and anxiety include:

- Keeping a stress diary. This can help you learn what triggers your reaction and then learn ways to manage your response.
- Thinking about how you react to certain situations. You may not be able to control everything, but you can control your response.
- Making time for activities that help you relax and not feeling guilty about spending your time in this way.
- Doing visual imagery. This involves imagining or creating mental pictures to help you relax.
- Practicing yoga. Through yoga poses, you can lower tension and promote relaxation.

Medicines

Medicines can help ease symptoms. Medicines for anxiety include:

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Antidepressant medicines. These are usually prescribed for long-term daily control.
- Anti-anxiety medicines. These may be added in severe cases, especially when panic attacks occur.

Medicines will be prescribed by a health care provider. When used together, medicines, psychotherapy, and tension reduction techniques may be the most effective treatment.

Relationships

Relationships can play a big part in helping you recover. Try to spend more time connecting with trusted friends and family members.

- Consider going to couples counseling if you have a partner, taking family education classes, or going to family therapy.
- Therapy can help you and others better understand your condition.

How to recognize changes in your anxiety

Everyone responds differently to treatment for anxiety. Recovery from anxiety happens when symptoms decrease and stop interfering with your daily activities at home or work. This may mean that you will start to:

- Have better concentration and focus. Worry will interfere less in your daily thinking.
- Sleep better.
- Be less irritable.
- Have more energy.
- Have improved memory.

It is also important to recognize when your condition is getting worse. Contact your health care provider if your symptoms interfere with home or work and you feel like your condition is not improving.

Follow these instructions at home:**Activity**

- Exercise. Adults should do the following:
 - 46 Exercise for at least 150 minutes each week. The exercise should increase your heart rate and make you sweat (moderate-intensity exercise).
 - 46 Strengthening exercises at least twice a week.
- Get the right amount and quality of sleep. Most adults need 7–9 hours of sleep each night.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

Lifestyle



- Eat a healthy diet that includes plenty of vegetables, fruits, whole grains, low-fat dairy products, and lean protein.
—46 **Do not** eat a lot of foods that are high in fats, added sugars, or salt (sodium).
- Make choices that simplify your life.
- **Do not** use any products that contain nicotine or tobacco. These products include cigarettes, chewing tobacco, and vaping devices, such as e-cigarettes. If you need help quitting, ask your health care provider.
- Avoid caffeine, alcohol, and certain over-the-counter cold medicines. These may make you feel worse. Ask your pharmacist which medicines to avoid.

General instructions

- Take over-the-counter and prescription medicines only as told by your health care provider.
- Keep all follow-up visits. This is important.

Where to find support

You can get help and support from these sources:

- Self-help groups.
- Online and community organizations.
- A trusted spiritual leader.
- Couples counseling.
- Family education classes.
- Family therapy.

Where to find more information

You may find that joining a support group helps you deal with your anxiety. The following sources can help you locate counselors or support groups near you:

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Mental Health America: www.mentalhealthamerica.net
- Anxiety and Depression Association of America (ADAA): www.adaa.org
- National Alliance on Mental Illness (NAMI): www.nami.org

Contact a health care provider if:

- You have a hard time staying focused or finishing daily tasks.
- You spend many hours a day feeling worried about everyday life.
- You become exhausted by worry.
- You start to have headaches or frequently feel tense.
- You develop chronic nausea or diarrhea.

Get help right away if:

- You have a racing heart and shortness of breath.
- You have thoughts of hurting yourself or others.

If you ever feel like you may hurt yourself or others, or have thoughts about taking your own life, get help right away. Go to your nearest emergency department or:

- **Call your local emergency services (911 in the U.S.).**
- **Call a suicide crisis helpline, such as the National Suicide Prevention Lifeline at 1-800-273-8255 or 988 in the U.S. This is open 24 hours a day in the U.S.**
- **Text the Crisis Text Line at 741741 (in the U.S.).**

Summary

- Taking steps to learn and use tension reduction techniques can help calm you and help prevent triggering an anxiety reaction.
- When used together, medicines, psychotherapy, and tension reduction techniques may be the most effective treatment.
- Family, friends, and partners can play a big part in supporting you.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

Document Revised: 07/13/2022 Document Reviewed: 04/10/2022
Elsevier Patient Education © 2022 Elsevier Inc.

Adjustment Disorder, Adult

Adjustment disorder is a group of symptoms that can develop after a stressful life event, such as the loss of a job or a serious physical illness. The symptoms can affect how you feel, think, and act. They may also interfere with your relationships.

Adjustment disorder increases your risk of suicide and substance abuse. If adjustment disorder is not managed early, it can make medical conditions that you already have worse. If the stressful life event persists, the disorder may continue and become a persistent form of adjustment disorder.

What are the causes?

This condition is caused by difficulty recovering from or coping with a stressful life event.

What increases the risk?

You are more likely to develop this condition if:

- You have had previous problems coping with life stressors.
- You are being treated for a long-term (chronic) illness.
- You are being treated for an illness that cannot be cured (terminal illness).
- You have a family history of mental illness.

What are the signs or symptoms?

Symptoms of this condition include:

- Behavioral symptoms such as:
 - 46 Trouble doing daily tasks.
 - 46 Reckless driving.
 - 46 Poor work performance.
 - 46 Ignoring bills.
 - 46 Avoiding family and friends.
 - 46 Impulsive actions.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Emotional symptoms such as:
 - 46 Sadness, depression, or crying spells.
 - 46 Worrying a lot, or feeling nervous or anxious.
 - 46 Loss of enjoyment.
 - 46 Feelings of loss or hopelessness.
 - 46 Irritability.
 - 46 Thoughts of suicide.
- Physical symptoms such as:
 - 46 Change in appetite or weight.
 - 46 Complaining of feeling sick without being ill.
 - 46 Feeling dazed or disconnected.
 - 46 Nightmares.
 - 46 Trouble sleeping.

Symptoms of this condition start within 3 months of the stressful event. They do not last more than 6 months, unless the stressful circumstances last longer. Normal grieving after the death of a loved one is not a symptom of this condition.

How is this diagnosed?

To diagnose this condition, your health care provider will ask about what has happened in your life and how it has affected you. He or she may also ask about your medical history and your use of medicines, alcohol, and other substances. Your health care provider may do a physical exam and order lab tests or other studies. You may be referred to a mental health specialist.

How is this treated?

Treatment options for this condition include:

- Counseling or talk therapy. Talk therapy is usually provided by mental health specialists. This therapy may be individual or may involve family members.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Medicines. Certain medicines may help with depression, anxiety, and sleep.
- Support groups. These offer emotional support, advice, and guidance. They are made up of people who have had similar experiences.
- Observation and time. This is sometimes called watchful waiting. In this treatment, health care providers monitor your health and behavior without other treatment. Adjustment disorder sometimes gets better on its own with time.

Follow these instructions at home:

- Take over-the-counter and prescription medicines only as told by your health care provider.
- Keep all follow-up visits. This is important.
- Contact trusted family and friends for support. Let them know what is going on with you and how they can help.

Contact a health care provider if:

- Your symptoms do not improve in 6 months.
- Your symptoms get worse.

Get help right away if:

- You have serious thoughts about hurting yourself or someone else.

If you ever feel like you may hurt yourself or others, or have thoughts about taking your own life, get help right away. Go to your nearest emergency department or:

- **Call your local emergency services (911 in the U.S.).**
- **Call a suicide crisis helpline, such as the National Suicide Prevention Lifeline at 1-800-273-8255 or 988 in the U.S. This is open 24 hours a day in the U.S.**
- **Text the Crisis Text Line at 741741 (in the U.S.)**

Summary

- Adjustment disorder is a group of symptoms that can develop after a stressful life event, such as the loss of a job or a serious physical illness. The symptoms can affect how you feel, think, and act. They may interfere with your relationships.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Symptoms of this condition start within 3 months of the stressful event. They do not last more than 6 months, unless the stressful circumstances last longer.
- Treatment may include talk therapy, medicines, participation in a support group, or observation to see if symptoms improve.
- Contact your health care provider if your symptoms get worse or do not improve in 6 months.
- If you ever feel like you may hurt yourself or others, or have thoughts about taking your own life, get help right away.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Revised: 07/13/2022 Document Reviewed: 04/30/2021
Elsevier Patient Education © 2022 Elsevier Inc.

Mindfulness-Based Stress Reduction

Mindfulness-based stress reduction (MBSR) is a program that helps people learn to practice mindfulness. Mindfulness is the practice of intentionally paying attention to the present moment. MBSR focuses on developing self-awareness, which allows you to respond to life stress without judgment or negative emotions. It can be learned and practiced through techniques such as education, breathing exercises, meditation, and yoga. MBSR includes several mindfulness techniques in one program.

MBSR works best when you understand the treatment, are willing to try new things, and can commit to spending time practicing what you learn. MBSR training may include learning about:

- How your emotions, thoughts, and reactions affect your body.
- New ways to respond to things that cause negative thoughts to start (triggers).
- How to notice your thoughts and let go of them.
- Practicing awareness of everyday things that you normally do without thinking.
- The techniques and goals of different types of meditation.

What are the benefits of MBSR?

MBSR can have many benefits, which include helping you to:

- Develop self-awareness. This refers to knowing and understanding yourself.
- Learn skills and attitudes that help you to participate in your own health care.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Learn new ways to care for yourself.
- Be more accepting about how things are, and let things go.
- Be less judgmental and approach things with an open mind.
- Be patient with yourself and trust yourself more.

MBSR has also been shown to:

- Reduce negative emotions, such as depression and anxiety.
- Improve memory and focus.
- Change how you sense and approach pain.
- Boost your body's ability to fight infections.
- Help you connect better with other people.
- Improve your sense of well-being.

Follow these instructions at home:



- Find a local in-person or online MBSR program.
- Set aside some time regularly for mindfulness practice.
- Find a mindfulness practice that works best for you. This may include one or more of the following:
 - 46 Meditation. Meditation involves focusing your mind on a certain thought or activity.
 - 46 Breathing awareness exercises. These help you to stay present by focusing on your breath.
 - 46 Body scan. For this practice, you lie down and pay attention to each part of your body from head to toe. You can identify tension and soreness and intentionally relax parts of your body.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

—46 Yoga. Yoga involves stretching and breathing, and it can improve your ability to move and be flexible. It can also provide an experience of testing your body's limits, which can help you release stress.

—46 Mindful eating. This way of eating involves focusing on the taste, texture, color, and smell of each bite of food. Because this slows down eating and helps you feel full sooner, it can be an important part of a weight-loss plan.

- Find a podcast or recording that provides guidance for breathing awareness, body scan, or meditation exercises. You can listen to these any time when you have a free moment to rest without distractions.
- Follow your treatment plan as told by your health care provider. This may include taking regular medicines and making changes to your diet or lifestyle as recommended.

How to practice mindfulness

To do a basic awareness exercise:

- Find a comfortable place to sit.
- Pay attention to the present moment. Observe your thoughts, feelings, and surroundings just as they are.
- Avoid placing judgment on yourself, your feelings, or your surroundings. Make note of any judgment that comes up, and let it go.
- Your mind may wander, and that is okay. Make note of when your thoughts drift, and return your attention to the present moment.

To do basic mindfulness meditation:

- Find a comfortable place to sit. This may include a stable chair or a firm floor cushion.
 - 46 Sit upright with your back straight. Let your arms fall next to your side with your hands resting on your legs.
 - 46 If sitting in a chair, rest your feet flat on the floor.
 - 46 If sitting on a cushion, cross your legs in front of you.
- Keep your head in a neutral position with your chin dropped slightly. Relax your jaw and rest the tip of your tongue on the roof of your mouth. Drop your gaze to the floor. You can close your eyes if you like.
- Breathe normally and pay attention to your breath. Feel the air moving in and out of your nose. Feel your belly expanding and relaxing with each breath.
- Your mind may wander, and that is okay. Make note of when your thoughts drift, and return your attention to your breath.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Avoid placing judgment on yourself, your feelings, or your surroundings. Make note of any judgment or feelings that come up, let them go, and bring your attention back to your breath.
- When you are ready, lift your gaze or open your eyes. Pay attention to how your body feels after the meditation.

Where to find more information

You can find more information about MBSR from:

- Your health care provider.
- Community-based meditation centers or programs.
- Programs offered near you.

Summary

- Mindfulness-based stress reduction (MBSR) is a program that teaches you how to intentionally pay attention to the present moment. It is used with other treatments to help you cope better with daily stress, emotions, and pain.
- MBSR focuses on developing self-awareness, which allows you to respond to life stress without judgment or negative emotions.
- MBSR programs may involve learning different mindfulness practices, such as breathing exercises, meditation, yoga, body scan, or mindful eating. Find a mindfulness practice that works best for you, and set aside time for it on a regular basis.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Revised: 02/25/2022 Document Reviewed: 09/03/2021
Elsevier Patient Education © 2022 Elsevier Inc.

Nutrition

High Triglycerides Eating Plan

Triglycerides are a type of fat in the blood. High levels of triglycerides can increase your risk of heart disease and stroke. If your triglyceride levels are high, choosing the right foods can help lower your triglycerides and keep your heart healthy. Work with your health care provider or a dietitian to develop an eating plan that is right for you.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes**What are tips for following this plan?****General guidelines**

- Lose weight, if you are overweight. For most people, losing 5–10 lb (2–5 kg) helps lower triglyceride levels. A weight-loss plan may include:
 - 46 30 minutes of exercise at least 5 days a week.
 - 46 Reducing the amount of calories, sugar, and fat you eat.
- Eat a wide variety of fresh fruits, vegetables, and whole grains. These foods are high in fiber.
- Eat foods that contain healthy fats, such as fatty fish, nuts, seeds, and olive oil.
- Avoid foods that are high in added sugar, added salt (sodium), and saturated fat.
- Avoid low-fiber, refined carbohydrates such as white bread, crackers, noodles, and white rice.
- Avoid foods with trans fats or partially hydrogenated oils, such as fried foods or stick margarine.
- If you drink alcohol:
 - 46 Limit how much you have to:
 - 520–1 drink a day for women who are not pregnant.
 - 520–2 drinks a day for men.
 - 46 Your health care provider may recommend that you drink less than these amounts depending on your overall health.
 - 46 Know how much alcohol is in a drink. In the U.S., one drink equals one 12 oz bottle of beer (355 mL), one 5 oz glass of wine (148 mL), or one 1½ oz glass of hard liquor (44 mL).

Reading food labels

Check food labels for:

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- The amount of saturated fat. Choose foods with no or very little saturated fat (less than 2 g).
- The amount of trans fat. Choose foods with no transfat.
- The amount of cholesterol. Choose foods that are low in cholesterol.
- The amount of sodium. Choose foods with less than 140 milligrams (mg) per serving.

Shopping

- Buy dairy products labeled as nonfat (skim) or low-fat (1%).
- Avoid buying processed or prepackaged foods. These are often high in added sugar, sodium, and fat.

Cooking

- Choose healthy fats when cooking, such as olive oil, avocado oil, or canola oil.
- Cook foods using lower fat methods, such as baking, broiling, boiling, or grilling.
- Make your own sauces, dressings, and marinades when possible, instead of buying them. Store-bought sauces, dressings, and marinades are often high in sodium and sugar.

Meal planning

- Eat more home-cooked food and less restaurant, buffet, and fast food.
- Eat fatty fish at least 2 times each week. Examples of fatty fish include salmon, trout, sardines, mackerel, tuna, and herring.
- If you eat whole eggs, do not eat more than 4 egg yolks per week.

What foods should I eat?

Fruits

All fresh, canned (in natural juice), or frozen fruits.

Vegetables

Fresh or frozen vegetables. Low-sodium canned vegetables.

Grains

Whole wheat or whole grain breads, crackers, cereals, and pasta. Unsweetened oatmeal. Bulgur. Barley. Quinoa. Brown rice. Whole wheat flour tortillas.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes**Meats and other proteins**

Skinless chicken or turkey. Ground chicken or turkey. Lean cuts of pork, trimmed of fat. Fish and seafood, especially salmon, trout, and herring. Egg whites. Dried beans, peas, or lentils. Unsalted nuts or seeds. Unsalted canned beans. Natural peanut or almond butter or other nut butters.

Dairy

Low-fat dairy products. Skim or low-fat (1%) milk. Reduced fat (2%) and low-sodium cheese. Low-fat ricotta cheese. Low-fat cottage cheese. Plain, low-fat yogurt.

Fats and oils

Tub margarine without trans fats. Light or reduced-fat mayonnaise. Light or reduced-fat salad dressings. Avocado. Safflower, olive, sunflower, soybean, and canola oils.

The items listed above may not be a complete list of recommended foods and beverages. Talk with your dietitian about what dietary choices are best for you.

What foods should I avoid?**Fruits**

Sweetened dried fruit. Canned fruit in syrup. Fruit juice.

Vegetables

Creamed or fried vegetables. Vegetables in a cheese sauce.

Grains

White bread. White (regular) pasta. White rice. Cornbread. Bagels. Pastries. Crackers that contain trans fat.

Meats and other proteins

Fatty cuts of meat. Ribs. Chicken wings. Bacon. Sausage. Bologna. Salami. Chitterlings. Fatback. Hot dogs. Bratwurst. Packaged lunch meats.

Dairy

Whole or reduced-fat (2%) milk. Half-and-half. Cream cheese. Full-fat or sweetened yogurt. Full-fat cheese. Nondairy creamers. Whipped toppings. Processed cheese or cheese spreads. Cheese curds.

Fats and oils

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

Butter. Stick margarine. Lard. Shortening. Ghee. Bacon fat. Tropical oils, such as coconut, palm kernel, or palm oils.

Beverages

Alcohol. Sweetened drinks, such as soda, lemonade, fruit drinks, or punches.

Sweets and desserts

Corn syrup. Sugars. Honey. Molasses. Candy. Jam and jelly. Syrup. Sweetened cereals. Cookies. Pies. Cakes. Donuts. Muffins. Ice cream.

Condiments

Store-bought sauces, dressings, and marinades that are high in sugar, such as ketchup and barbecue sauce.

The items listed above may not be a complete list of foods and beverages you should avoid. Talk with your dietitian about what dietary choices are best for you.

Summary

- High levels of triglycerides can increase the risk of heart disease and stroke. Choosing the right foods can help lower your triglycerides.
- Eat plenty of fresh fruits, vegetables, and whole grains. Choose low-fat dairy and lean meats. Eat fatty fish at least twice a week.
- Avoid processed and prepackaged foods with added sugar, sodium, saturated fat, and trans fat.
- If you need suggestions or have questions about what types of food are good for you, talk with your health care provider or a dietitian.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Revised: 04/29/2022 Document Reviewed: 04/29/2022
Elsevier Patient Education © 2022 Elsevier Inc.

High Cholesterol

Patient Name: Curtis, Jerimy Shane

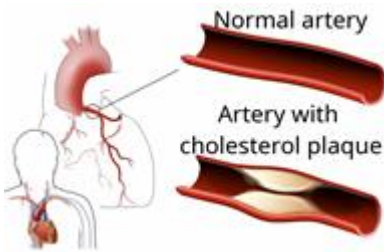
MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

High cholesterol is a condition in which the blood has high levels of a white, waxy substance similar to fat (cholesterol). The liver makes all the cholesterol that the body needs. The human body needs small amounts of cholesterol to help build cells. A person gets extra or excess cholesterol from the food that he or she eats.

The blood carries cholesterol from the liver to the rest of the body. If you have high cholesterol, deposits (plaques) may build up on the walls of your arteries. Arteries are the blood vessels that carry blood away from your heart. These plaques make the arteries narrow and stiff.

Cholesterol plaques increase your risk for heart attack and stroke. Work with your health care provider to keep your cholesterol levels in a healthy range.

What increases the risk?

The following factors may make you more likely to develop this condition:

- Eating foods that are high in animal fat (saturated fat) or cholesterol.
- Being overweight.
- Not getting enough exercise.
- A family history of high cholesterol (familial hypercholesterolemia).
- Use of tobacco products.
- Having diabetes.

What are the signs or symptoms?

In most cases, high cholesterol does not usually cause any symptoms.

In severe cases, very high cholesterol levels can cause:

- Fatty bumps under the skin (xanthomas).
- A white or gray ring around the black center (pupil) of the eye.

How is this diagnosed?

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

This condition may be diagnosed based on the results of a blood test.

- If you are older than 20 years of age, your health care provider may check your cholesterol levels every 4–6 years.
- You may be checked more often if you have high cholesterol or other risk factors for heart disease.

The blood test for cholesterol measures:

- "Bad" cholesterol, or LDL cholesterol. This is the main type of cholesterol that causes heart disease. The desired level is less than 100 mg/dL (2.59 mmol/L).
- "Good" cholesterol, or HDL cholesterol. HDL helps protect against heart disease by cleaning the arteries and carrying the LDL to the liver for processing. The desired level for HDL is 60 mg/dL (1.55 mmol/L) or higher.
- Triglycerides. These are fats that your body can store or burn for energy. The desired level is less than 150 mg/dL (1.69 mmol/L).
- Total cholesterol. This measures the total amount of cholesterol in your blood and includes LDL, HDL, and triglycerides. The desired level is less than 200 mg/dL (5.17 mmol/L).

How is this treated?

Treatment for high cholesterol starts with lifestyle changes, such as diet and exercise.

- Diet changes. You may be asked to eat foods that have more fiber and less saturated fats or added sugar.
- Lifestyle changes. These may include regular exercise, maintaining a healthy weight, and quitting use of tobacco products.
- Medicines. These are given when diet and lifestyle changes have not worked. You may be prescribed a statin medicine to help lower your cholesterol levels.

Follow these instructions at home:**Eating and drinking**

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes



- Eat a healthy, balanced diet. This diet includes:
 - 46 Daily servings of a variety of fresh, frozen, or canned fruits and vegetables.
 - 46 Daily servings of whole grain foods that are rich in fiber.
 - 46 Foods that are low in saturated fats and trans fats. These include poultry and fish without skin, lean cuts of meat, and low-fat dairy products.
 - 46 A variety of fish, especially oily fish that contain omega-3 fatty acids. Aim to eat fish at least 2 times a week.
- Avoid foods and drinks that have added sugar.
- Use healthy cooking methods, such as roasting, grilling, broiling, baking, poaching, steaming, and stir-frying. **Do not** fry your food except for stir-frying.
- If you drink alcohol:
 - 46 Limit how much you have to:
 - 520—1 drink a day for women who are not pregnant.
 - 520—2 drinks a day for men.
 - 46 Know how much alcohol is in a drink. In the U.S., one drink equals one 12 oz bottle of beer (355 mL), one 5 oz glass of wine (148 mL), or one 1½ oz glass of hard liquor (44 mL).

Lifestyle



Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Get regular exercise. Aim to exercise for a total of 150 minutes a week. Increase your activity level by doing activities such as gardening, walking, and taking the stairs.
- **Do not** use any products that contain nicotine or tobacco. These products include cigarettes, chewing tobacco, and vaping devices, such as e-cigarettes. If you need help quitting, ask your health care provider.

General instructions

- Take over-the-counter and prescription medicines only as told by your health care provider.
- Keep all follow-up visits. This is important.

Where to find more information

- American Heart Association: www.heart.org
- National Heart, Lung, and Blood Institute: www.nhlbi.nih.gov

Contact a health care provider if:

- You have trouble achieving or maintaining a healthy diet or weight.
- You are starting an exercise program.
- You are unable to stop smoking.

Get help right away if:

- You have chest pain.
- You have trouble breathing.
- You have discomfort or pain in your jaw, neck, back, shoulder, or arm.
- You have any symptoms of a stroke. "**BE FAST**" is an easy way to remember the main warning signs of a stroke:
 - 46 **B - Balance.** Signs are dizziness, sudden trouble walking, or loss of balance.
 - 46 **E - Eyes.** Signs are trouble seeing or a sudden change in vision.
 - 46 **F - Face.** Signs are sudden weakness or numbness of the face, or the face or eyelid drooping on one side.
 - 46 **A - Arms.** Signs are weakness or numbness in an arm. This happens suddenly and usually on one side of the body.

Patient Name: Curtis, Jerimy Shane
 MRN: 40882653000001
 FIN: 87274214
 DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023
 Provider: COLON,DEBORAH E

Office and Clinic Notes

—46 **S - Speech.** Signs are sudden trouble speaking, slurred speech, or trouble understanding what people say.

—46 **T - Time.** Time to call emergency services. Write down what time symptoms started.

- You have other signs of a stroke, such as:

—46 A sudden, severe headache with no known cause.

—46 Nausea or vomiting.

—46 Seizure.

These symptoms may represent a serious problem that is an emergency. Do not wait to see if the symptoms will go away. Get medical help right away. Call your local emergency services (911 in the U.S.). Do not drive yourself to the hospital.

Summary

- Cholesterol plaques increase your risk for heart attack and stroke. Work with your health care provider to keep your cholesterol levels in a healthy range.
- Eat a healthy, balanced diet, get regular exercise, and maintain a healthy weight.
- Do not** use any products that contain nicotine or tobacco. These products include cigarettes, chewing tobacco, and vaping devices, such as e-cigarettes.
- Get help right away if you have any symptoms of a stroke.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Revised: 03/03/2022 Document Reviewed: 02/21/2022
 Elsevier Patient Education © 2022 Elsevier Inc.

Dyslipidemia

Dyslipidemia is an imbalance of waxy, fat-like substances (lipids) in the blood. The body needs lipids in small amounts. Dyslipidemia often involves a high level of cholesterol or triglycerides, which are types of lipids.

Common forms of dyslipidemia include:

- High levels of LDL cholesterol. LDL is the type of cholesterol that causes fatty deposits (plaques) to build up in the blood vessels that carry blood away from the heart (arteries).

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Low levels of HDL cholesterol. HDL cholesterol is the type of cholesterol that protects against heart disease. High levels of HDL remove the LDL buildup from arteries.
- High levels of triglycerides. Triglycerides are a fatty substance in the blood that is linked to a buildup of plaques in the arteries.

What are the causes?

There are two main types of dyslipidemia: primary and secondary. Primary dyslipidemia is caused by changes (mutations) in genes that are passed down through families (inherited). These mutations cause several types of dyslipidemia.

Secondary dyslipidemia may be caused by various risk factors that can lead to the disease, such as lifestyle choices and certain medical conditions.

What increases the risk?

You are more likely to develop this condition if you are an older man or if you are a woman who has gone through menopause. Other risk factors include:

- Having a family history of dyslipidemia.
- Taking certain medicines, including birth control pills, steroids, some diuretics, and beta-blockers.
- Eating a diet high in saturated fat.
- Smoking cigarettes or excessive alcohol intake.
- Having certain medical conditions such as diabetes, polycystic ovary syndrome (PCOS), kidney disease, liver disease, or hypothyroidism.
- Not exercising regularly.
- Being overweight or obese with too much belly fat.

What are the signs or symptoms?

In most cases, dyslipidemia does not usually cause any symptoms.

In severe cases, very high lipid levels can cause:

- Fatty bumps under the skin (xanthomas).
- A white or gray ring around the black center (pupil) of the eye.

Very high triglyceride levels can cause inflammation of the pancreas (pancreatitis).

Patient Name: Curtis, Jerimy Shane
MRN: 40882653000001
FIN: 87274214
DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023
Provider: COLON,DEBORAH E

Office and Clinic Notes

How is this diagnosed?



Your health care provider may diagnose dyslipidemia based on a routine blood test (fasting blood test). Because most people do not have symptoms of the condition, this blood testing (lipid profile) is done on adults age 20 and older and is repeated every 4-6 years. This test checks:

- Total cholesterol. This measures the total amount of cholesterol in your blood, including LDL cholesterol, HDL cholesterol, and triglycerides. A healthy number is below 200 mg/dL (5.17 mmol/L).
- LDL cholesterol. The target number for LDL cholesterol is different for each person, depending on individual risk factors. A healthy number is usually below 100 mg/dL (2.59 mmol/L). Ask your health care provider what your LDL cholesterol should be.
- HDL cholesterol. An HDL level of 60 mg/dL (1.55 mmol/L) or higher is best because it helps to protect against heart disease. A number below 40 mg/dL (1.03 mmol/L) for men or below 50 mg/dL (1.29 mmol/L) for women increases the risk for heart disease.
- Triglycerides. A healthy triglyceride number is below 150 mg/dL (1.69 mmol/L).

If your lipid profile is abnormal, your health care provider may do other blood tests.

How is this treated?

Treatment depends on the type of dyslipidemia that you have and your other risk factors for heart disease and stroke. Your health care provider will have a target range for your lipid levels based on this information.

Treatment for dyslipidemia starts with lifestyle changes, such as diet and exercise. Your health care provider may recommend that you:

- Get regular exercise.
- Make changes to your diet.
- Quit smoking if you smoke.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Limit your alcohol intake.

If diet changes and exercise do not help you reach your goals, your health care provider may also prescribe medicine to lower lipids. The most commonly prescribed type of medicine lowers your LDL cholesterol (statin drug). If you have a high triglyceride level, your provider may prescribe another type of drug (fibrate) or an omega-3 fish oil supplement, or both.

Follow these instructions at home:**Eating and drinking**

- Follow instructions from your health care provider or dietitian about eating or drinking restrictions.
- Eat a healthy diet as told by your health care provider. This can help you reach and maintain a healthy weight, lower your LDL cholesterol, and raise your HDL cholesterol. This may include:
 - 46 Limiting your calories, if you are overweight.
 - 46 Eating more fruits, vegetables, whole grains, fish, and lean meats.
 - 46 Limiting saturated fat, trans fat, and cholesterol.
- **Do not** drink alcohol if:
 - 46 Your health care provider tells you not to drink.
 - 46 You are pregnant, may be pregnant, or are planning to become pregnant.
- If you drink alcohol:
 - 46 Limit how much you have to:
 - 520—1 drink a day for women.
 - 520—2 drinks a day for men.
 - 46 Know how much alcohol is in your drink. In the U.S., one drink equals one 12 oz bottle of beer (355 mL), one 5 oz glass of wine (148 mL), or one 1½ oz glass of hard liquor (44 mL).

Activity

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Get regular exercise. Start an exercise and strength training program as told by your health care provider. Ask your health care provider what activities are safe for you. Your health care provider may recommend:
 - 46 30 minutes of aerobic activity 4–6 days a week. Brisk walking is an example of aerobic activity.
 - 46 Strength training 2 days a week.

General instructions

- **Do not** use any products that contain nicotine or tobacco. These products include cigarettes, chewing tobacco, and vaping devices, such as e-cigarettes. If you need help quitting, ask your health care provider.
- Take over-the-counter and prescription medicines only as told by your health care provider. This includes supplements.
- Keep all follow-up visits. This is important.

Contact a health care provider if:

- You are having trouble sticking to your exercise or diet plan.
- You are struggling to quit smoking or to control your use of alcohol.

Summary

- Dyslipidemia often involves a high level of cholesterol or triglycerides, which are types of lipids.
- Treatment depends on the type of dyslipidemia that you have and your other risk factors for heart disease and stroke.
- Treatment for dyslipidemia starts with lifestyle changes, such as diet and exercise.
- Your health care provider may prescribe medicine to lower lipids.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Revised: 02/21/2022 Document Reviewed: 02/21/2022
Elsevier Patient Education © 2022 Elsevier Inc.

Vitamin D Deficiency

Vitamin D deficiency is when your body does not have enough vitamin D. Vitamin D is important to your body for many reasons:

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- It helps the body absorb two important minerals—calcium and phosphorus.
- It plays a role in bone health.
- It may help to prevent some diseases, such as diabetes and multiple sclerosis.
- It plays a role in muscle function, including heart function.

If vitamin D deficiency is severe, it can cause a condition in which your bones become soft. In adults, this condition is called osteomalacia. In children, this condition is called rickets.

What are the causes?

This condition may be caused by:

- Not eating enough foods that contain vitamin D.
- Not getting enough natural sun exposure.
- Having certain digestive system diseases that make it difficult for your body to absorb vitamin D. These diseases include Crohn's disease, chronic pancreatitis, and cystic fibrosis.
- Having a surgery in which a part of the stomach or a part of the small intestine is removed.
- Having chronic kidney disease or liver disease.

What increases the risk?

You are more likely to develop this condition if you:

- Are older.
- Do not spend much time outdoors.
- Live in a long-term care facility.
- Have had broken bones.
- Have weak or thin bones (osteoporosis).
- Have a disease or condition that changes how the body absorbs vitamin D.
- Have dark skin.
- Take certain medicines, such as steroid medicines or certain seizure medicines.
- Are overweight or obese.

What are the signs or symptoms?

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

In mild cases of vitamin D deficiency, there may not be any symptoms. If the condition is severe, symptoms may include:

- Bone pain.
- Muscle pain.
- Falling often.
- Broken bones caused by a minor injury.

How is this diagnosed?

This condition may be diagnosed with blood tests. Imaging tests such as X-rays may also be done to look for changes in the bone.

How is this treated?

Treatment for this condition may depend on what caused the condition. Treatment options include:

- Taking vitamin D supplements. Your health care provider will suggest what dose is best for you.
- Taking a calcium supplement. Your health care provider will suggest what dose is best for you.

Follow these instructions at home:**Eating and drinking**

- Eat foods that contain vitamin D. Choices include:
 - 46 Fortified dairy products, cereals, or juices. Fortified means that vitamin D has been added to the food. Check the label on the package to see if the food is fortified.
 - 46 Fatty fish, such as salmon or trout.
 - 46 Eggs.
 - 46 Oysters.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

—46 Mushrooms.

The items listed above may not be a complete list of recommended foods and beverages. Contact a dietitian for more information.

General instructions

- Take medicines and supplements only as told by your health care provider.
- Get regular, safe exposure to natural sunlight.
- **Do not** use a tanning bed.
- Maintain a healthy weight. Lose weight if needed.
- Keep all follow-up visits as told by your health care provider. This is important.

How is this prevented?

You can get vitamin D by:

- Eating foods that naturally contain vitamin D.
- Eating or drinking products that have been fortified with vitamin D, such as cereals, juices, and dairy products (including milk).
- Taking a vitamin D supplement or a multivitamin supplement that contains vitamin D.
- Being in the sun. Your body naturally makes vitamin D when your skin is exposed to sunlight. Your body changes the sunlight into a form of the vitamin that it can use.

Contact a health care provider if:

- Your symptoms do not go away.
- You feel nauseous or you vomit.
- You have fewer bowel movements than usual or are constipated.

Summary

- Vitamin D deficiency is when your body does not have enough vitamin D.
- Vitamin D is important to your body for good bone health and muscle function, and it may help prevent some diseases.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Vitamin D deficiency is primarily treated through supplementation. Your health care provider will suggest what dose is best for you.
- You can get vitamin D by eating foods that contain vitamin D, by being in the sun, and by taking a vitamin D supplement or a multivitamin supplement that contains vitamin D.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Revised: 08/26/2019 Document Reviewed: 08/26/2019
Elsevier Patient Education © 2022 Elsevier Inc.

Preventing Vitamin D Deficiency

Vitamin D is a nutrient that helps your body absorb calcium from food. It plays a key role in the health of bones and teeth, muscle function, and infection prevention.

Our bodies make vitamin D when our skin is exposed to direct sunlight. However, for many people, this may not be enough vitamin D to meet the body's needs. When you get too little vitamin D, it is called a deficiency.

How can this condition affect me?

A vitamin D deficiency can put you at risk of developing conditions that cause bones to be brittle, such as rickets or osteoporosis. If you are over age 65, not having enough vitamin D may weaken your muscles and bones and increase your risk for falls and broken bones.

What can increase my risk?

You may be at risk for a vitamin D deficiency if you:

- Are pregnant.
- Are obese.
- Are over 65 years old.
- Have dark skin.
- Take certain medicines that affect the way vitamin D is absorbed.
- Have had gastric bypass surgery.

Other risk factors include:

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Having a condition that limits your ability to absorb fat, such as cystic fibrosis, celiac disease, or inflammatory bowel disease.
- Having certain inherited conditions.
- Not having access to foods rich in vitamin D.
- Having limited ability to move.
- Living in areas that have fewer hours of sunlight.
- Spending most of your day indoors, or you cover your skin all the time when you are outdoors.

Breastfed infants are also at risk for vitamin D deficiency.

What actions can I take to reduce my risk of a vitamin D deficiency?**Knowing the best sources of vitamin D**

You can meet your daily vitamin D needs from:

- Foods.
- Dietary supplements.
- Direct exposure to natural sunlight.
- Infant formula (for babies).

Knowing how much vitamin D you need

General recommendations for daily vitamin D intake vary by these categories:

- Infants: 400 International Units.
- Children over 1 year old: 600 International Units.
- Adults: 600 International Units.
- Pregnant and breastfeeding women: 600 International Units.
- Adults over 70 years old: 800 International Units.

These are minimum levels of recommended amounts. Your health care provider may recommend a different amount of vitamin D intake based on your specific needs and your overall health.

Getting sun exposure

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Get regular, safe exposure to natural sunlight. Expose your skin to direct sunlight for at least 15 minutes every day. If you have dark skin, you may need to expose your skin for a longer period of time.
- Protect your skin from too much sun exposure. This helps to prevent skin cancer.
- Ask your health care provider if regular sun exposure is safe for you.
- **Do not** use a tanning bed.

Eating and drinking

- Eat foods that naturally contain vitamin D. These include:
 - 46 Beef liver.
 - 46 Egg yolk.
 - 46 Fatty fish, such as cod, salmon, trout, swordfish, shrimp, sardines, and tuna.
 - 46 Cheese.
 - 46 Mushrooms.
 - 46 Oysters.
- Eat or drink products that have been fortified with vitamin D. Fortified means that vitamin D has been added to the food. These may include:
 - 46 Cereals.
 - 46 Dairy products, such as milk, yogurt, butter, or margarine.
 - 46 Orange juice.
 - 46 Alternative milks, such as soy milk or almond milk.
- When choosing foods, check the food label on the package to see:
 - 46 How much vitamin D is in the item.
 - 46 If the food is fortified with vitamin D.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Although it is hard to get your vitamin D requirement from foods alone, you should eat a balanced diet each day that includes foods naturally higher in vitamin D or fortified with it. Try to include the following in your diet each day:
 - 46 2–3 servings of meat or meat alternatives.
 - 46 2–3 servings of dairy.

Taking supplements

If you are at risk for vitamin D deficiency, or if you have certain diseases, your health care provider may recommend that you take a vitamin D supplement. Make sure you:

- Talk with your health care provider before you start taking any vitamin D supplements. You may be more sensitive to the side effects of vitamin D supplements if you are on certain medicines or have certain medical conditions.
- Tell your health care provider about all medicines you are taking, including vitamin, mineral, and herbal supplements.
- Take medicines and supplements only as told by your health care provider.

Summary

- Vitamin D is a nutrient that helps your body absorb calcium from food.
- A vitamin D deficiency can put you at risk of developing conditions that cause bones to be brittle, such as rickets or osteoporosis.
- Our bodies make vitamin D when our skin is exposed to direct sunlight. However, for many people, this may not be enough vitamin D to meet the body's needs.
- Some foods naturally contain vitamin D, including beef liver, egg yolk, and fatty fish.
- Products may also be fortified with vitamin D. Fortified means that vitamin D has been added to the food.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Revised: 09/09/2020 Document Reviewed: 12/13/2019
Elsevier Patient Education © 2022 Elsevier Inc.

Oncology

Patient Name: Curtis, Jerimy Shane
MRN: 40882653000001
FIN: 87274214
DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023
Provider: COLON,DEBORAH E

Office and Clinic Notes

Hypercalcemia

Hypercalcemia is when the level of calcium in a person's blood is above normal. The body needs calcium to make bones and keep them strong. Calcium also helps the muscles, nerves, brain, and heart work the way they should.

Most of the calcium in the body is stored in the bones. There is also calcium in the blood. Hypercalcemia occurs when there is too much calcium in your blood. Calcium levels in the blood are regulated by hormones, kidneys, and the gastrointestinal tract.

Hypercalcemia can happen when calcium comes out of the bones, or when the kidneys are not able to remove calcium from the blood. Hypercalcemia can be mild or severe.

What are the causes?

There are many possible causes of hypercalcemia. Common causes of this condition include:

- Hyperparathyroidism. This is a condition in which the body produces too much parathyroid hormone. There are four parathyroid glands in your neck. These glands produce a chemical messenger (hormone) that helps the body absorb calcium from foods and helps your bones release calcium.
- Certain kinds of cancer.

Less common causes of hypercalcemia include:

- Calcium and vitamin D dietary supplements.
- Chronic kidney disease.
- Hyperthyroidism.
- Severe dehydration.
- Being on bed rest or being inactive for a long time.
- Certain medicines.
- Infections.

What increases the risk?

You are more likely to develop this condition if:

- You are female.
- You are 60 years of age or older.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- You have a family history of hypercalcemia.

What are the signs or symptoms?

Mild hypercalcemia that starts slowly may not cause symptoms. Severe, sudden hypercalcemia is more likely to cause symptoms, such as:

- Being more thirsty than usual.
- Needing to urinate more often than usual.
- Abdominal pain.
- Nausea and vomiting.
- Constipation.
- Muscle pain, twitching, or weakness.
- Feeling very tired.

How is this diagnosed?

Hypercalcemia is usually diagnosed with a blood test. You may also have tests to help check what is causing this condition. Tests include imaging tests and more blood tests.

How is this treated?

Treatment for hypercalcemia depends on the cause. Treatment may include:

- Receiving fluids through an IV.
- Medicines. These can be used to:
 - 46 Keep calcium levels steady after receiving fluids (loop diuretics).
 - 46 Keep calcium in your bones (bisphosphonates).

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

—46 Lower the calcium level in your blood.

- Surgery to remove overactive parathyroid glands.
- A procedure that filters your blood to correct calcium levels (hemodialysis).

Follow these instructions at home:



- Take over-the-counter and prescription medicines only as told by your health care provider.
- Follow instructions from your health care provider about eating or drinking restrictions.
- Drink enough fluid to keep your urine pale yellow.
- Stay active. Weight-bearing exercise helps to keep calcium in your bones. Follow instructions from your health care provider about what type and level of exercise is safe for you.
- Keep all follow-up visits. This is important.

Contact a health care provider if:

- You have a fever.
- Your heartbeat is irregular or very fast.
- You have changes in mood, memory, or personality.

Get help right away if:

- You have severe abdominal pain.
- You have chest pain.
- You have trouble breathing.
- You become very confused and sleepy.
- You lose consciousness.

These symptoms may represent a serious problem that is an emergency. Do not wait to see if the symptoms will go away. Get medical help right away. Call your local emergency services (911 in the U.S.). Do not drive yourself to the hospital.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes**Summary**

- Hypercalcemia is when the level of calcium in a person's blood is above normal. The body needs calcium to make bones and keep them strong.
- There are many possible causes of hypercalcemia, and treatment depends on the cause.
- Take over-the-counter and prescription medicines only as told by your health care provider.

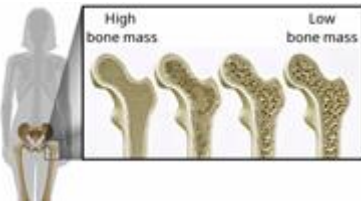
This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Revised: 05/25/2022 Document Reviewed: 05/25/2022
Elsevier Patient Education © 2022 Elsevier Inc.

Orthopedics

Bone Health

Bones protect organs, store calcium, anchor muscles, and support the whole body. Keeping your bones strong is important, especially as you get older. You can take actions to help keep your bones strong and healthy.

Why is keeping my bones healthy important?

Keeping your bones healthy is important because your body constantly replaces bone cells. Cells get old, and new cells take their place. As we age, we lose bone cells because the body may not be able to make enough new cells to replace the old cells. The amount of bone cells and bone tissue you have is referred to as bone mass. The higher your bone mass, the stronger your bones.

The aging process leads to an overall loss of bone mass in the body, which can increase the likelihood of:

- Broken bones.
- A condition in which the bones become weak and brittle (osteoporosis).

A large decline in bone mass occurs in older adults. In women, it occurs about the time of menopause.

Patient Name: Curtis, Jerimy Shane
MRN: 40882653000001
FIN: 87274214
DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023
Provider: COLON,DEBORAH E

Office and Clinic Notes

What actions can I take to keep my bones healthy?

Good health habits are important for maintaining healthy bones. This includes eating nutritious foods and exercising regularly. To have healthy bones, you need to get enough of the right minerals and vitamins. Most nutrition experts recommend getting these nutrients from the foods that you eat. In some cases, taking supplements may also be recommended. Doing certain types of exercise is also important for bone health.

What are the nutritional recommendations for healthy bones?



Eating a well-balanced diet with plenty of calcium and vitamin D will help to protect your bones. Nutritional recommendations vary from person to person. Ask your health care provider what is healthy for you. Here are some general guidelines.

Get enough calcium

Calcium is the most important (essential) mineral for bone health. Most people can get enough calcium from their diet, but supplements may be recommended for people who are at risk for osteoporosis. Good sources of calcium include:

- Dairy products, such as low-fat or nonfat milk, cheese, and yogurt.
- Dark green leafy vegetables, such as bok choy and broccoli.
- Foods that have calcium added to them (are fortified). Foods that may be fortified with calcium include orange juice, cereal, bread, soy beverages, and tofu products.
- Nuts, such as almonds.

Follow these recommended amounts for daily calcium intake:

- Infants, 0–6 months: 200 mg.
- Infants, 6–12 months: 260 mg.
- Children, age 1–3: 700 mg.
- Children, age 4–8: 1,000 mg.
- Children, age 9–13: 1,300 mg.
- Teens, age 14–18: 1,300 mg.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Adults, age 19–50: 1,000 mg.
- Adults, age 51–70:
 - 46 Men: 1,000 mg.
 - 46 Women: 1,200 mg.
- Adults, age 71 or older: 1,200 mg.
- Pregnant and breastfeeding females:
 - 46 Teens: 1,300 mg.
 - 46 Adults: 1,000 mg.

Get enough vitamin D

Vitamin D is the most essential vitamin for bone health. It helps the body absorb calcium. Sunlight stimulates the skin to make vitamin D, so be sure to get enough sunlight. If you live in a cold climate or you do not get outside often, your health care provider may recommend that you take vitamin D supplements. Good sources of vitamin D in your diet include:

- Egg yolks.
- Saltwater fish.
- Milk and cereal fortified with vitamin D.

Follow these recommended amounts for daily vitamin D intake:

- Infants, 0–12 months: 400 international units (IU).
- Children and teens, age 1–18: 600 international units.
- Adults, age 59 or younger: 600 international units.
- Adults, age 60 or older: 600–1,000 international units.

Get other important nutrients

Other nutrients that are important for bone health include:

- Phosphorus. This mineral is found in meat, poultry, dairy foods, nuts, and legumes. The recommended daily intake for adult men and adult women is 700 mg.
- Magnesium. This mineral is found in seeds, nuts, dark green vegetables, and legumes. The recommended daily intake for adult men is 400–420 mg. For adult women, it is 310–320 mg.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Vitamin K. This vitamin is found in green leafy vegetables. The recommended daily intake is 120 mcg for adult men and 90 mcg for adult women.

What type of physical activity is best for building and maintaining healthy bones?

Weight-bearing and strength-building activities are important for building and maintaining healthy bones. Weight-bearing activities cause muscles and bones to work against gravity. Strength-building activities increase the strength of the muscles that support bones. Weight-bearing and muscle-building activities include:

- Walking and hiking.
- Jogging and running.
- Dancing.
- Gym exercises.
- Lifting weights.
- Tennis and racquetball.
- Climbing stairs.
- Aerobics.

Adults should get at least 30 minutes of moderate physical activity on most days. Children should get at least 60 minutes of moderate physical activity on most days. Ask your health care provider what type of exercise is best for you.

How can I find out if my bone mass is low?

Bone mass can be measured with an X-ray test called a bone mineral density (BMD) test. This test is recommended for all women who are age 65 or older. It may also be recommended for:

- Men who are age 70 or older.
- People who are at risk for osteoporosis because of:

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- 46 Having a long-term disease that weakens bones, such as kidney disease or rheumatoid arthritis.
- 46 Having menopause earlier than normal.
- 46 Taking medicine that weakens bones, such as steroids, thyroid hormones, or hormone treatment for breast cancer or prostate cancer.
- 46 Smoking.
- 46 Drinking three or more alcoholic drinks a day.
- 46 Being underweight.
- 46 Sedentary lifestyle.

If you find that you have a low bone mass, you may be able to prevent osteoporosis or further bone loss by changing your diet and lifestyle.

Where can I find more information?

- Bone Health & Osteoporosis Foundation: www.nof.org/patients
- National Institutes of Health: www.bones.nih.gov
- International Osteoporosis Foundation: www.iofbonehealth.org

Summary

- The aging process leads to an overall loss of bone mass in the body, which can increase the likelihood of broken bones and osteoporosis.
- Eating a well-balanced diet with plenty of calcium and vitamin D will help to protect your bones.
- Weight-bearing and strength-building activities are also important for building and maintaining strong bones.
- Bone mass can be measured with an X-ray test called a bone mineral density (BMD) test.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Revised: 06/01/2022 Document Reviewed: 06/01/2022
Elsevier Patient Education © 2022 Elsevier Inc.

Preventive Health

Heart Disease Prevention

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

Heart disease is the leading cause of death in the world. Coronary artery disease is the most common cause of heart disease. This condition results when cholesterol and other substances (plaque) build up inside the walls of the blood vessels that supply your heart muscle (arteries). This buildup in arteries is called atherosclerosis. You can take actions to lower your risk of heart disease.

How can heart disease affect me?

Heart disease can cause many unpleasant symptoms and complications, such as:

- Chest pain (angina).
- Reduced or blocked blood flow to your heart. This can cause:
 - 46 Irregular heartbeats (arrhythmias).
 - 46 Heart attack.
 - 46 Heart failure.

What can increase my risk?

The following factors may make you more likely to develop this condition:

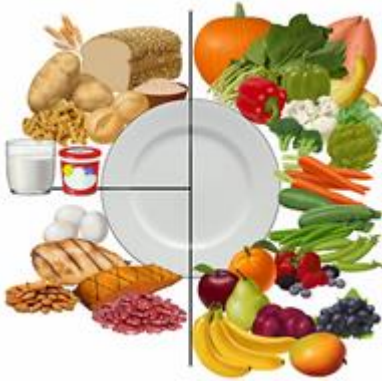
- High blood pressure (hypertension).
- High cholesterol.
- Smoking.
- A diet high in saturated fats or trans fats.
- Lack of physical activity.
- Obesity.
- Drinking too much alcohol.
- Diabetes.
- Having a family history of heart disease.

What actions can I take to prevent heart disease?**Nutrition**

Patient Name: Curtis, Jerimy Shane
MRN: 40882653000001
FIN: 87274214
DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023
Provider: COLON,DEBORAH E

Office and Clinic Notes



- Eat a heart-healthy eating plan as told by your health care provider. Examples include the DASH (Dietary Approaches to Stop Hypertension) eating plan or the Mediterranean diet.
- Generally, it is recommended that you:
 - 46 Eat less salt (sodium). Ask your health care provider how much sodium is safe for you. Most people should have less than 2,300 mg each day.
 - 46 Limit unhealthy fats, such as saturated and trans fats, in your diet. You can do this by eating low-fat dairy products, eating less red meat, and avoiding processed foods.
 - 46 Eat healthy fats (omega-3 fatty acids). These are found in fish, such as mackerel or salmon.
 - 46 Eat more fruits and vegetables. You should try to fill one-half of your plate with fruits and vegetables at each meal.
 - 46 Eat more whole grains.
 - 46 Avoid foods and drinks that have added sugars.

Lifestyle



- Get regular exercise. This is one of the most important things you can do for your health. Generally, it is recommended that you:

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

—46 Exercise for at least 30 minutes on most days of the week (150 minutes each week). The exercise should increase your heart rate and make you sweat (aerobic exercise).

—46 Add strength exercises on at least 2 days each week.

- **Do not** use any products that contain nicotine or tobacco, such as cigarettes and e-cigarettes. These can damage your heart and blood vessels. If you need help quitting, ask your health care provider.

Alcohol use

- **Do not** drink alcohol if:
 - 46 Your health care provider tells you not to drink.
 - 46 You are pregnant, may be pregnant, or are planning to become pregnant.
- If you drink alcohol, limit how much you have:
 - 46 0–1 drink a day for women.
 - 46 0–2 drinks a day for men.
- Be aware of how much alcohol is in your drink. In the U.S., one drink equals one typical bottle of beer (12 oz), one-half glass of wine (5 oz), or one shot of hard liquor (1½ oz).

Medicines

- Take over-the-counter and prescription medicines only as told by your health care provider.
- Ask your health care provider whether you should take an aspirin every day. Taking aspirin may help reduce your risk of heart disease and stroke.
- Depending on your risk factors, your health care provider may prescribe medicines to lower your risk of heart disease or to control related conditions. You may take medicine to:
 - 46 Lower cholesterol.
 - 46 Control blood pressure.
 - 46 Control diabetes.

General information

- Keep your blood pressure under control, as recommended by your health care provider. For most healthy people, the upper number of your blood pressure (systolic) should be no higher than 120, and the lower number (diastolic) no higher than 80. Treatment may be needed if your blood pressure is higher than 130/80.

Patient Name: Curtis, Jerimy Shane

MRN: 40882653000001

FIN: 87274214

DOB/Age/Sex: 9/23/1979 44 years Male

Date of Service: 12/18/2023

Provider: COLON,DEBORAH E

Office and Clinic Notes

- Have your blood pressure checked at least every two years. Your health care provider may check your blood pressure more often if you have high blood pressure.
- After age 20, have your cholesterol checked every 4–6 years. If you have risk factors for heart disease, you may need to have it checked more frequently. Treatment may be needed if your cholesterol is high.
- Have your body mass index (BMI) checked every year. Your health care provider can calculate your BMI from your height and weight.
- Work with your health care provider to lose weight, if needed, or to maintain a healthy weight.

Where to find more information:

- Centers for Disease Control and Prevention: www.cdc.gov/heartdisease
 - American Heart Association: www.heart.org
- 46 Take a free online heart disease risk quiz to better understand your personal risk factors.

Summary

- Heart disease is the leading cause of death in the world.
- Heart disease can cause chest pain, abnormal heart rhythms, heart attack, and heart failure.
- High blood pressure, high cholesterol, and smoking are the main risk factors for heart disease, although other factors also contribute.
- You can take actions to lower your chances of developing heart disease. Work with your health care provider to reduce your risk by following a heart-healthy diet, being physically active, and controlling your weight, blood pressure, and cholesterol level.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Revised: 01/02/2019 Document Reviewed: 01/02/2019
Elsevier Patient Education © 2022 Elsevier Inc.