

Debrah Singer

RCE MEDICAL

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Dec 07, 2020

FAX COVER SHEET

To: Jason Lo

905-480-0898

From: Singer,Debrah @ RCE MEDICAL

Notes:

Please see the attached information.

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Debrah Singer, MD, FRCPC
Endocrinology

Dec 07, 2020

Jason Lo

3000 HIGHWAY 7

MARKHAM, ON L3R 6E1

RE: Samantha Lok-Man Tam

HC#: 6605275210

DOB: 01-Jan-1989

RCE Medical Chart #: 38084

x.samtam@gmail.com (647) 962-7521

600 Alden Rd, Suite 610

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Dear Dr. Jason Lo,

I had the pleasure of speaking with Samantha Lok-Man Tam a pleasant 31 year old, for assessment of hypothyroidism.

Medical History

Non-smoker and nondrinker.

Anxiety.

Social History

She works in human resources.

Family History

Mother with hypothyroidism.

Medications

LEVOTHYROXINE SODIUM 25 mcg TABLET: 0.5 Tablet(s), QD, Active Continuous, Approved

Allergies

Penicillin Other Unknown

History of Present Illness

Samantha notes she it is hard to go get going in the morning. She stopped her Iron except once -twice before her menses. She si also noticing her hair is turning grey.

Physical Examination

Imperial height	5	ft.		05Feb2020
(feet)				
Imperial height	3.5	in.		05Feb2020
(inches)				
Imperial weight	146.8	lbs		05Feb2020
BMI	25.7	kg/m^2	18.5 - 24.9	22Jun2020
BP systolic1	111	mm Hg		05Feb2020
BP diastolic	78	mm Hg		05Feb2020
Pulse	77	bpm		05Feb2020

Review of Lab Work

There was lab work to review.

Blood Ferritin	39.	ng/ml	30Nov2020
TSH	2.53	mU/L	30Nov2020
Free T4	20.	pmol/L	30Nov2020
Free T3	5.4	pmol/L	30Nov2020

Thyroid US

January 2019 oak ridges medical diagnostic imaging normal echogenicity and echotexture no nodules no regional lymph adenopathy

Nov2017 rt 8mm nonspecific hypoechoic nodule

November 2016 - right mid-pole nodule 10x5x2 mm

June 2015 - Right midpole nodule measuring 1 x 0.5 x 0.2 cm and previously 0.9 x 0.6 x 0.3 cm

Impression

Samantha is euthyroid. She will first try and increase her iron supplementation as her ferritin has dropped and having a higher ferritin made her feel better in the past. If she is not feeling better on the higher dose of ferritin she can try to increase Synthroid to 1 full tablet. She is warned of possible side effects.

Thank you for letting me participate in the care of your patient.

Dictated by voice recognition system.

Sincerely,

A handwritten signature in cursive script, appearing to read "Dr. Wang".

Covid-19 phone consultation/follow-up disclosure. This assessment was conducted over the telephone given the restrictions on face-to-face contact in light of the Covid-19 pandemic. Informed verbal consent was obtained from the patient to communicate and provide care using virtual and other telecommunication tools. This patient has been explained the risks related to unauthorized disclosure or interception of personal health information and steps they can take to help protect your information. We have discussed that care provided through video or audio communication cannot replace the need for physical examination or an in-person visit for some disorders or urgent problems and the patient understands the need to seek urgent care in an emergency department as necessary.