

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

Continuity of Care Document

Summarization of Episode Note | 08/22/2024 to 08/22/2024

Source: MedStar WHC OB/GYN at Lafayette Centre

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

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

Tel: (202)416-2000

Author Contact Info

11/26/2025 6:00 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

Document Type ID: 2.16.840.1.113883.1.3 : POCD_HD000040

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Document Type Code: 2.16.840.1.113883.6.1, 34133-9

Document Language Code: en-US

Document Set ID: --

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Primary Encounter

Encounter Information

Registration Date: 08/22/2024

Discharge Date: 08/22/2024

Visit ID: --

Location Information

MedStar WHC OB/GYN at Lafayette Centre

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

Providers

Type	Name	Address	Phone
Admitting	Buek, John David	(Work): 110 Irving Street, NWSuite 5B-45, Washington, DC 20010- , USA	Tel: (202)416-2000 (Work)
Attending	Buek, John David	(Work): 110 Irving Street, NWSuite 5B-45, Washington, DC 20010- , USA	Tel: (202)416-2000 (Work)
Referring	SELF-REFERRED,	--	--

Encounter

WHC FIN 60017406723 Date(s): 8/22/24 - 8/22/24

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

Encounter Diagnosis

Abnormal uterine bleeding (AUB) (Discharge Diagnosis) - 8/22/24

Contraceptive management (Discharge Diagnosis) - 8/22/24

Attending Physician: Buek, MD, John David

Admitting Physician: Buek, MD, John David

Referring Physician: 0000888883 -SELF-REFERRED,

Encounter Type: Clinic

Reason for Visit

MENSTRUAL ISS/ABNORMAL BLEEDING

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>drospirenone-ethinyl estradiol (Yaz 3 mg-0.02 mg oral tablet)</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>CVS/pharmacy #5674</p> <p>3700 Newark St NW Washington, DC 200163036</p>
<p>ethinyl estradiol-norethindrone (Junel Fe 1 mg-20 mcg oral tablet)</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>CVS/pharmacy #1347</p> <p>6 Dupont Cir NW Washington, DC 200361108</p>
<p>naproxen (naproxen sodium 550 mg oral tablet)</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>CVS/pharmacy #1347</p> <p>6 Dupont Cir NW Washington, DC 200361108</p>
<p>drospirenone-ethinyl estradiol (Yaz 3 mg-0.02 mg oral tablet)</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>CVS/pharmacy #5674</p> <p>3700 Newark St NW Washington, DC 200163036</p>
<p>mupirocin topical (mupirocin 2% topical ointment)</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>CVS/pharmacy #5674</p> <p>3700 Newark St NW Washington, DC 200163036</p>
<p>naproxen (naproxen sodium 550 mg oral tablet)</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>CVS/pharmacy #1347</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

8/22/24:

Test	Result	Reference Range	Specimen Source	Laboratory
Body Mass Index Dosing <i>Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre</i> <i>Last Modified: 08/22/2024 1:39 PM</i>	18 kg/m2	(Normal is 40 kg/m2)		
BP Extremity, Automated <i>Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre</i> <i>Last Modified: 08/22/2024 1:39 PM</i>	Right lower extremity			
BSA Dosing <i>Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre</i> <i>Last Modified: 08/22/2024 1:39 PM</i>	1.48 m2			

Cuff Size Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	Adult			
Cuff Type Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	Automated			
Diastolic BP, Automated Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	61 mmHg	(Normal is 60-89 mmHg)		
Height/Length Dosing Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	162 cm			
Measured with Shoes Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	No			
Patient Position BP Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	Sitting			
Peripheral Pulse Rate Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	73 bpm	(Normal is 60-100 bpm)		
Systolic BP, Automated Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	96 mmHg	(Normal is 90-139 mmHg)		
Temperature Temporal Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	36 DegC	(Normal is 36.3-37.8 DegC)		
Visit Type AMB Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	In Person			
Weight Dosing Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	47.25 kg			

Vital Signs

Temperature Temporal Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	36 DegC*LOW* 	(Normal is 36.3-37.8 DegC)
Peripheral Pulse Rate Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	73 bpm 	(Normal is 60-100 bpm)
Blood Pressure Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	96/61 mmHg Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	(Normal is 90-139/60-89 mmHg)
BP Extremity, Automated Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	Right lower extremity 	
Patient Position BP Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	Sitting 	
Visit Type AMB Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	In Person 	
Cuff Type Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	Automated 	
Height/Length Dosing Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	162 cm 	
Body Mass Index Dosing Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	18 kg/m2 	(Normal is 40 kg/m2)
Weight Dosing Author: Soria, Estefany, MedStar WHC OB/GYN at Lafayette Centre Last Modified: 08/22/2024 1:39 PM	47.25 kg 	

Social History

Social History Type	Response
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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

Section Author: , MedStar WHC OB/GYN at Lafayette Centre, 08/22/2024 1:39 PM

Patient Education

08/22/2024 09:39:08

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

Gynecology Outpatient Note

Buek, MD, John David: PERFORM
Event Display: Gynecology Office/Clinic Note
Authored Date: 20240822095550-0400

Chief Complaint
menstrual cycle /birth control
History of Present Illness

Consultation for AUB

29 y.o G0P0 here for AUB

On POP for the past 3 months with irregular spotting

Menarche age 11

Menses q 28 days x 5-6 in past off contraception

Sexually active male partner

G0P0

Last PAP 2023 neg per pt. report

STD history none

Pelvic pain none

PMH/PSH neg

SH no smoking. Works at Japanese Embassy

Physical Exam

Vitals & Measurements

08/22/2024 09:36 T: 36 °C (96.8 °F) - Temporal P: 73 BP: 96/61 SpO₂: 99%

HT: 162 cm (5 ft 4 in) WT: 47.25 kg (104 lbs 3 oz) BMI: 18 kg/m²

Pain Assessment

Pain Present: No actual or suspected pain (08/22/24 09:36:00)

Detailed Genitourinary Exam

External Genitalia: normal. No lesions

Urethra: Normal urethral size and location; no lesions, diverticula or discharge.

Vagina: Normal appearance, no discharge or lesions. No evidence of cystocele, enterocele, or rectocele.

Cervix: Normal without masses or lesions.

Uterus: Normal size and position without masses or tenderness.

Adnexa: Normal without masses or tenderness on palpation.

Assessment/Plan

Abnormal uterine bleeding (AUB)| (N93.9)

Reviewed PALM/COEIN

c/w POP use

PE normal.

Contraceptive management| (Z30.9)

Discussed all options LARC, OCP and POP

Previously on Yaz without any problems.

No contraindications.

Rx sent to pharmacy

Medications

acetaminophen(Tylenol), PO

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

Allergies

aspirin

ibuprofen

Social History

Smoking Status

Never smoker

Alcohol

Alcohol Use:Denies

Substance Use

Use:Denies
Tobacco/Nicotine
Use:Past

Electronically signed by:

Buek, MD, John David on: 08.22.2024 09:55 EDT
Author: Buek, John David, MedStar WHC OB/GYN at Lafayette Centre
Last Modified: 08/22/2024 1:55 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