

**YOSHIMOTO, AYAE Admin Sex: Female DOB: 10/26/1994**

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#### **Continuity of Care Document**

Summarization of Episode Note | 11/5/2025 to 11/5/2025

Source: MedStar WHC OB/GYN at Lafayette Centre

Created: 11/26/2025

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#### **Demographics**

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Contact Information:

2520 MASSACHUSETTS AVE NW, WASHINGTON, DC 20008, USA

Tel: (415)605-9076 (Primary Home)

Email: AYEYSMT@GMAIL.COM

Previous Address(es):

--

Marital Status: Single

Religion: None

Race: --

**Previous Name(s):** --

Date of Death: //

Ethnic Group: Not Hispanic or Latino

Language: dn

ID: URN:CERNER:IDENTITY-FEDERATION:REALM:C2A9AAAD-29F4-4D5D-87B0-388C13A9B433-CH:PRINCIPAL:E5115E52-1B16-4E62-A837-A0B64197AE24, 50804262

#### **Care Team**

No Data to Display

#### **Relationships**

No Data to Display

#### **Document Details**

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##### **Source Contact Info**

1133 21st Street NW Building 2, Washington, DC 20036- , USA

Tel: (202)416-2000

##### **Author Contact Info**

11/26/2025 5:56 AM

MedStar WHC OB/GYN at Lafayette Centre

##### **Recipient Contact Info**

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#### **Healthcare Professionals**

No Data to Display

#### **IDs & Code Type Data**

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Document Language Code: en-US

Document Set ID: --

Document Version Number: --

## Primary Encounter

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### Encounter Information

Registration Date: 11/5/2025

Discharge Date: 11/5/2025

Visit ID: --

### Location Information

MedStar WHC OB/GYN at Lafayette Centre

(Work): 1133 21st Street NW Building 2, Washington, DC 20036- , USA

### Providers

Type	Name	Address	Phone
Admitting	Paquette, Rachel R.	--	Tel: (202)444-8531 (Work)
Attending	Paquette, Rachel R.	--	Tel: (202)444-8531 (Work)
Referring	SELF-REFERRED,	--	--

## Encounter

WHC FIN 60084180755 Date(s): 11/5/25 - 11/5/25

MedStar WHC OB/GYN at Lafayette Centre 1133 21st Street NW Building 2 Washington, DC 20036- USA (202)416-2000

### Encounter Diagnosis

Pain in female genitalia on intercourse (Discharge Diagnosis) - 11/5/25

Attending Physician: Paquette, DO, Rachel R.

Admitting Physician: Paquette, DO, Rachel R.

Referring Physician: 0000888883 -SELF-REFERRED,

Encounter Type: Clinic

### Reason for Visit

LOWER ABDOMINAL PAIN

### Allergies, Adverse Reactions, Alerts

No Known Medication Allergies

*Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd*

*Last Modified: 07/7/2025 2:20 PM*

Substance	Criticality	Severity	Reaction	Reaction Severity	Status
Pollen <i>Author: Eith, Jeremy M, MedStar Medical Group Primary Care at Lafayette Centre</i> <i>Last Modified: 08/27/2025 1:56 PM</i>			eye irritation sneezing throat irritation		Active

### Treatment Plan

#### Future Scheduled Tests

Radiology:

US Breast Complete Bilateral 8/19/25

*Author: Eith, Jeremy M, MedStar Health*

*Last Modified: 08/19/2025 8:04 PM*

US Transvaginal 8/19/25

*Author: Eith, Jeremy M, MedStar Health*

*Last Modified: 08/19/2025 8:04 PM*

### Immunizations

No data available for this section

### Medications

<p><b>drospirenone-ethinyl estradiol (Yaz 3 mg-0.02 mg oral tablet)</b></p> <p>Status: Ordered</p> <p>Start Date: 11/8/24</p> <p>1 Tablet(s) By Mouth every day. start first tablet today. Refills: 4.</p> <p>Ordering provider: Buek, MD, John David</p> <p><i>Author: Buek, John David, MedStar WHC OB/GYN at Lafayette Centre</i></p> <p><i>Last Modified: 11/8/2024 2:18 PM</i></p>	<p><b>CVS/pharmacy #5674</b></p> <p>3700 Newark St NW Washington, DC 200163036</p>
<p><b>ethinyl estradiol-norethindrone (Junel Fe 1 mg-20 mcg oral tablet)</b></p> <p>Status: Ordered</p> <p>Start Date: 10/9/25</p> <p>1 Tablet(s) By Mouth every day. Refills: 3.</p> <p>Ordering provider: Quiett, MD, Valencia M.</p> <p><i>Author: Quiett, Valencia M., MedStar WHC OB/GYN at Lafayette Centre</i></p> <p><i>Last Modified: 10/9/2025 7:19 PM</i></p>	<p><b>CVS/pharmacy #1347</b></p> <p>6 Dupont Cir NW Washington, DC 200361108</p>
<p><b>naproxen (naproxen sodium 550 mg oral tablet)</b></p> <p>Status: Ordered</p> <p>Start Date: 8/27/25</p> <p>1 Tablet(s) By Mouth 2 times a day as needed migraine. can take with caffeinated beverage.</p> <p>Refills: 1.</p> <p>Ordering provider: Schreiber, PA-C, Lisa Marlene</p> <p><i>Author: Schreiber, Lisa Marlene, MedStar NRN Psychiatry at Lafayette Centre</i></p> <p><i>Last Modified: 08/27/2025 2:27 PM</i></p>	<p><b>CVS/pharmacy #1347</b></p> <p>6 Dupont Cir NW Washington, DC 200361108</p>
<p><b>drospirenone-ethinyl estradiol (Yaz 3 mg-0.02 mg oral tablet)</b></p> <p>Status: Completed</p> <p>Start Date: 8/22/24</p> <p>Stop Date: 11/8/24</p> <p>1 Tablet(s) By Mouth every day. Refills: 4.</p> <p>Ordering provider: Buek, MD, John David</p> <p><i>Author: Buek, John David, MedStar WHC OB/GYN at Lafayette Centre</i></p> <p><i>Last Modified: 11/8/2024 2:18 PM</i></p>	<p><b>CVS/pharmacy #5674</b></p> <p>3700 Newark St NW Washington, DC 200163036</p>
<p><b>mupirocin topical (mupirocin 2% topical ointment)</b></p> <p>Status: Completed</p> <p>Start Date: 6/7/24</p> <p>Stop Date: 6/17/24</p> <p>1 Application Topical 2 times a day for 10 Day(s). Refills: 0.</p> <p>Ordering provider: Russo, MD, Mark E.</p> <p><i>Author: MedStar Medical Group Ear Nose and Throat at Lafayette MACC</i></p> <p><i>Last Modified: 06/17/2024 3:46 PM</i></p>	<p><b>CVS/pharmacy #5674</b></p> <p>3700 Newark St NW Washington, DC 200163036</p>
<p><b>naproxen (naproxen sodium 550 mg oral tablet)</b></p> <p>Status: Discontinued</p> <p>Start Date: 7/7/25</p> <p>Stop Date: 8/27/25</p> <p>1 Tablet(s) By Mouth 2 times a day as needed migraine. can take with caffeinated beverage.</p> <p>Refills: 1.</p> <p>Ordering provider: Schreiber, PA-C, Lisa Marlene</p> <p><i>Author: Schreiber, Lisa Marlene, MedStar GUH Neurology at Beverly Rd</i></p> <p><i>Last Modified: 08/27/2025 2:27 PM</i></p>	<p><b>CVS/pharmacy #1347</b></p> <p>6 Dupont Cir NW Washington, DC 200361108</p>

**acetaminophen (Tylenol)**

Status: Voided

Start Date: 6/7/24

Stop Date: 7/7/25

By Mouth.

*Author: Hernandez, Jocelyn Samantha, MedStar Medical Group Ear Nose and Throat at Lafayette MACC**Last Modified: 07/7/2025 1:22 PM***Problem List**

Condition	Confirmation	Course	Effective Dates	Status	Health Status	Informant
Migraine with aura  <i>Author: Tinsley, Amanda Grace, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 1:56 PM</i>	Confirmed			Active  <i>Author: Tinsley, Amanda Grace, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 1:56 PM</i>		
Prolonged aura migraine  <i>Author: Tinsley, Amanda Grace, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 2:03 PM</i>	Confirmed			Active  <i>Author: Tinsley, Amanda Grace, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 2:03 PM</i>		
Numbness  <i>Author: Tinsley, Amanda Grace, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 2:02 PM</i>	Confirmed			Active  <i>Author: Tinsley, Amanda Grace, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 2:02 PM</i>		

**Procedures**

No data available for this section

**Results**

11/5/25:

Test	Result	Reference Range	Specimen Source	Laboratory
Body Mass Index Dosing  <i>Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre</i> <i>Last Modified: 11/5/2025 4:09 PM</i>	18.05 kg/m2	(Normal is 40 kg/m2)		
BP Extremity, Automated  <i>Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre</i> <i>Last Modified: 11/5/2025 4:09 PM</i>	Left upper extremity			
BSA Dosing  <i>Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre</i> <i>Last Modified: 11/5/2025 4:09 PM</i>	1.42 m2			

Cuff Size  Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre  Last Modified: 11/5/2025 4:09 PM	Adult			
Cuff Type  Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre  Last Modified: 11/5/2025 4:09 PM	Automated			
Diastolic BP, Automated  Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre  Last Modified: 11/5/2025 4:09 PM	64 mmHg	(Normal is 60-89 mmHg)		
Height/Length Dosing  Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre  Last Modified: 11/5/2025 4:09 PM	158 cm			
Measured with Shoes  Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre  Last Modified: 11/5/2025 4:09 PM	Yes			
Patient Position BP  Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre  Last Modified: 11/5/2025 4:09 PM	Sitting			
Peripheral Pulse Rate  Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre  Last Modified: 11/5/2025 4:09 PM	78 bpm	(Normal is 60-100 bpm)		
Systolic BP, Automated  Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre  Last Modified: 11/5/2025 4:09 PM	93 mmHg	(Normal is 90-139 mmHg)		
Visit Type AMB  Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre  Last Modified: 11/5/2025 4:09 PM	In Person			
Weight Dosing  Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre  Last Modified: 11/5/2025 4:09 PM	45.05 kg			

## Vital Signs

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11/5/25

Peripheral Pulse Rate  Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre  Last Modified: 11/5/2025 4:09 PM	78 bpm	(Normal is 60-100 bpm)
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Blood Pressure	93/64 mmHg <i>Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre</i> <i>Last Modified: 11/5/2025 4:09 PM</i>	(Normal is 90-139/60-89 mmHg)
BP Extremity, Automated <i>Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre</i> <i>Last Modified: 11/5/2025 4:09 PM</i>	Left upper extremity	
Patient Position BP <i>Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre</i> <i>Last Modified: 11/5/2025 4:09 PM</i>	Sitting	
Visit Type AMB <i>Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre</i> <i>Last Modified: 11/5/2025 4:09 PM</i>	In Person	
Cuff Type <i>Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre</i> <i>Last Modified: 11/5/2025 4:09 PM</i>	Automated	
Height/Length Dosing <i>Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre</i> <i>Last Modified: 11/5/2025 4:09 PM</i>	158 cm	
Body Mass Index Dosing <i>Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre</i> <i>Last Modified: 11/5/2025 4:09 PM</i>	18.05 kg/m <sup>2</sup>	(Normal is 40 kg/m <sup>2</sup> )
Weight Dosing <i>Author: Garcia, Gladys, MedStar WHC OB/GYN at Lafayette Centre</i> <i>Last Modified: 11/5/2025 4:09 PM</i>	45.05 kg	

## Social History

Social History Type	Response
Tobacco/Nicotine	Use: Past. <i>Author: Brown, Marquita Chauntice</i> <i>Last Modified: 05/27/2024 12:36 PM</i>
Birth Sex <i>Author: MedStar Health</i> <i>Last Modified: 11/5/2025 3:53 PM</i>	Female
Sex Representation <i>Author: MedStar Health</i> <i>Last Modified: 11/5/2025 3:53 PM</i>	Female (finding)

## Goals

No data available for this section

## Hospital Discharge Instructions

No data available for this section

## Reason for Referral

No data available for this section

## Health Concerns

No data available for this section

## Implantable Device List

No data available for this section

## Gynecology Outpatient Note

Paquette, DO, Rachel R.: MODIFY, PERFORM

Event Display: Gynecology Office/Clinic Note

Authored Date: 20251105111900-0500

### Chief Complaint

gyn pt c/o pain on lower abdominal after intercourse.

### History of Present Illness

31yo G0 female presents for pain with intercourse

Patient was last seen on 10/9 where she had a pap performed and was started on OCPs for menstrual control.

She notes that she had been taking OCPs for a long time but stopped back in August. She picked up her new prescription in October but did not start it until this month. She stopped her OCPs because she was thinking about freezing eggs. However, when she deiced she did not want to move forward with that, she restarted her OCPs. She noted that while off OCPs her libido was low and intercourse was more painful. She states that since starting birth control again, both smx have resolved. She notes that she plans on continuing to that her OCPs until she wants to become pregnant but she does not think that will be soon

Of note, she had recent breast ultrasound that was notable for small nodule behind the nipple in the right breast. It is recommended that she has breast follow up 6 months from 08/2025

GYN Hx:

LMP: 10/31

Menses: q28 days x 5-6 in past when off contraception

Sexual activity:

Contraception: OCPs

IPV: Denies

H/o STIs: denies

Pap Hx:

- 8/27/2025: ASCUS

- 10/9/2025 - NILM hrHPV pos. One year f/u (next due 10/2026)

Family hx of GYN cancer: no

Significant Med Hx: none

Works at Japanese Embassy

GYN History

Menstrual History

Event Name

Event Result

Date/Time

Menstrual Status

Menarchal

11/05/25

Last Menstrual Period

10/31/25

11/05/25

Review of Systems

Constitutional: no fevers, no chills

Respiratory: no sob, no cough

Cardiovascular: no chest pain

Gastrointestinal: no nausea, no vomiting, no diarrhea, no constipation

Genitourinary: no dysuria, no urgency, no frequency

Gynecologic: As above

Physical Exam

Vitals & Measurements

11/05/2025 11:03 P: 78 BP: 93/64

HT: 158 cm (5 ft 2 in) WT: 45.05 kg (99 lbs 5 oz) BMI: 18.05 kg/m<sup>2</sup>

LMP: 10/31/2025

Most Recent LMP

10/31/25

Pain Assessment

Pain Present: No actual or suspected pain (11/05/25 11:03:00)

General: Well developed, well nourished, in no acute distress.

Head: Normocephalic and atraumatic.

Lungs: No increased work of breathing

Heart: Clinically well perfused

Abdomen: Abdomen soft and non-tender without masses, organomegaly, or hernias.

Msk: Normal posture and gait.

Extremities: No lower extremity edema.

Neurologic: No focal deficits with gross sensory and tone intact.

Skin: Intact without lesions or rashes.

Psych: Alert and cooperative; normal mood and affect.

Normal external genitalia

Urethra normal without masses

Normal vaginal tissue, vaginal discharge. No point tenderness at the introitus or with palpation of bilateral obturator muscles. No muscular spasms

Normal cervix. no CMT

No cervical motion tenderness

Uterus small, mobile, non tender  
No adnexal masses or tenderness

#### Assessment/Plan

31yo G0 female presents for pain with intercourse

#### 1. Pain in female genitalia on intercourse (N94.10)

- Pain only while off OCPs. Now that she has restarted OCPs she has no pain. She is OK continuing to take her OCPs and does not plan on stopping them soon.

- Reviewed that since she does not have any current pain, and it resolved with the medication, she can continue to take them without additional workup. No tenderness or muscular spasms noted on exam.

- Discussed that in the future if she stops the medication, we can reassess and see if intercourse is still painful. Patient comfortable with this plan.

#### Attending Attestation

Pt expressed understanding to plan of care. All questions answered to patient's satisfaction.

Total Clinician Time Spent Day of Service including chart review, face-to-face, and post-visit documentation: >25 min

Rachel Paquette, DO, OBGYN

#### Problem List/Past Medical History

##### Ongoing

Migraine with aura

Numbness

Prolonged aura migraine

#### Medications

ethinyl estradiol-norethindrone(Junel Fe 1 mg-20 mcg oral tablet), 1 tab, PO, Daily, 3 refills

naproxen(naproxen sodium 550 mg oral tablet), 550 mg= 1 tab, PO, 2x/day, PRN, 1 refills, can take with caffeinated beverage, Not taking

drospirenone-ethinyl estradiol(Yaz 3 mg-0.02 mg oral tablet), 1 tab, PO, Daily, 4 refills, start first tablet today, Not taking

#### Allergies

No Known Medication Allergies

Pollen eye irritation, sneezing, throat irritation

#### Social History

Smoking Status

Never Used

Alcohol

Alcohol Use:Denies

Exercise

Frequency:None

Substance Use

Use:Denies

Tobacco/Nicotine

Use:Past

Lab Results

PAP / HPV Results

Pap IG HPV HR c Rfx Geno 16 /18 TP - Completed 10-09-2025

Electronically signed by:

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Paquette, DO, Rachel R. on: 11.05.2025 12:18 EST

Author: Paquette, Rachel R., MedStar WHC OB/GYN at Lafayette Centre

Last Modified: 11/5/2025 5:18 PM

## Patient Care team information

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### Care Team Personnel

Name: Garcia, Gladys

Position: Ambulatory: Clinic Staff Co-sign Preg

Member Role: Diabetic Educator (Lifetime)

*Author: Garcia, Gladys, MedStar Health*

*Last Modified: 11/5/2025 4:01 PM*

### Care Team Related Persons

Name: LEE, JONG HYUN

*Author: MedStar Health*

*Last Modified: 05/2/2025 10:48 AM*

Name: LEE, JONG HYUN HYUN

*Author: MedStar Health*

*Last Modified: 05/2/2025 10:48 AM*

Name: LEE, JONG HYUN HYUN HYUN

*Author: MedStar Health*

*Last Modified: 05/2/2025 10:48 AM*

Name: LEE, JONG HYUN HYUN HYUN HYUN

*Author: MedStar Health*

*Last Modified: 05/2/2025 10:48 AM*

## Family History

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No data available for this section

## Insurance Providers

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Guarantor name: NA

Health Plan Information #: 1

Payer: AETNA OPEN

Payer Identifier: NA

Member Number: 904150909

Group Number: NA

Subscriber Identifier: 904150909

Relationship to Subscriber: self

Coverage Type: HMO

Coverage Verification Date: NA

Telecom: NA

Address: NA