

Patient: **YOSHIMOTO, AYAE**

MRN: WHC-000007852076

FIN: WHC-60066922729

DOB/Age/Sex: 10/26/1994 31 years

Female

Date of Service: 7/10/2025

Attending Provider: Quiett,MD,Valencia M.

Patient Viewable Documents

DOCUMENT NAME: Gynecology Office/Clinic Note
PERFORM INFORMATION: Quiett,MD,Valencia M.(7/11/2025 10:48 EDT)
RESULT STATUS: Auth (Verified)
SERVICE DATE/TIME: 7/10/2025 13:45 EDT
SIGN INFORMATION: Quiett,MD,Valencia M.(7/11/2025 10:48 EDT)

Chief Complaint

Menstrual Concerns

History of Present Illness

Patient 30-year-old presenting for no cycles since October 2024. She was started on yet as OCPs August 2024.
hs of irregular menses prior to ocp start. She was using POP with irregular bleeding.

recent thyroid testing is negative.

Updated to patient hx: follows with neurology for complex migraines with w/ aura.

Physical ExamVitals & Measurements

07/10/2025 13:55 P: 78 BP: 105/72 SpO2: 100%

WT: 43.8 kg (96 lbs 9 oz)

Pain Assessment

Pain Present: No actual or suspected pain (07/10/25 13:55:00)

General: no acute distress, appears own age**Head:** atraumatic, normocephalic**CV:** wwp**pulm:** No increased WOB**Mental Status:** awake, alert**Assessment/Plan****1. Amenorrhea| (N91.2)**

discussed ddx with mostly likely SE of OCP medication.

TSH reviewed and wnl.

Reviewed management options.

Planning to d/c ocp at this time especially in the setting of migraine with aura and risk of stroke.

plan to f/u in clinic if cycle does not return off of contraception.

Problem List/Past Medical HistoryOngoing

Migraine with aura

Numbness

Prolonged aura migraine

Medications

naproxen(naproxen sodium 550 mg oral tablet),
550 mg= 1 tab, PO, 2x/day, PRN, 1 refills,
can take with caffeinated beverage
drospirenone-ethinyl estradiol(Yaz 3 mg-0.02
mg oral tablet), 1 tab, PO, Daily, 4 refills,
start first tablet today

Allergies

No Known Medication Allergies

Social HistorySmoking Status

Never Used

Alcohol

Alcohol Use:Denies

Substance Use

Use:Denies

Tobacco/Nicotine

Use:Past

Lab Results**Pregnancy Point of Care Testing Results**

POC hCG QI: Negative (07/10/25)

Report Request ID:

825632155

Print Date/Time:

11/26/2025 06:09

MedStar WHC OB/GYN at Lafayette Centre

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2. Contraception management| (Z30.9)

Comprehensive contraceptive counseling was offered. She is not a candidate for estrogen based medication - CDC MEC 4. Pt opted for condom use at this time.

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

Total Clinician Time Spent Day of Service including chart review 5 min, face-to-face 15 min, and post-visit documentation 5 min: 25 min

Valencia Quiett, MD

Electronically signed by:

Quiett, MD, Valencia M. on: 07.11.2025 10:48 EDT

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Page 2 of 2

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EST

This report is confidential medical information. The unauthorized disclosure of this information may subject you to civil and criminal penalties.

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