



MedStar WHC OB/GYN at Lafayette Centre

1133 21st Street NW
Building 2
Washington, DC 20036-
(202)416-2000

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 Exam**Vitals & 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 History**Ongoing**

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-ethynodiol(Yaz 3 mg-0.02
mg oral tablet), 1 tab, PO, Daily, 4 refills,
start first tablet today

Allergies

No Known Medication Allergies

Social History

Smoking 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

EST

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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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