

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

Continuity of Care Document

Summarization of Episode Note | 07/7/2025 to 07/7/2025

Source: MedStar GUH Neurology at Beverly Rd

Created: 11/26/2025

Demographics

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

Source Contact Info

1420 Beverly Rd Suite 300, McLean, VA 22101- , USA

Tel: (703)852-8588

Author Contact Info

11/26/2025 5:58 AM

MedStar GUH Neurology at Beverly Rd

Recipient Contact Info

--

Healthcare Professionals

No Data to Display

IDs & Code Type Data

Document Type ID: 2.16.840.1.113883.1.3 : POCD_HD000040

Document Template ID: 2.16.840.1.113883.10.20.22.1.1 : --, 2.16.840.1.113883.10.20.22.1.1 : 2015-08-01, 2.16.840.1.113883.10.20.22.1.2 : 2015-08-01

Document ID: 2.16.840.1.113883.3.1662.10.997.999362 : 697413500

Document Type Code: 2.16.840.1.113883.6.1, 34133-9

Document Language Code: en-US

Document Set ID: --

Document Version Number: --

Primary Encounter

Encounter Information

Registration Date: 07/7/2025

Discharge Date: 07/7/2025

Visit ID: --

Location Information

MedStar GUH Neurology at Beverly Rd

(Work): 1420 Beverly Rd Suite 300, McLean, VA 22101- , USA

Providers

Type	Name	Address	Phone
Admitting	Tinsley, Amanda Grace	(Work): 6858 Old Dominion DrSuite 201, McLean, VA 22101- , USA	Tel: (202)741-2700 (Work)
Attending	Tinsley, Amanda Grace	(Work): 6858 Old Dominion DrSuite 201, McLean, VA 22101- , USA	Tel: (202)741-2700 (Work)

Encounter

GUH FIN 60065952990 Date(s): 7/7/25 - 7/7/25

MedStar GUH Neurology at Beverly Rd 1420 Beverly Rd Suite 300 McLean, VA 22101- USA (703) 852-8588

Encounter Diagnosis

Migraine with aura (Discharge Diagnosis) - 7/7/25

Numbness (Discharge Diagnosis) - 7/7/25

Prolonged aura migraine (Discharge Diagnosis) - 7/7/25

Attending Physician: Tinsley, MD, Amanda Grace

Admitting Physician: Tinsley, MD, Amanda Grace

Encounter Type: Clinic

Reason for Visit

HEADACHES - MD APPROVAL

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

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

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 Author: Tinsley, Amanda Grace, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:56 PM	Confirmed			Active Author: Tinsley, Amanda Grace, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:56 PM		
Prolonged aura migraine Author: Tinsley, Amanda Grace, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 2:03 PM	Confirmed			Active Author: Tinsley, Amanda Grace, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 2:03 PM		
Numbness Author: Tinsley, Amanda Grace, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 2:02 PM	Confirmed			Active Author: Tinsley, Amanda Grace, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 2:02 PM		

Procedures

No data available for this section

Results

7/7/25:

Test	Result	Reference Range	Specimen Source	Laboratory
Apical Heart Rate Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM	83 bpm	(Normal is 60-100 bpm)		
Body Mass Index Dosing Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM	17.81 kg/m2	(Normal is 40 kg/m2)		
BP Extremity, Automated Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM	Left upper extremity			

BSA Dosing <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 1:21 PM</i>	1.37 m2			
Cuff Size <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 1:21 PM</i>	Adult			
Cuff Type <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 1:21 PM</i>	Automated			
Diastolic BP, Automated <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 1:21 PM</i>	72 mmHg	(Normal is 60-89 mmHg)		
Height/Length Dosing <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 1:21 PM</i>	155 cm			
Measured with Shoes <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 1:21 PM</i>	Yes			
Patient Position BP <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 1:21 PM</i>	Sitting			
Respiratory Rate <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 1:21 PM</i>	16 BR/min	(Normal is 12-20 BR/min)		
Systolic BP, Automated <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 1:21 PM</i>	108 mmHg	(Normal is 90-139 mmHg)		
Temperature Skin <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 1:21 PM</i>	36.5 DegC	(Normal is 36-37 DegC)		
Visit Type AMB <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 1:21 PM</i>	In Person			
Weight Dosing <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd</i> <i>Last Modified: 07/7/2025 1:21 PM</i>	42.8 kg			

Vital Signs

7/7/25

Temperature Skin <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM</i>	36.5 DegC	(Normal is 36-37 DegC)
Apical Heart Rate <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM</i>	83 bpm	(Normal is 60-100 bpm)
Respiratory Rate <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM</i>	16 BR/min	(Normal is 12-20 BR/min)
Blood Pressure <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM</i>	108/72 mmHg	(Normal is 90-139/60-89 mmHg)
BP Extremity, Automated <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM</i>	Left upper extremity	
Patient Position BP <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM</i>	Sitting	
Visit Type AMB <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM</i>	In Person	
Cuff Type <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM</i>	Automated	
Height/Length Dosing <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM</i>	155 cm	
Body Mass Index Dosing <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM</i>	17.81 kg/m2	(Normal is 40 kg/m2)

Weight Dosing <i>Author: Hernandez, Jocelyn Samantha, MedStar GUH Neurology at Beverly Rd Last Modified: 07/7/2025 1:21 PM</i>	42.8 kg	
-------------------------------------------------------------------------------------------------------------------------------------------	---------	--

Social History

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

Goals

No data available for this section

Hospital Discharge Instructions

Section Author: , MedStar GUH Neurology at Beverly Rd, 07/7/2025 1:21 PM

Patient Education

07/07/2025 09:21:15

Adult Healthy Weight

Adult Healthy Weight (for ages 18 and up)

What is My Healthy Weight and Why Does It Matter?

While your weight is a number measured by a scale, your “healthy weight” is a determination made by a clinician, and is based on multiple factors, which can include body mass index, waist circumference, fat, and muscle composition, as well as other factors.

Being heavier than your healthy weight can result in multiple chronic illnesses like diabetes, high blood pressure, and heart disease... and being significantly heavier or lighter than your healthy weight can increase your chances of more serious consequences of these and other conditions.

Body Mass Index (BMI)

Body mass index (BMI) is a calculation of your weight and height (your weight in kilograms divided by the square of your height in meters). Please note that the BMI is not diagnostic by itself of healthy weight; it is just one data point used by your clinician to determine a healthy weight range for you.

Waist Circumference

Waist circumference is another screening tool used to determine your healthy weight. Waist circumference is most often based on abdominal fat (belly fat). Too much abdominal fat increases your risk of developing chronic medical conditions (such as diabetes, high blood pressure, and heart disease). Please also note that a healthy waist circumference varies, based on race and ethnicity.

Your clinician can determine a healthy weight and waist circumstance range for you, and if weight loss (or gain) would be likely to benefit your health.

Healthy Eating for a Healthy Weight

Healthy eating is not just for people who are trying to lose weight. Healthy eating can help everyone stay healthier by reducing your risk of developing many chronic illnesses; or if you already have chronic illnesses, of being less sick from them. There is no diet that is right for everyone. In general, a healthy diet for you should:

- Include vegetables, whole fruits, whole grains, fat-free or low-fat dairy (if not lactose-intolerant), and protein rich foods including seafoods, nuts and lentils.
- Favor vegetable oils over animal fats.
- Limit the foods and beverages with added sugars, saturated fat, and sodium. Less than 10% of calories per day should come from added sugars and saturated fat.
- Avoid too much sodium (salt). Daily total sodium should be kept to less than 2300mg / day unless your clinician recommends otherwise.
- Avoid alcohol if pregnant. Do not start drinking alcohol to try to improve your health status. If you drink alcohol, please limit your consumption to no more than two drinks per day for males, and one drink per day for females.

Physical Activity for a Healthy Weight

Regular physical activity is important for good health, and it's especially important if you're trying to achieve and maintain a healthy weight. Physical activity also helps to: reduce blood pressure; reduce your risk for diabetes, heart attack and stroke; reduce pain from arthritis; and reduce symptoms of depression and anxiety.

The CDC recommends:

- Either at least 150 minutes / week of moderate intensity physical activity, or at least 75 minutes / week of vigorous intensity physical activity. An example of moderate intensity activity is brisk walking, and an example of vigorous activity is jogging or running.
- Muscle strengthening activities two or more days a week, where you work on all major muscle groups (such as your arms, legs, shoulders, chest, back, hips, and abdomen). Examples of muscle strengthening exercise include gardening with digging or shoveling, lifting weights, resistance training, and certain types of yoga.

If you have any significant medical conditions or physical impairments or disabilities – do not start a new exercise program without first consulting your clinician.

If you are interested in achieving a healthy weight, please discuss with your clinician for further tips and/or referrals.

For further information, please visit the following websites:

- https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_ExecutiveSummary_English.pdf
- <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>
- <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>
- <https://www.cdc.gov/healthyweight/assessing/index.html>

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

Outpatient Note

Tinsley, MD, Amanda Grace: PERFORM
Event Display: Ambulatory Clinical Summary
Authored Date: 20250707101717-0400

YOSHIMOTO, AYAE
DOB:10/26/1994
FIN:GUH-60065952990
Visit Date:07/07/2025

Ambulatory Visit Summary

Thank you for allowing us to assist with your healthcare needs. The following includes patient education materials and information regarding your visit. You may receive requests to complete a brief survey and separately an online review about your experience with us today. Please take a moment and share your feedback.

Your Next Steps

Instructions From Your Provider

Diagnosis: migraine with prolonged visual aura, numbness and tingling in scalp

Plan:

MRI brain with/without contrast

Record headache days, making note of severe days and acute therapy use (migraine buddy app is an option)

Recommend avoiding estrogen due to risk of stroke in patients with migraine aura

Return to clinic in 3 months

To prevent headaches:

Lifestyle modifications: importance of adequate sleep, stress reduction, hydration, avoiding triggers, limit alcohol, limit caffeine intake to <4 beverages daily, aerobic exercise

For acute therapy (at onset of pain):

Try increasing ibuprofen to 800mg (4 over-the-counter tabs) OR naproxen sodium 550mg 1 tab (do

not combine), limit to less than 10 days/month

Thank you for your visit with me, Dr. Amanda Tinsley, at the Medstar Georgetown Headache Clinic at Mclean.

Please make sure you sign up for the portal as this is the fastest way to communicate with our office.

IMPORTANT INFORMATION ABOUT THE HEADACHE CLINIC

Hours of Operation and Phone Numbers

MedStar Georgetown Headache Clinic is open Monday-Friday (except national holidays) between 8am-5pm.

The McLean location can be reached at 703-288-7931 during business hours.

For appointment requests, please call 202-295-0545. Appointments are scheduled up to 12 weeks out from the current date.

The center is closed after hours and on weekends. If you have an emergency during those times, please seek care at a MedStar Urgent care or the Emergency Room.

Medications

For medication refills, please send your request to your clinician over the portal. Medication refills will only be filled if you have been seen as recommended by the clinic and in no exceptions if you have not been seen within the last 12 months. Your request can be denied if you have not followed up and instead you will be advised to schedule an appointment as next available. If it will be difficult for you to follow up with us in a timely fashion, consider having your primary care provider take over your prescriptions and see us on a consultation basis. Please note our Headache Clinic does not prescribe narcotics or butalbital-containing medications (such as Fioricet, Fiorinal).

It is your responsibility to be aware of your insurance plan's medication formulary. Medications prescribed by our office may require prior authorization, may require a trial of alternative medications first, or may not be covered at all. If a medication requires a prior authorization (PA), please notify our office via the portal. Obtain authorization can take 7-14 days, and in some instances longer due to insurance policies. When a medication is approved, it is your responsibility to keep track of when a prior authorization will expire (typically 12 months, sometimes less) and to notify our office to request a renewal a month before the prior authorization expires.

If a prior authorization is denied and you disagree with the determination by your insurance, you may personally appeal your health insurance and their decision. The denial letter gives you information on how to appeal their decision. The decision your insurance plan makes has nothing to do with the medical provider's opinion and everything to do with the decision making process of the insurance plan, so our office does not get involved in the appeal process. Your appeal should contain clear information about your health condition, medication you have tried, and why you should have access to the medication prescribed to you. If you need a copy of any of our medical notes, you should have access to these in the patient portal.

Paperwork

All paperwork requires a separate visit dedicated to complete the paperwork- this may be a portal visit or an in person visit. Please make these requests via the portal and scan and send the paperwork through the portal.

We currently complete FMLA paperwork as needed and may complete other letters depending on the nature of the letter.

You have access to your medical records through the portal and they can be used as you need them for your paperwork.

If you have a time restriction for paperwork, realize we may not be able to "fit you in" for an appointment to complete this paperwork on your schedule. We understand how this is frustrating, but priority is for visits to manage headache care. Consider working with your primary care provider and keeping them up to date with your headache care if they are easier to see.

Telehealth and portal messages

Telehealth visits are not a routine part of our practice and offered on a limited basis if deemed appropriate by your provider. All patients must be seen in person at least once annually for active management of care (including prescription renewals)

In cases of an emergency, it is important to realize telehealth visits legally can only be provided to areas the clinician is licensed. This varies by provider.

MedStar Georgetown University Hospital Department of Neurology charges your insurance portal message or telephone calls that involves a discussion of patient symptoms, medical advice, medical decision making, and/or complex prescription authorizations. A single billing charge will be generated for the completion of this exchange of communication (i.e. you will not be charged for multiple back and forth communications within a 7 day period). The billing will be sent to your insurance, but the insurance provider may pass on some or all of the charges to you.

Visitors

Visitors under the age 18 are not allowed to office visits, please arrange for their care during the appointment or reschedule if alternative care is not possible.

Visitors are not allowed to procedure visits. This includes botox injections and nerve blocks/trigger point injections.

Please Complete the Following

Your results are important to us, and we are fully dedicated to ensuring that you receive the best care possible.

If you have not received communication from your provider within 7 days of completing your order(s), please promptly contact our office.

Radiology Orders:

MRI Brain w/o Contrast, Est.07/07/2025, MedStar Georgetown Univ All Modalities

Complete Medication List as of 07/07/2025 10:13 am

What How much When Instructions drospirenone-ethinyl estradiol (Yaz 3 mg-0.02 mg oral tablet)
1 Tablet(s)
By Mouth
Every day
start first tablet today

Your Summary
Your Visit Was For

Migraine with aura
Numbness
Prolonged aura migraine

Vital Signs
07/07/2025 09:20

Temperature: Skin - 36.5 °C (97.7 °F);

Heart Rate: 83

Respiratory Rate: 16

Blood Pressure: 108/72

Oxygen Level: 98%

Height: 155 cm (5 ft 1 in)

Weight: 42.8 kg (94 lbs 6 oz)

Body Mass Index (BMI): 17.81 kg/m²

Allergies

aspirin
ibuprofen

Education Materials and Medication Leaflets

Adult Healthy Weight (for ages 18 and up)

What is My Healthy Weight and Why Does It Matter?

While your weight is a number measured by a scale, your “healthy weight” is a determination made by a clinician, and is based on multiple factors, which can include body mass index, waist circumference, fat, and muscle composition, as well as other factors.

Being heavier than your healthy weight can result in multiple chronic illnesses like diabetes, high blood pressure, and heart disease... and being significantly heavier or lighter than your healthy weight can increase your chances of more serious consequences of these and other conditions.

Body Mass Index (BMI)

Body mass index (BMI) is a calculation of your weight and height (your weight in kilograms divided by the square of your height in meters). Please note that the BMI is not diagnostic by itself of healthy weight; it is just one data point used by your clinician to determine a healthy weight range for you.

Waist Circumference

Waist circumference is another screening tool used to determine your healthy weight. Waist circumference is most often based on abdominal fat (belly fat). Too much abdominal fat increases your risk of developing chronic medical conditions (such as diabetes, high blood pressure, and heart disease). Please also note that a healthy waist circumference varies, based on race and ethnicity.

Your clinician can determine a healthy weight and waist circumference range for you, and if weight loss (or gain) would be likely to benefit your health.

Healthy Eating for a Healthy Weight

Healthy eating is not just for people who are trying to lose weight. Healthy eating can help everyone stay healthier by reducing your risk of developing many chronic illnesses; or if you already have chronic illnesses, of being less sick from them. There is no diet that is right for everyone. In general, a healthy diet for you should:

- Include vegetables, whole fruits, whole grains, fat-free or low-fat dairy (if not lactose-intolerant), and protein rich foods including seafoods, nuts and lentils.
- Favor vegetable oils over animal fats.
- Limit the foods and beverages with added sugars, saturated fat, and sodium. Less than 10% of calories per day should come from added sugars and saturated fat.
- Avoid too much sodium (salt). Daily total sodium should be kept to less than 2300mg / day unless your clinician recommends otherwise.

- Avoid alcohol if pregnant. Do not start drinking alcohol to try to improve your health status. If you drink alcohol, please limit your consumption to no more than two drinks per day for males, and one drink per day for females.

Physical Activity for a Healthy Weight

Regular physical activity is important for good health, and it's especially important if you're trying to achieve and maintain a healthy weight. Physical activity also helps to: reduce blood pressure; reduce your risk for diabetes, heart attack and stroke; reduce pain from arthritis; and reduce symptoms of depression and anxiety.

The CDC recommends:

- Either at least 150 minutes / week of moderate intensity physical activity, or at least 75 minutes / week of vigorous intensity physical activity. An example of moderate intensity activity is brisk walking, and an example of vigorous activity is jogging or running.

- Muscle strengthening activities two or more days a week, where you work on all major muscle groups (such as your arms, legs, shoulders, chest, back, hips, and abdomen). Examples of muscle strengthening exercise include gardening with digging or shoveling, lifting weights, resistance training, and certain types of yoga.

If you have any significant medical conditions or physical impairments or disabilities – do not start a new exercise program without first consulting your clinician.

If you are interested in achieving a healthy weight, please discuss with your clinician for further tips and/or referrals.

For further information, please visit the following websites:

- https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_ExecutiveSummary_English.pdf
- <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>
- <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>
- <https://www.cdc.gov/healthyweight/assessing/index.html>

Electronically signed by:

Tinsley, MD, Amanda Grace on: 07.07.2025 10:17 EDT

Author: Tinsley, Amanda Grace, MedStar GUH Neurology at Beverly Rd

Last Modified: 07/7/2025 2:17 PM

Neurology Outpatient Note

Tinsley, MD, Amanda Grace: PERFORM

Event Display: Neurology Office/Clinic Note

Authored Date: 20250707103004-0400

Chief Complaint

headaches

History of Present Illness

Ms. Yoshimoto is a pleasant 30 y/o with no known PMH presenting to the Headache Clinic for evaluation.

She reports headache onset at age 29, with no clear inciting event. Initially headaches would occur 2-3 days monthly and gradually worsened to 3-4 days monthly over the year. Pain can be severe, pulsatile (also dull, aching), located over left parietal region, lasting 4+ hours and worsened by routine physical activity. Pain can be associated with nausea. Denies photophobia, phonophobia and osmophobia. Pain can be associated with poor concentration, neck tightness. There can be a visual aura (flashing white light in left peripheral visual field) that lasts for a few hours during severe pain. Change in headache features with positional changes. She experiences a prodrome of dizziness and GI upset and no postdrome. She identifies no triggers but does report headaches more common on weekends.

She reports sleeping 6-7 hours/night. She denies snoring. She drinks 1 caffeinated beverage daily. She denies depression or chronic anxiety. She reports a head trauma whereby her friend hit her in the head (did not lose consciousness) accidentally (sought medical care and not diagnosed with concussion) in high school. Denies recent weight changes. She has no plans of becoming pregnant in the near future (on OCP).

She also reports n/t over left parietal region lasting for 1 sec-hours, not associated head pain.

She has had a normal brain MRI in high school after at the high school head trauma previously mentioned (no reports or images available for me to review).

Current preventive therapy:

None

Prior preventive therapies include:

None

Current abortive therapy:

NSAID/simple analgesic: Tylenol 1000mg (partially effective), ibuprofen 200mg (initially effective), aspirin (partially effective)

Prior abortive therapies include:

Today she reports 3-4 days of headache over the past 30 with 2-3 being severe in nature.

Physical Exam

Vitals & Measurements

07/07/2025 09:20 T: 36.5 °C (97.7 °F) - Skin HR: 83 RR: 16 BP: 108/72 SpO2: 98%

HT: 155 cm (5 ft 1 in) WT: 42.8 kg (94 lbs 6 oz) BMI: 17.81 kg/m²

Oxygen Therapy: Room air

Pain Assessment

Pain Present: No actual or suspected pain (07/07/25 09:20:00)

GEN: No acute distress

HEENT: sclera anicteric, normocephalic, no ttp occipital/supraorbital/auriculotemporal nerves, no nuchal rigidity

SKIN: No visible rashes

PSYCH: Normal affect

MSK: normal range of motion

NEUROLOGICAL:

MSE: Alert, oriented to person/place/date, repetition intact, normal memory and attention, speech fluent

CN: PERRL, VFF to finger counting EOMI, fundi without disc edema, facial sensation intact to LT, face symmetric, hearing intact to voice, uvula midline, tongue midline, shoulder shrug 5/5

MOTOR: no abnormal movements, 5/5 strength, normal bulk/tone

REFLEXES: 2+ DTRs, babinski absent

COORDINATION: intact RAM

SENSORY: intact to LT, Rhomberg negative

GAIT: steady with normal speed, posture and arm swing, tandem gait slightly unsteady

Assessment/Plan

.

1. Migraine with aura| (G43.109)

Ordered:

naproxen(naproxen sodium 550 mg oral tablet)

MRI Brain wo w Contrast

2. Numbness| (R20.0)

Ordered:

MRI Brain wo w Contrast

3. Prolonged aura migraine| (G43.109)

Ordered:

MRI Brain wo w Contrast

Given prolonged visual aura and new n/t, recommend brain MRI

Record headache days, making note of severe days and acute therapy use

Avoid estrogen given risk of stroke in patients with aura

Prevention: discussed lifestyle modifications

Acute therapy: try increasing ibuprofen to 800mg OR naproxen sodium prn

RTC in 3 months

Amanda Tinsley, MD

Georgetown Headache Center

I spent 10 minutes reviewing medical record/paperwork on day of appointment, 40 minutes face to face with patient, with 15 minutes spent counseling/educating patient on diagnosis, plan of care, treatment options, potential side effects. 10 minutes was spent documenting on day of service. Total duration of encounter was 60 minutes.

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-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 History

Smoking Status

Never Used

Alcohol

Alcohol Use:Denies

Substance Use

Use:Denies

Tobacco/Nicotine

Use:Past

Electronically signed by:

Tinsley, MD, Amanda Grace on: 07.07.2025 10:30 EDT

Author: Tinsley, Amanda Grace, MedStar GUH Neurology at Beverly Rd

Last Modified: 07/7/2025 2:30 PM

Patient Care team information

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

No data available for this section

Insurance Providers

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