

Patient: **YOSHIMOTO, AYAE**

MRN: NRH-112179506

FIN: NRH-60073154902

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

Female

Date of Service: 8/27/2025

Attending Provider: Schreiber,PA-C,Lisa Marlene

**Patient Viewable Documents**

DOCUMENT NAME: History and Physical  
PERFORM INFORMATION: Schreiber,PA-C,Lisa Marlene (8/27/2025 11:33 EDT)  
RESULT STATUS: Auth (Verified)  
SERVICE DATE/TIME: 8/27/2025 09:30 EDT  
SIGN INFORMATION: Delasobera,MD,Bronson E.(8/27/2025 11:55 EDT); Schreiber, PA-C,Lisa Marlene (8/27/2025 11:37 EDT)

**History of Present Illness**

30 year old female here today for annual physical exam through the Japanese Embassy. Last Physical exam and pap done one year ago. Current health concerns include:

headaches that occur approximately once a week. Patient did see Dr. Tinsley and was prescribed Naprosyn for headaches. Brain MRI from 07/2025 was normal. She did not pick up the medication. She has not started tracking her headaches.

Patient is also having difficulty falling asleep. this has been a lifelong problem for her. She does take Melatonin at bedtime, which helps her sleep. she does admit to high stress level.

Patient is scheduled for the following studies today: Pap, breast US, transvaginal US

PMHx: headache disorder

SurgHx: negative

GynHx: G0P0, menses regular

Medications: none, stopped OCPs one month ago as advised by Neurology  
nonsmoker

alcohol: none

Exercise: none

FamHx: negative

Eye exam - UTD

dental exam - UTD

**Review of Systems****General-** Fever No, Chills No, Fatigue No**Eyes-** Eye discharge No, Vision change No**ENT-** Congestion No, Sore throat No, Earache No**CV-** Chest pain No, Palpitations No, Fainting No, Dyspnea On Exertion No**Resp-** Denies cough No, Difficulty breathing No, Wheezing No**GI-** Abdominal pain No, Diarrhea No, Nausea No, Vomiting No**GU-** Urinary complaints No**MS-** Back pain No, Neck pain No, Joint pain No, Muscle pain No**Problem List/Past Medical History**Ongoing

Migraine with aura

Numbness

Prolonged aura migraine

MedicationsHome

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

**Family History**

No Data Found

**Report Request ID:**

825639009

**Print Date/Time:**

11/26/2025 06:57

## MedStar NRN Psychiatry at Lafayette Centre

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**Derm-** Rash No, Itching No

**Neuro-** Headache Yes, Dizziness No, Numbness No, Weakness No

Psych - + trouble with falling asleep. + high stress level. no anxiety, no depression

Past medical, family, and social histories reviewed and no pertinent or significant findings observed related to current problem other than those noted in HPI. Current medication and allergy lists also reviewed.

All available Intake and Emergency Screening documentation reviewed.

#### Assessment/Plan

##### **Annual physical exam| (Z00.00)**

discussed healthy guidelines. advise regular exercise, SBE, annual physical exam, annual dental exam.

##### **Insomnia| (G47.00)**

limit caffeine, discussed sleep trackers, sleep apps. Patient will continue Melatonin. Follow up for any worsening symptoms

##### **Migraine with aura| (G43.109)**

Patient encouraged to keep a sleep diary. she is advised to follow up with Dr. Tinsley as scheduled. Advise seek medical attention sooner for any worsening symptoms.

Ordered:

naproxen(naproxen sodium 550 mg oral tablet)

*Electronically signed by:*

\_\_\_\_\_  
Schreiber, PA-C, Lisa Marlene on: 08.27.2025 11:37 EDT

*Electronically signed by:*

\_\_\_\_\_  
Delasobera, MD, Bronson E. on: 08.27.2025 11:55 EDT

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EST

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