



## MedStar GUH Neurology at Beverly Rd

1420 Beverly Rd  
Suite 300  
McLean, VA 22101-  
(703) 852-8588

Patient: **YOSHIMOTO, AYAE**

MRN: GUH-000002380268

FIN: GUH-60065952990

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

Female

Date of Service: 7/7/2025

Attending Provider: Tinsley,MD,Amanda Grace

### Patient Viewable Documents

DOCUMENT NAME:	Ambulatory Clinical Summary
PERFORM INFORMATION:	Tinsley,MD,Amanda Grace (7/7/2025 10:17 EDT)
RESULT STATUS:	Auth (Verified)
SERVICE DATE/TIME:	7/7/2025 08:57 EDT
SIGN INFORMATION:	Tinsley,MD,Amanda Grace (7/7/2025 10:17 EDT)

# 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:

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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

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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

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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**

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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.

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## **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

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## 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

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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 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.

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- 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/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

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