

Nakul Shaji

Summary of Care, generated on May 01, 2025

Patient Demographics - Male;

Patient Address

Former (Jan. 08, 2021 - Nov. 16, 2023):
12500 LYNDON DR (Home)
AUSTIN, TX 78732-1834

Patient Name

Nakul Shaji

Communication

608-213-0836 (Home)
608-213-0836 (Mobile)
shajinakul@icloud.com

(Nov. 17, 2023 -):

12500 Lyndon Dr (Home)
Austin, TX 78732

Former (Jan. 08, 2021 - Nov. 16, 2023):

132 Clubhouse Dr (Home)
Lakeway, TX 78734

Language

English - Written (Preferred)

Race / Ethnicity

Asian / Not Hispanic or Latino

Marital Status

Unknown

Note from Baylor Scott & White Health

This document contains information that was shared with Nakul Shaji. It may not contain the entire record from Baylor Scott & White Health.

Reason for Visit

Reason

Hyperlipidemia

Blood Sugar Problem

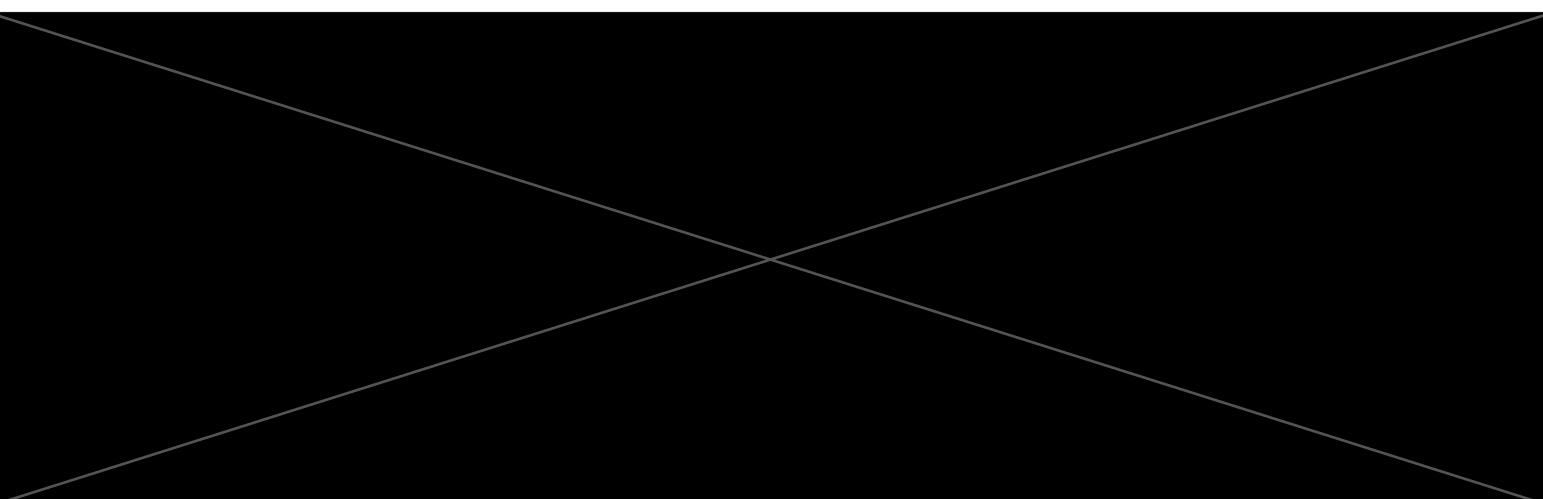
Encounter Details

Date	Type	Department	Care Team (Latest Contact Info)	Description
03/11/2025 8:30 AM CDT	Telemedicine	Baylor Scott & White Clinic - Austin River Place 10815 RR 2222 Bldg 3A, Suite 100 AUSTIN, TX 78730 512-327-4262	Tressa Cramer, APRN, FNP 10815 Ranch Rd 2222 Bldg 3A Ste 100 AUSTIN, TX 78730 512-654-4800 (Work) 512-654-4801 (Fax)	

Allergies - documented as of this encounter (statuses as of 05/01/2025)

No known active allergies

Medications - documented as of this encounter (statuses as of 05/01/2025)



Immunizations - documented as of this encounter

Immunization	Administration Dates	Next Due
Flucelvax (IIV4) Preservative Free	01/28/2022	
Tdap	03/11/2021	
Varicella (Chickenpox)	01/28/2022	

Social History - documented as of this encounter

Tobacco Use	Types	Packs/Day	Years Used	Date
Smoking Tobacco: Never				
Smokeless Tobacco: Never				
Alcohol Use	Standard Drinks/Week			
Yes	0 (1 standard drink = 0.6 oz pure alcohol)			
AUDIT-C		Answer		Date Recorded
Q1: How often do you have a drink containing alcohol?	2-3 times a week		08/23/2024	
Q2: How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2		08/23/2024	
Q3: How often do you have six or more drinks on one occasion?	Never		08/23/2024	
Overall Financial Resource Strain (CARDIA)		Answer		Date Recorded
How hard is it for you to pay for the very basics like food, housing, medical care, and heating?	Not hard at all		02/05/2021	
Hunger Vital Sign		Answer		Date Recorded
Within the past 12 months, you worried that your food would run out before you got the money to buy more.	Patient declined		02/05/2021	
Within the past 12 months, the food you bought just didn't last and you didn't have money to get more.	Patient declined		02/05/2021	
PRAPARE - Transportation		Answer		Date Recorded
In the past 12 months, has lack of transportation kept you from medical appointments or from getting medications?	Patient declined		02/05/2021	
In the past 12 months, has lack of transportation kept you from meetings, work, or from getting things needed for daily living?	Patient declined		02/05/2021	
Depression		Answer		Date Recorded
PHQ-2 Score	0		08/23/2024	
Last PHQ-9 Score	0		08/23/2024	
Interpersonal Safety		Answer		Date Recorded
Feels UN-safe at Home or Work/School	no		08/23/2024	
Feels Unsafe	Not on file		08/23/2024	
Physical Abuse Present	Not on file		08/23/2024	
Sex and Gender Information		Value		Date Recorded
Sex Assigned at Birth	Not on file			
Legal Sex	Male		01/08/2021 2:13 PM CST	
Gender Identity	Not on file			
Sexual Orientation	Not on file			

Last Filed Vital Signs - documented in this encounter

Vital Sign	Reading	Time Taken	Comments
Blood Pressure	-	-	
Pulse	-	-	
Temperature	-	-	
Respiratory Rate	-	-	
Oxygen Saturation	-	-	
Inhaled Oxygen Concentration	-	-	
Weight	73.9 kg (163 lb)	03/11/2025 8:50 AM CDT	
Height	-	-	
Body Mass Index	25.53	08/23/2024 8:17 AM CDT	

Attachments

The following attachments were made available to the patient upon discharge.

Preventing High Cholesterol (English)

Prediabetes: Eating Plan (English)

Progress Notes - documented in this encounter

Tressa Cramer, APRN, FNP - 03/11/2025 8:30 AM CDT

Formatting of this note might be different from the original.

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Assessment and Plan

Dyslipidemia, goal LDL below 100

Assessment & Plan:

Healthy diet and exercise discussed. Similar ASCVD risk score to last check. Will add CT calcium score order since cholesterol did increase from last.

Orders:

- CT Heart Calcium Scoring; Future

Prediabetes

Assessment & Plan:

Healthy diet and exercise discussed. Pt has been not as great recently d/t travel. Discussed use of metformin vs weight loss meds, but will opt to continue monitoring for now. Stable.

Assessment & Plan

1. Hypercholesterolemia: Total cholesterol 259 mg/dL, LDL 181 mg/dL. Risk score for MI and CVA within the next decade: 2.1 (low risk).

- Order CT calcium score test to assess coronary plaque.
- If no plaque, focus on diet and monitoring.
- If plaque present, consider more aggressive treatment.

2. Prediabetes: Borderline high A1c.

- Monitor closely given family history.
- Advise limiting carbohydrates (bread, rice, pasta, sugary beverages, alcohol) and regular exercise.
- No medication needed currently.
- Provide dietary recommendations through portal.
- Consider injectable weight loss medications if condition worsens or weight loss is difficult.

Follow-up

- Schedule CT calcium score test.

The 10-year ASCVD risk score (Arnett DK, et al., 2019) is: 2.1%

Followup: Return in about 6 months (around 9/11/2025) for pre DM, HLD.

History

Nakul Shaji is a 44 y.o. male who is seen today for Hyperlipidemia and Blood Sugar Problem

History of Present Illness

The patient presents via virtual visit for evaluation of cholesterol and blood glucose levels.

Dietary Inconsistencies

He has experienced dietary inconsistencies due to frequent travel, deviating from his usual healthy eating habits. Typically, he practices intermittent fasting until 11:00 AM, followed by a salad for lunch and a balanced dinner. During travel, he consumes more junk food. He reports a recent weight decrease, averaging 163 pounds. He has not undergone a CT calcium score test previously.

- Onset: During frequent travel.
- Character: Deviating from usual healthy eating habits, consuming more junk food.
- Timing: Typically practices intermittent fasting until 11:00 AM, followed by a salad for lunch and a balanced dinner.
- Severity: Recent weight decrease, averaging 163 pounds.

Borderline High A1c Level

He is concerned about his borderline high A1c level and seeks advice on its significance.

FAMILY HISTORY

Family history of high cholesterol (mother) and diabetes (father). Father has been on aspirin for at least 35 years. No family history of heart attack or stroke.

Observations

Remote vitals provided by patient:

Wt 73.9 kg (163 lb) | BMI 25.53 kg/m²

Physical Exam

Physical Exam

Constitutional: Non-toxic appearance. He does not have a sickly appearance. He does not appear ill. No distress. He is well-developed and well-nourished.

HENT:

Head: Normocephalic and atraumatic.

Right Ear: External ear normal.

Left Ear: External ear normal.

Nose: Nose normal. No rhinorrhea or nasal deformity.

Eyes: Conjunctivae are normal. Right eye exhibits no discharge. Left eye exhibits no discharge. No scleral icterus. Right eye exhibits normal extraocular motion. Left eye exhibits normal extraocular motion.

Neck: No tracheal deviation present. No thyromegaly present.

Pulmonary/Chest: Effort normal. No stridor. No respiratory distress.

Neurological: He is alert and oriented to person, place, and time. Gait normal.

Skin: He is not diaphoretic.

Psychiatric: He has a normal mood and affect. His speech is normal and behavior is normal. Judgment and thought content normal.

Results

Total cholesterol: 259 mg/dL. LDL: 181 mg/dL. Blood glucose: high. A1c: borderline high. Metabolic panel: normal.

Documentation for this medical note was completed using Nuance DAX Copilot. This document reflects the decisions made by me. Some incorrect words or phrases may have been missed during proofreading. Tressa Ann Cramer, APRN, FNP

Electronically signed by Tressa Cramer, APRN, FNP at 03/11/2025 1:54 PM CDT

Plan of Treatment - documented as of this encounter

Health Maintenance	Due Date	Last Done	Comments
Hepatitis B Vaccine (1 of 3 - 19+ 3-dose series)	12/15/1999		
COVID-19 Vaccine (4 - 2024-25 season)	09/01/2024	09/13/2022, 02/26/2021, 01/21/2021	
Annual Wellness Visit	08/23/2025	08/23/2024, 03/11/2021	
Mood Screen	08/23/2025	08/23/2024, 08/23/2024, 11/21/2023, Additional history exists	
Seasonal Influenza Vaccine (Season Ended)	10/01/2025	01/28/2022	
Lipid (Cholesterol) Screening	03/07/2026	03/07/2025, 08/23/2024, 03/12/2021	
Tetanus Booster Vaccines	03/11/2031	03/11/2021	
HPV Vaccine	Aged Out		No longer eligible based on patient's age to complete this topic
Hepatitis A Vaccine	Aged Out		No longer eligible based on patient's age to complete this topic
Hib Vaccine	Aged Out		No longer eligible based on patient's age to complete this topic
Meningococcal B Vaccine	Aged Out		No longer eligible based on patient's age to complete this topic
Meningococcal Vaccine	Aged Out		No longer eligible based on patient's age to complete this topic
Pediatric RSV Vaccines	Aged Out		No longer eligible based on patient's age to complete this topic
Pneumococcal Vaccine	Aged Out		No longer eligible based on patient's age to complete this topic
Polio Vaccine	Aged Out		No longer eligible based on patient's age to complete this topic

Results - documented in this encounter

Not on file

Visit Diagnoses - documented in this encounter

Diagnosis

Dyslipidemia, goal LDL below 100 - Primary

Prediabetes

Insurance - documented as of this encounter

Guarantor: Shaji, Nakul

Account Type	Relation to Patient	Date of Birth	Phone	Billing Address
Personal/Family	Self	[REDACTED]	608-213-0836 (Home)	[REDACTED]

BCBS

Member	Subscriber	Plan / Payer (Effective 01/03/2023-Present)
Name: Shaji, Nakul Member ID: EAS912005262 Relation to Subscriber: Self	Name: Shaji, Nakul Subscriber ID: EAS912005262	Payer ID: 84980 Group ID: W0051580 Type: Commercial Address: PO BOX 660044 DALLAS, TX 75266

Care Teams - documented as of this encounter

Team Member	Relationship	Specialty	Start Date	End Date
Colin Vokes, DO 10815 Ranch Road 2222 AUSTIN, TX 78730 512-654-4800 (Work) 512-654-4801 (Fax)	PCP - General	Family Medicine	8/23/24	
Tressa Cramer, APRN, FNP 10815 Ranch Rd 2222 Bldg 3A Ste 100 AUSTIN, TX 78730 512-654-4800 (Work) 512-654-4801 (Fax)	Nurse Practitioner	Family Medicine	8/23/24	
Hayley Peters, APRN, FNP 10815 RANCH RD 2222 BLDG 3A STE 100 AUSTIN, TX 78730-1159 512-654-4800 (Work) 512-654-4801 (Fax)	Nurse Practitioner	Family Medicine	3/7/25	

Document Information

Primary Care Provider	Other Service Providers	Document Coverage Dates
Colin Vokes, DO (Aug. 23, 2024) - Present 512-654-4800 (Work) 512-654-4801 (Fax) 10815 Ranch Road 2222 AUSTIN, TX 78730 Family Medicine	Tressa Cramer, APRN, FNP (Nurse Practitioner) 512-654-4800 (Work) 512-654-4801 (Fax) 10815 Ranch Rd 2222 Bldg 3A Ste 100 AUSTIN, TX 78730 Family Medicine	Mar. 11, 2025
Baylor Scott & White Health 2401 South 31st Street Temple, TX 76504	Baylor Scott & White Health 2401 South 31st Street Temple, TX 76504	
	Hayley Peters, APRN, FNP (Nurse Practitioner) 512-654-4800 (Work) 512-654-4801 (Fax) 10815 RANCH RD 2222 BLDG 3A STE 100 AUSTIN, TX 78730-1159 Family Medicine	
	Baylor Scott & White Health 2401 South 31st Street Temple, TX 76504	

Custodian Organization

Baylor Scott & White Health
2401 South 31st Street
Temple, TX 76504

Encounter Providers

Encounter Providers	Encounter Date
Tressa Cramer, APRN, FNP (Attending) 512-654-4800 (Work) 512-654-4801 (Fax) 10815 Ranch Rd 2222 Bldg 3A Ste 100 AUSTIN, TX 78730 Family Medicine	Mar. 11, 2025

(ABNORMAL) HEMOGLOBIN A1C - Final result (03/07/2025 8:27 AM CST)

Component	Value	Ref Range	Test Method	Analysis Time	Performed At	Pathologist Signature
Hemoglobin A1c	5.7 (H)	3.8 - 5.6 %		03/07/2025 7:19 PM CST	BSWH WESTLAKE LAB	

Comment:

Diabetes: HgbA1c of 6.5% or greater (should be confirmed with a follow-up test)
There is not a standard for using HgbA1c to diagnose diabetes in children

Pre-Diabetes: HgbA1c 5.7%-6.4%

HgbA1c Goal: 7.0% or less (your goal may be different based on how long you have had diabetes, your age, or other medical conditions)

Note: This test does not detect hemoglobin variants, hemolytic disease, or significant blood loss, which may interfere with the accuracy of the HgbA1c test, especially when homozygous variants are present. If clinically indicated, alternative HgbA1c methods such as HPLC, electrophoresis, or fructosamine are available.

Estimated Average Glucose	117	mg/dL	03/07/2025 7:19 PM CST	BSWH WESTLAKE LAB
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Specimen (Source)	Anatomical Location / Laterality	Collection Method / Volume	Collection Time	Received Time
Blood		Venipuncture / Unknown	03/07/2025 8:27 AM CST	03/07/2025 8:37 AM CST
Narrative				
Authorizing Provider	Result Type		Result Status	
Tressa Cramer APRN, FNP	LAB BLOOD ORDERABLES		Final Result	
Performing Organization	Address		City/State/ZIP Code	Phone Number
BSWH WESTLAKE LAB	1001 Westbank Dr.		WEST LAKE HILLS, TX 78746, USA	512-654-4150

(ABNORMAL) LIPID PANEL - Final result (03/07/2025 8:27 AM CST)

Component	Value	Ref Range	Test Method	Analysis Time	Performed At	Pathologist Signature
Cholesterol, Total	259 (H)	<200 mg/dL		03/07/2025 5:55 PM CST	BSWH WESTLAKE LAB	
Triglycerides	93	<150 mg/dL		03/07/2025 5:55 PM CST	BSWH WESTLAKE LAB	
HDL Cholesterol	54	>=40 mg/dL		03/07/2025 5:55 PM CST	BSWH WESTLAKE LAB	

Comment:

< 40 mg/dL: Low HDL-Cholesterol (major risk factor for CHD)

>= 60 mg/dL: High HDL-Cholesterol (negative risk factor for CHD)

Cholesterol/HDL Ratio	4.8			03/07/2025 5:55 PM CST	BSWH WESTLAKE LAB	
LDL Cholesterol	181 (H)	<100 mg/dL		03/07/2025 5:55 PM CST	BSWH WESTLAKE LAB	

Comment:

Optimal <100 mg/dL

Near Optimal/Above Optimal 100 - 129 mg/dL

Borderline High 130 - 159 mg/dL

High 160 - 189 mg/dL

Very High >= 190 mg/dL

Non-HDL Cholesterol	205	mg/dL		03/07/2025 5:55 PM CST	BSWH WESTLAKE LAB	
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Specimen (Source)	Anatomical Location / Laterality	Collection Method / Volume	Collection Time	Received Time
Blood		Venipuncture / Unknown	03/07/2025 8:27 AM CST	03/07/2025 9:30 AM CST
Narrative				

Authorizing Provider	Result Type	Result Status
Tressa Cramer APRN, FNP	LAB BLOOD ORDERABLES	Final Result
Performing Organization	Address	
BSWH WESTLAKE LAB	1001 Westbank Dr.	CITY/STATE/ZIP CODE: WEST LAKE HILLS, TX 78746, USA PHONE NUMBER: 512-654-4150

(ABNORMAL) COMPREHENSIVE METABOLIC PANEL - Final result (03/07/2025 8:27 AM CST)

Component	Value	Ref Range	Test Method	Analysis Time	Performed At	Pathologist Signature
Glucose	114 (H)	70 - 99 mg/dL		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Comment: Reference interval based on minimum 8 hour fasting sample.						
Sodium	139	136 - 145 meq/L		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Potassium	4.5	3.5 - 5.1 meq/L		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Chloride	100	98 - 107 meq/L		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Anion Gap	16	6 - 16 meq/L		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Carbon Dioxide	23	22 - 29 meq/L		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
BUN	13	6 - 20 mg/dL		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Creatinine	0.99	0.67 - 1.17 mg/dL		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
BUN/Creatinine Ratio	13	7 - 25		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Estimated Glomerular Filtration Rate (eGFR)	96	>=60 mL/min/ 1.73m2		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Comment: Calculated using the Chronic Kidney Disease Epidemiology Collaboration (CKD-EPI) equation.						
Calcium	10.1 (H)	8.6 - 10.0 mg/dL		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Total Protein	8.0	6.4 - 8.3 g/dL		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Albumin	5.0	3.5 - 5.2 g/dL		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Globulin (Calculated)	3.0	1.7 - 3.3 g/dL		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Albumin/Globulin Ratio	1.7	1.3 - 2.8		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Bilirubin, Total	0.6	0.0 - 1.1 mg/dL		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Alkaline Phosphatase	57	40 - 129 U/L		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Aspartate Aminotransferase (AST)	22	10 - 50 U/L		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	
Alanine Aminotransferase (ALT)	26	10 - 50 U/L		03/07/2025 6:18 PM CST	BSWH WESTLAKE LAB	

Specimen (Source)	Anatomical Location / Laterality	Collection Method / Volume	Collection Time	Received Time
Blood	VENOUS STRUCTURE / Unknown	Venipuncture / Unknown	03/07/2025 8:27 AM CST	03/07/2025 8:37 AM CST
Narrative				
Authorizing Provider		Result Type	Result Status	
Colin Vokes DO		LAB BLOOD ORDERABLES	Final Result	
Performing Organization	Address	City/State/ZIP Code	Phone Number	
BSWH WESTLAKE LAB	1001 Westbank Dr.	WEST LAKE HILLS, TX 78746, USA	512-654-4150	

