PATIENT DISCHARGE INSTRUCTIONS

If you are having an emergency and are not able to reach your physician, CALL 911 or go to the nearest emergency room and take this document with you.

SJRMC

11/12/17 10:22

5215 Holy Cross Parkway, Mishawaka, IN. 46545

Phone: (574) 335-5000

PATIENT INFORMATION

Name: ARTHUS, GERARD A

Address: 409 E LOWELL AVE MISHAWAKA IN 46545-6331

Age: 65 Years

Phone: 5745201337 MRN: (RMC)-031064241

DOB: 09/24/1952 12:00

FIN: 162107557314

Sex: Male Race: White

Ethnicity: Not Hispan/Lat

Admitted From: Non-Hlth Care Facity Medical Service: Internal Medicine Nurse Unit/Bed: (SJR) SURN 5513-01

Admit Date: 11/11/2017 01:29 PCP: Chaudhry MD , Shaukat A

PHYSICIANS INVOLVED WITH CARE

Attending Physicians: Pradny MD , Matous - Internal Medicine
Admitting Physician: Pradny MD , Matous - Internal Medicine
Primary Care Physician: Chaudhry MD , Shaukat A, Family Practice, Consults: Turk MD , Ashfaq A - CardVas Disease

YOU WERE TREATED IN THE HOSPITAL FOR: CAD (coronary artery disease); Chest pain; Dyslipidemia; HTN (hypertension)

FOLLOW-UP APPOINTMENTS:

Provider:	Specialty:	Address:	Date:
Ahmed A Abdel-Latief MD	CardVas Disease	211 N Eddy Street South Bend IN 46617 574.239.1433 (1)	3 to 4 days
Comment: Call for an Appo	pintment		

Provider:	Specialty:	Address:	Date:
Shaukat A Chaudhry MD	Family Practice	303 South Main Suite 209 Mishawaka IN	5 to 7 days

	46544 574.255.4191 (1)	
Comment: Call for an Appointment		

ALLERGIES:

oral pain meds: Reaction: Nausea

MEASUREMENTS:

Last Charted:

Weight: 89.20 kg /196 lbs 10 oz (11/11/17 03:02:00)

MEDICATIONS For: ARTHUS, GERARD A

This is your list of medication(s). Keep it with you at all times. Your doctor may have changed doses, add, held or stopped some of your medications. Please share this information with your family doctor. Carry this list of medications with you in case of an emergency. Update it when medications are stopped, doses are changed, or new medications (including over-the-counter products) are added. Ask your doctor if you have any questions.

THESE ARE THE MEDICATIONS YOU SHOULD BE TAKING

aspirin (aspirin 81 mg oral enteric coated tablet) 1 Tab(s) By Mouth once a day. Refills: 6.

atenolol (atenolol 25 mg oral tablet) 1 Tab(s) By Mouth once a day. Refills: 6.

atorvastatin (atorvastatin 80 mg oral tablet) 1 Tab(s) By Mouth Bedtime. Refills: 6.

Freetext Medication (Quinol (Co-Q10)) 400 Milligram By Mouth once a day.

nitroglycerin (Nitroglycerin Spray) 1 Spray(s) Under the Tongue every 5 minutes as needed Not to exceed 3 doses/15 min--if pain persists, seek medical attention.

omega-3 polyunsaturated fatty acids (Fish Oil) 1,000 Milligram By Mouth once a day.

pantoprazole (pantoprazole 40 mg oral enteric coated tablet) 1 Tab(s) By Mouth once a day. Refills: 6.

ramipril (ramipril 5 mg oral capsule) 1 Capsule By Mouth once a day. Refills: 6.

streptokinase

sucralfate (Carafate 1 gm oral tablet) 1 Tab(s) By Mouth before Meals and at Bedtime as needed as needed.

ticagrelor (ticagrelor 90 mg oral tablet) 1 Tab(s) By Mouth every 12 hours. Refills: 6.

MEDICATION CHANGE DETAILS (Not your Final Home Medication List)

During the course of your visit, your home medication list was updated with the most current information. The details of those changes are shown below:

NEW MEDICATIONS

None

UPDATED MEDICATIONS

None

UNCHANGED MEDICATIONS

Other Medications

Comment
atenolol (atenolol 25 mg oral tablet) 1 Tab(s) By Mouth once a day. Refills: 6. Comment
atorvastatin (atorvastatin 80 mg oral tablet) 1 Tab(s) By Mouth Bedtime. Refills: 6. Comment
Freetext Medication (Quinol (Co-Q10)) 400 Milligram By Mouth once a day. Comment
nitroglycerin (Nitroglycerin Spray) 1 Spray(s) Under the Tongue every 5 minutes as needed Not to exceed 3 doses/15 minif pain persists, seek medical attention. Comment
omega-3 polyunsaturated fatty acids (Fish Oil) 1,000 Milligram By Mouth once a day. Comment
pantoprazole (pantoprazole 40 mg oral enteric coated tablet) 1 Tab(s) By Mouth once a day. Refills: 6. Comment
ramipril (ramipril 5 mg oral capsule) 1 Capsule By Mouth once a day. Refills: 6. Comment
streptokinase Comment
sucralfate (Carafate 1 gm oral tablet) 1 Tab(s) By Mouth before Meals and at Bedtime as needed as needed. Comment
ticagrelor (ticagrelor 90 mg oral tablet) 1 Tab(s) By Mouth every 12 hours. Refills: 6.

Comment

STOP TAKING THESE MEDICATIONS

None

DO NOT TAKE UNTIL YOU TALK TO YOUR DOCTOR

None

NON-MEDICATION PRESCRIPTION SCHEDULING PHONE NUMBER:

IMMUNIZATIONS/VACCINATIONS:

The Center for Disease Control recommends that all adults caring for infants, receive the Tdap vaccination.

Please ask your physician about this vaccine.

Administered during your visit	Date
Influenza Quadrivalent Vaccine 0.5 mL (FluLaval GEq)	11/12/2017 09:15

SELECTED LAB RESULTS

Lab	Result	Order Date
Hemoglobin	13.8 gm/dL	11/12/2017
Hematocrit	42.5 %	11/12/2017
WBC Count	10.49 x10(9)/L	11/12/2017
Platelet Count	162 x10(9)/L	11/12/2017
Sodium Level	142 mEq/L	11/12/2017
Potassium Level	4.1 mEq/L	11/12/2017
Creatinine	0.68 mg/dL	11/12/2017
BUN	17 mg/dL	11/12/2017
Glucose Level	115 mg/dL	11/12/2017

ADVANCE DIRECTIVE/HEALTH CARE DECISIONS:

Advance Directive/Health Care Decisions Executed by Patient: Yes

Advance Directive/Health Care Decisions Type: Living Will

Copy of Advance Directive/Health Care Decisions on Chart: Provided on previous visit

DISCHARGE INSTRUCTIONS:

Discharge Diet

Low cholesterol/low saturated fat.

Discharge Activities

As tolerated.

Notify Physician

Any change in condition. Chest pain. Shortness of breath. If you develop a cold, sinus problems, flu-like symptoms, fever for any reason (temperature over 101F or 38C), problems urinating, (burning or stinging) or if you suspect an infection of any type, call your doctor immediately. Temperature greater than 100.5 F. Vomiting. Worsening or recurring symptoms.

SUICIDE HOTLINE:

Your mental and emotional well-being are important. If you are in a mental health crisis, or having thoughts of suicide, please call the nationwide suicide hotline, anytime day or night, at 1-800-273-TALK.

Did you enroll in My Health Records?

If so, don't forget to check your email for an invitation to complete the enrollment process. You will also need the last 4 digits of your Medical Record Number (MRN). Your MRN is: (RMC)-031064241

If not, let us help you! Enrolling is quick and easy. Ask a member of your care team before you leave the hospital today.

Once you're enrolled, go to www.sjmed.com and you'll be able to access your health information in the patient portal – any time, day or night, when it's convenient for you! Thank you for choosing St. Joseph Regional Medical Center!

PATIENT EDUCATION

Heart-Healthy Eating Plan

Heart-healthy meal planning includes:



- Limiting unhealthy fats.
- Increasing healthy fats.
- Making other small dietary changes.

You may need to talk with your doctor or a diet specialist (dietitian) to create an eating plan that is right for you.

WHAT TYPES OF FAT SHOULD I CHOOSE?

- Choose healthy fats. These include olive oil and canola oil, flaxseeds, walnuts, almonds, and seeds.
- Eat more omega-3 fats. These include salmon, mackerel, sardines, tuna, flaxseed oil, and ground flaxseeds. Try to eat fish at least twice each week.
- · Limit saturated fats.
- Saturated fats are often found in animal products, such as meats, butter, and cream.
- Plant sources of saturated fats include palm oil, palm kernel oil, and coconut oil.
- Avoid foods with partially hydrogenated oils in them. These include stick margarine, some tub margarines, cookies, crackers, and other baked goods. These contain *trans* fats.

WHAT GENERAL GUIDELINES DO I NEED TO FOLLOW?

- Check food labels carefully. Identify foods with *trans* fats or high amounts of saturated fat.
- Fill one half of your plate with vegetables and green salads. Eat 4–5 servings of vegetables per day. A serving of vegetables is:
- 1 cup of raw leafy vegetables.
- ½ cup of raw or cooked cut-up vegetables.
- ½ cup of vegetable juice.
- Fill one fourth of your plate with whole grains. Look for the word "whole" as the first word in the ingredient list.
- Fill one fourth of your plate with lean protein foods.
- Eat 4–5 servings of fruit per day. A serving of fruit is:
- · One medium whole fruit.
- ¼ cup of dried fruit.
- ½ cup of fresh, frozen, or canned fruit.
- ½ cup of 100% fruit juice.
- Eat more foods that contain soluble fiber. These include apples, broccoli, carrots, beans, peas, and barley. Try to get 20–30 g of fiber per day.
- Eat more home-cooked food. Eat less restaurant, buffet, and fast food.
- · Limit or avoid alcohol.
- · Limit foods high in starch and sugar.
- · Avoid fried foods.

- Avoid frying your food. Try baking, boiling, grilling, or broiling it instead. You can also reduce fat by:
- Removing the skin from poultry.
- Removing all visible fats from meats.
- Skimming the fat off of stews, soups, and gravies before serving them.
- Steaming vegetables in water or broth.
- Lose weight if you are overweight.
- Eat 4–5 servings of nuts, legumes, and seeds per week:
- One serving of dried beans or legumes equals ½ cup after being cooked.
- One serving of nuts equals 1½ ounces.
- One serving of seeds equals ½ ounce or one tablespoon.
- You may need to keep track of how much salt or sodium you eat. This is especially true if you have high blood pressure. Talk with your doctor or dietitian to get more information.

WHAT FOODS CAN I EAT?

Grains

Breads, including French, white, pita, wheat, raisin, rye, oatmeal, and Italian. Tortillas that are neither fried nor made with lard or *trans* fat. Low-fat rolls, including hotdog and hamburger buns and English muffins. Biscuits. Muffins. Waffles. Pancakes. Light popcorn. Whole-grain cereals. Flatbread. Melba toast. Pretzels. Breadsticks. Rusks. Low-fat snacks. Low-fat crackers, including oyster, saltine, matzo, graham, animal, and rye. Rice and pasta, including brown rice and pastas that are made with whole wheat.

Vegetables

All vegetables.

Fruits

All fruits, but limit coconut.

Meats and Other Protein Sources

Lean, well-trimmed beef, veal, pork, and lamb. Chicken and turkey without skin. All fish and shellfish. Wild duck, rabbit, pheasant, and venison. Egg whites or low-cholesterol egg substitutes. Dried beans, peas, lentils, and tofu. Seeds and most nuts.

Dairy

Low-fat or nonfat cheeses, including ricotta, string, and mozzarella. Skim or 1% milk that is liquid, powdered, or evaporated. Buttermilk that is made with low-fat milk. Nonfat or low-fat yogurt.

Beverages

Mineral water. Diet carbonated beverages.

Sweets and Desserts

Sherbets and fruit ices. Honey, jam, marmalade, jelly, and syrups. Meringues and gelatins. Pure sugar candy, such as hard candy, jelly beans, gumdrops, mints, marshmallows, and small amounts of dark chocolate. Angel food cake.

Eat all sweets and desserts in moderation.

Fats and Oils

Nonhydrogenated (*trans*-free) margarines. Vegetable oils, including soybean, sesame, sunflower, olive, peanut, safflower, corn, canola, and cottonseed. Salad dressings or mayonnaise made with a vegetable

oil. Limit added fats and oils that you use for cooking, baking, salads, and as spreads.

Other

Cocoa powder. Coffee and tea. All seasonings and condiments.

The items listed above may not be a complete list of recommended foods or beverages. Contact your dietitian for more options.

WHAT FOODS ARE NOT RECOMMENDED?

Grains

Breads that are made with saturated or *trans* fats, oils, or whole milk. Croissants. Butter rolls. Cheese breads. Sweet rolls. Donuts. Buttered popcorn. Chow mein noodles. High-fat crackers, such as cheese or butter crackers.

Meats and Other Protein Sources

Fatty meats, such as hotdogs, short ribs, sausage, spareribs, bacon, rib eye roast or steak, and mutton. High-fat deli meats, such as salami and bologna. Caviar. Domestic duck and goose. Organ meats, such as kidney, liver, sweetbreads, and heart.

Dairy

Cream, sour cream, cream cheese, and creamed cottage cheese. Whole-milk cheeses, including blue (*blen*), Monterey Jack, Brie, Colby, American, Havarti, Swiss, cheddar, Camembert, and Muenster. Whole or 2% milk that is liquid, evaporated, or condensed. Whole buttermilk. Cream sauce or high-fat cheese sauce. Yogurt that is made from whole milk.

Beverages

Regular sodas and juice drinks with added sugar.

Sweets and Desserts

Frosting. Pudding. Cookies. Cakes other than angel food cake. Candy that has milk chocolate or white chocolate, hydrogenated fat, butter, coconut, or unknown ingredients. Buttered syrups. Full-fat ice cream or ice cream drinks.

Fats and Oils

Gravy that has suet, meat fat, or shortening. Cocoa butter, hydrogenated oils, palm oil, coconut oil, palm kernel oil. These can often be found in baked products, candy, fried foods, nondairy creamers, and whipped toppings. Solid fats and shortenings, including bacon fat, salt pork, lard, and butter. Nondairy cream substitutes, such as coffee creamers and sour cream substitutes. Salad dressings that are made of unknown oils, cheese, or sour cream.

The items listed above may not be a complete list of foods and beverages to avoid. Contact your dietitian for more information.

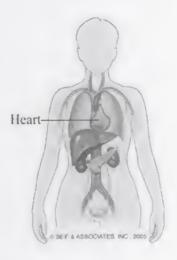
This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Released: 06/18/2013 Document Revised: 01/08/2016 Document Reviewed: 06/11/2015 Elsevier Interactive Patient Education ©2016 Elsevier Inc.

Heart Attack

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A heart attack (*myocardial infarction*, *MI*) causes damage to the heart that cannot be fixed. A heart attack often happens when a blood clot or other blockage cuts blood flow to the heart. When this happens, certain areas of the heart begin to die. This causes the pain you feel during a heart attack.



HOME CARE

- Take medicine as told by your doctor. You may need medicine to:
- Keep your blood from clotting too easily.
- Control your blood pressure.
- · Lower your cholesterol.
- · Control abnormal heart rhythms.
- Change certain behaviors as told by your doctor. This may include:
- Quitting smoking.
- · Being active.
- Eating a heart-healthy diet. Ask your doctor for help with this diet.
- Keeping a healthy weight.
- Keeping your diabetes under control.
- Lessening stress.
- Limiting how much alcohol you drink.

Do not take these medicines unless your doctor says that you can:

- Nonsteroidal anti-inflammatory drugs (NSAIDs). These include:
- ° lbuprofen.
- Naproxen.
- · Celecoxib.
- Vitamin supplements that have vitamin A, vitamin E, or both.
- Hormone therapy that contains estrogen with or without progestin.

GET HELP RIGHT AWAY IF:

- · You have sudden chest discomfort.
- You have sudden discomfort in your:
- o Arms.
- · Back.
- · Neck.

· Jaw.

- · You have shortness of breath at any time.
- You have sudden sweating or clammy skin.
- You feel sick to your stomach (nauseous) or throw up (vomit).
- You suddenly get light-headed or dizzy.
- You feel your heart beating fast or skipping beats.

These symptoms may be an emergency. Do not wait to see if the symptoms will go away. Get medical help right away. Call your local emergency services (911 in the U.S.). Do not drive yourself to the hospital.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Released: 06/18/2013 Document Revised: 05/03/2016 Document Reviewed: 02/20/2015 Elsevier Interactive Patient Education ©2016 Elsevier Inc.

Hypertension

Hypertension is another name for high blood pressure. High blood pressure forces your heart to work harder to pump blood. A blood pressure reading has two numbers, which includes a higher number over a lower number (example: 110/72).



HOME CARE

- Have your blood pressure rechecked by your doctor.
- Only take medicine as told by your doctor. Follow the directions carefully. The medicine does not work as well if you skip doses. Skipping doses also puts you at risk for problems.
- · Do not smoke.
- Monitor your blood pressure at home as told by your doctor.

GET HELP IF:

- You think you are having a reaction to the medicine you are taking.
- You have repeat headaches or feel dizzy.
- You have puffiness (swelling) in your ankles.
- You have trouble with your vision.

GET HELP RIGHT AWAY IF:

- You get a very bad headache and are confused.
- · You feel weak, numb, or faint.
- You get chest or belly (abdominal) pain.
- You throw up (vomit).
- You cannot breathe very well.

MAKE SURE YOU:

- · Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Released: 06/05/2009 Document Revised: 12/23/2014 Document Reviewed: 10/10/2014 Elsevier Interactive Patient Education ©2016 Elsevier Inc.

Coronary Artery Disease, Male

Coronary artery disease (CAD) is a process in which the blood vessels of the heart (*coronary arteries*) become narrow or blocked. The narrowing or blockage can lead to decreased blood flow to the heart muscle (*angina*). Prolonged reduced blood flow can cause a heart attack (*myocardial infarction, MI*). Because CAD is the leading cause of death in men, it is important to understand what causes this condition and how it is treated.

CAUSES

Atherosclerosis is the cause of CAD. This is the buildup of fat and cholesterol (*plaque*) on the inside of the arteries. Over time, the plaque may narrow or block the artery, and this will lessen blood flow to the heart. Plaque can also become weak and break off within a coronary artery to form a clot and cause a sudden blockage.

RISK FACTORS

Many risk factors increase your chances of getting CAD, including:

- High cholesterol levels.
- High blood pressure (hypertension).
- · Tobacco use.
- · Diabetes.
- Age. Men over age 45 are at a greater risk of CAD.
- Gender. Men often develop CAD earlier in life than women.
- Family history of CAD.
- · Obesity.
- · Lack of exercise.
- A diet high in saturated fats.

SYMPTOMS

Many people do not experience any symptoms during the early stages of CAD. As the condition

Name: ARTHUS, GERARD A

MRN: (RMC)-031064241

FIN: 016210755-7314

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11/12/2017 10:22:39

progresses, symptoms may include:

- · Chest pain.
- The pain can be described as a crushing or squeezing in the chest, or a tightness, pressure, fullness, or heaviness in the chest.
- The pain can last more than a few minutes or can stop and recur.
- Pain in the arms, neck, jaw, or back.
- Unexplained heartburn or indigestion.
- · Shortness of breath.
- · Nausea.
- · Sudden cold sweats.

Less common symptoms of CAD in men can include:

- Fatigue.
- Unexplained feelings of nervousness or anxiety.
- · Weakness.
- Diarrhea.
- · Sudden light-headedness.

DIAGNOSIS

Tests to diagnose CAD may include:

- ECG (electrocardiogram).
- Exercise stress test. This looks for signs of blockage when the heart is being exercised.
- Pharmacologic stress test. This test looks for signs of blockage when the heart is being stressed with a medicine.
- Blood tests.
- Coronary angiogram. This is a procedure to look at the coronary arteries to see if there is any blockage.

TREATMENT

The treatment of CAD may include the following:

- Healthy behavioral changes to reduce or control risk factors.
- Medicine.
- Coronary stenting. A stent helps to keep an artery open.
- Coronary angioplasty. This procedure widens a narrowed or blocked artery.
- Coronary artery bypass surgery. This will allow your blood to pass the blockage (*bypass*) to reach your heart.

HOME CARE INSTRUCTIONS

- Take medicines only as directed by your health care provider.
- Do not take the following medicines unless your health care provider approves:
- Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, naproxen, or celecoxib.
- Vitamin supplements that contain vitamin A, vitamin E, or both.
- Manage other health conditions such as hypertension and diabetes as directed by your health care provider.

- Follow a heart-healthy diet. A dietitian can help to educate you about healthy food options and changes.
- Use healthy cooking methods such as roasting, grilling, broiling, baking, poaching, steaming, or stir-frying. Talk to a dietitian to learn more about healthy cooking methods.
- Follow an exercise program approved by your health care provider.
- Maintain a healthy weight. Lose weight as approved by your health care provider.
- Plan rest periods when fatigued.
- Learn to manage stress.
- **Do not** use any tobacco products, including cigarettes, chewing tobacco, or electronic cigarettes. If you need help quitting, ask your health care provider.
- If you drink alcohol, and your health care provider approves, limit your alcohol intake to no more than 1 drink per day. One drink equals 12 ounces of beer, 5 ounces of wine, or 1½ ounces of hard liquor.
- Stop illegal drug use.
- Your health care provider may ask you to monitor your blood pressure. A blood pressure reading consists of a higher number over a lower number, such as 110 over 72, which is written as 110/72. Ideally, your blood pressure should be:
- Below 140/90 if you have no other medical conditions.
- Below 130/80 if you have diabetes or kidney disease.
- Keep all follow-up visits as directed by your health care provider. This is important.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have pain in your chest, neck, arm, jaw, stomach, or back that lasts more than a few minutes, is recurring, or is unrelieved by taking medicine under your tongue (*sublingual nitroglycerin*).
- You have profuse sweating without cause.
- You have unexplained:
- Heartburn or indigestion.
- Shortness of breath or difficulty breathing.
- Nausea or vomiting.
- Fatigue.
- Feelings of nervousness or anxiety.
- · Weakness.
- · Diarrhea.
- You have sudden light-headedness or dizziness.
- You faint.

These symptoms may represent a serious problem that is an emergency. Do not wait to see if the symptoms will go away. Get medical help right away. Call your local emergency services (911 in the U.S.). Do not drive yourself to the hospital.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Released: 07/15/2015 Document Reviewed: 07/15/2015 Elsevier Interactive Patient Education ©2016 Elsevier Inc.

Angina Pectoris

Angina pectoris is a very bad feeling in the chest, neck, or arm. Your doctor may call it angina. There are four types of angina. Angina is caused by a lack of blood in the middle and thickest layer of the

Name: ARTHUS, GERARD A MRN: (RMC)-031064241 FIN: 016210755-7314

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heart wall (*myocardium*). Angina may feel like a crushing or squeezing pain in the chest. It may feel like tightness or heavy pressure in the chest. Some people say it feels like gas, heartburn, or indigestion. Some people have symptoms other than pain. These include:



- · Shortness of breath.
- · Cold sweats.
- Feeling sick to your stomach (nausea).
- Feeling light-headed.

Many women have chest discomfort and some of the other symptoms. However, women often have different symptoms, such as:

- Feeling tired (fatigue).
- Feeling nervous for no reason.
- Feeling weak for no reason.
- Dizziness or fainting.

Women may have angina without any symptoms.

HOME CARE

- Take medicines only as told by your doctor.
- Take care of other health issues as told by your doctor. These include:
- High blood pressure (hypertension).
- · Diabetes.
- Follow a heart-healthy diet. Your doctor can help you to choose healthy food options and make changes.
- Talk to your doctor to learn more about healthy cooking methods and use them. These include:
- Roasting.
- Grilling.
- Broiling.
- Baking.
- · Poaching.
- Steaming.
- Stir-frying.
- Follow an exercise program approved by your doctor.
- Keep a healthy weight. Lose weight as told by your doctor.

• Rest when you are tired.

· Learn to manage stress.

• **Do not** use any tobacco, such as eigarettes, chewing tobacco, or electronic eigarettes. If you need help quitting, ask your doctor.

• If you drink alcohol, and your doctor says it is okay, limit yourself to no more than 1 drink per day. One drink equals 12 ounces of beer, 5 ounces of wine, or 1½ ounces of hard liquor.

• Stop illegal drug use.

• Keep all follow-up visits as told by your doctor. This is important.

Do not take these medicines unless your doctor says that you can:

- Nonsteroidal anti-inflammatory drugs (NSAIDs). These include:
- Ibuprofen.
- · Naproxen.
- · Celecoxib.
- Vitamin supplements that have vitamin A, vitamin E, or both.
- Hormone therapy that contains estrogen with or without progestin.

GET HELP RIGHT AWAY IF:

- You have pain in your chest, neck, arm, jaw, stomach, or back that:
- · Lasts more than a few minutes.
- · Comes back.
- Does not get better after you take medicine under your tongue (sublingual nitroglycerin).
- You have any of these symptoms for no reason:
- · Gas, heartburn, or indigestion.
- Sweating a lot.
- Shortness of breath or trouble breathing.
- Feeling sick to your stomach or throwing up.
- Feeling more tired than usual.
- Feeling nervous or worrying more than usual.
- Feeling weak.
- Diarrhea.
- You are suddenly dizzy or light-headed.
- You faint or pass out.

These symptoms may be an emergency. Do not wait to see if the symptoms will go away. Get medical help right away. Call your local emergency services (911 in the U.S.). Do not drive yourself to the hospital.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Released: 06/05/2009 Document Revised: 05/03/2016 Document Reviewed: 04/21/2015 Elsevier Interactive Patient Education ©2016 Elsevier Inc.

CLINICAL SUMMARY

Please take this summary document to your follow up appointments.

SJRMC

11/12/17 10:22

5215 Holy Cross Parkway, Mishawaka, IN. 46545

Phone: (574) 335-5000

PATIENT INFORMATION

Name: ARTHUS, GERARD A

Address: 409 E LOWELL AVE MISHAWAKA IN 46545-6331 Phone: 5745201337

Age: 65 Years

MRN: (RMC) -031064241 FIN: 162107557314

DOB: 09/24/1952 12:00 Sex: Male

Race: White

Ethnicity: Not Hispan/Lat

Admitted From: Non-Hlth Care Faclty Medical Service: Internal Medicine Nurse Unit/Bed: (SJR) SURN 5513-01

Admit Date: 11/11/2017 01:29 PCP: Chaudhry MD , Shaukat A

PHYSICIANS INVOLVED WITH CARE

Attending Physicians: Pradny MD , Matous - Internal Medicine Admitting Physician: Pradny MD , Matous - Internal Medicine Primary Care Physician: Chaudhry MD , Shaukat A, Family Practice, -

Consults:

Turk MD , Ashfaq A - CardVas Disease

DIAGNOSES:

CAD (coronary artery disease); Chest pain; Dyslipidemia; HTN (hypertension)

Problems

Active

Angina pectoris Hyperlipidemia Hypertension CAD - Coronary artery disease

Allergies

oral pain meds (Nausea)

Procedures

No Procedures Documented

MEASUREMENTS:

Last Charted:

Weight: 89.20 kg /196 lbs 10 oz (11/11/17 03:02:00)

VITAL SIGNS:

Last Charted:

Pulse Rate: 65 BPM (11/12 07:00)

Blood Pressure: 106/62 mm Hg (11/12 07:00)

Pain Score: 0(11/12 07:00)

CODE STATUS:

Full Resuscitation

Additional Instructions/Comments: PROVIDE ALL THERAPY TO PREVENT CARDIAC OR

RESPIRATORY ARREST

Comment: Provide all therapy to prevent/treat cardiac or respiratory arrest.

Last Bowel Movement:

Date/Time: 11/12 07:50 11/11/2017 00:00

MENTAL STATUS:

Level of Conciousness: Alert (11/12 07:50) **Orientation:** Oriented x 4 (11/12 07:50)

MEDICATIONS ORDERED / RECOMMENDED TO BE CONTINUED for: ARTHUS, GERARD A

aspirin (aspirin 81 mg oral enteric coated tablet) 1 Tab(s) By Mouth once a day. Refills: 6.

atenolol (atenolol 25 mg oral tablet) 1 Tab(s) By Mouth once a day. Refills: 6.

atorvastatin (atorvastatin 80 mg oral tablet) 1 Tab(s) By Mouth Bedtime. Refills: 6.

Freetext Medication (Quinol (Co-Q10)) 400 Milligram By Mouth once a day.

nitroglycerin (Nitroglycerin Spray) 1 Spray(s) Under the Tongue every 5 minutes as needed Not to exceed 3 doses/15 min--if pain persists, seek medical attention.

omega-3 polyunsaturated fatty acids (Fish Oil) 1,000 Milligram By Mouth once a day.

pantoprazole (pantoprazole 40 mg oral enteric coated tablet) 1 Tab(s) By Mouth once a day. Refills: 6.

ramipril (ramipril 5 mg oral capsule) 1 Capsule By Mouth once a day. Refills: 6.

streptokinase

sucralfate (Carafate 1 gm oral tablet) 1 Tab(s) By Mouth before Meals and at Bedtime as needed as needed.

ticagrelor (ticagrelor 90 mg oral tablet) 1 Tab(s) By Mouth every 12 hours. Refills: 6.

MEDICATION CHANGE DETAILS

NEW MEDICATIONS

None

UPDATED MEDICATIONS

None

UNCHANGED MEDICATIONS

Other Medications

aspirin (aspirin 81 mg oral enteric coated tablet) 1 Tab(s) By Mouth once a day. Refills: 6. Comment
atenolol (atenolol 25 mg oral tablet) 1 Tab(s) By Mouth once a day. Refills: 6. Comment
atorvastatin (atorvastatin 80 mg oral tablet) 1 Tab(s) By Mouth Bedtime. Refills: 6. Comment
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Streptokinase