

Patient: **YOSHIMOTO, AYAE**

MRN: WHC-000007852076

FIN: WHC-60081019725

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

Female

Date of Service: 10/9/2025

Attending Provider: Quiett,MD,Valencia M.

Patient Viewable Documents

DOCUMENT NAME: Gynecology Office/Clinic Note
PERFORM INFORMATION: Quiett,MD,Valencia M.(10/9/2025 17:10 EDT)
RESULT STATUS: Auth (Verified)
SERVICE DATE/TIME: 10/9/2025 14:58 EDT
SIGN INFORMATION: Quiett,MD,Valencia M.(10/9/2025 17:10 EDT)

Chief Complaint

Re-Pap Smear

History of Present Illness

Patient presenting for pap follow up.

She was part of the Japanese Embassy program.

pap completed ASCUS, hpv testing not performed was was negotiated with Embassy program.

she has had yearly pap and this is the first abnormal testing.

Based on guidelines recommendation for repeat cytology in one year or hpv testing.

Reviewed options with patient. Desires repeat Pap today.

She also wishes to discuss contraception. She is previously on OCPs and discontinued back in August to see how her cycles would be. She reports intermittent breast tenderness bilaterally without provocation. No increased activity. No trauma. Reports she feels like she is having some breast enlargement. 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.

Denies history of breast, ovarian, uterine, colon cancer.

GYN History

Menstrual History

Event Name	Event Result	Date/Time
Menstrual Status	Menarchal	10/09/25
Last Menstrual Period	10/01/25	10/09/25

Review of Systems

no

Problem List/Past Medical HistoryOngoing

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
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

Pollen eye irritation, sneezing, throat irritation

Social HistorySmoking Status

Never Used

Alcohol

Alcohol Use:Denies

Exercise

Frequency:None

Substance Use

Use:Denies

Tobacco/Nicotine

Use:Past

Report Request ID:

825632146

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11/26/2025 06:08

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MedStar WHC OB/GYN at Lafayette Centre

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Physical Exam

Vitals & Measurements

10/09/2025 15:17 P: 83 BP: 105/72 SpO2: 99%

WT: 45.2 kg (99 lbs 10 oz)

LMP: 10/01/2025

Most Recent LMP

10/01/25

Pain Assessment

Pain Present: No actual or suspected pain (10/09/25 15:17:00)

chaperone offered, patient declined.

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

Cardio: Warm and Well perfused.

Pulm: No increased Work of breathing.

Pelvic Exam:

External Genitalia: Normal appearance. No atrophy or lesions noted.

Urethral Meatus: Normal exam without prolapse or lesions.

Urethra: Normal exam; no masses, tenderness or scarring noted.

Bladder: Normal exam; no masses, fullness or tenderness noted.

Vagina: Normal appearance; no atrophy, discharge, or lesions noted.

Cervix: Normal appearance, os clear. No tenderness, lesions or discharge noted.

Assessment/Plan

1. Atypical squamous cells of undetermined significance (ASCUS) on Papanicolaou smear of cervix| (R87.610)

based on ASCCP guidelines recommend HPV testing vs repeat pap in one year.

she desires repeat pap today.

pap collected + HPV.

plan of care pending results.

Reviewed if HPV +, recommendation for colpo.

2. Contraception management| (Z30.9)

Comprehensive contraceptive counseling was offered. Pt opted for ocp. Junel Rx sent to pharmacy.

if cost prohibitive, discussed use of Mark Cuban pharmacy for cost effective.

Will be able to send there in the future.

3. Breast pain in female| (N64.4)

continue monitoring sx's.

she has recent imaging with possible right breast change. if persistent, will plan for mammogram

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

E/M decision level 4 for decision making.

Valencia Quiett, MD

Lab Orders:

Report Request ID:

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Pap IG HPV HR c Rfx Geno 16 /18 TP *Est. Start 10/09/2025

Electronically signed by:

Quiett, MD, Valencia M. on: 10.09.2025 17:10 EDT

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