

# Medical Referral Document 3

## JOHNS HOPKINS HOSPITAL

1800 Orleans Street, Baltimore, MD 21287

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## ENDOCRINOLOGY REFERRAL

**Date:** November 19, 2025

**Referral ID:** JHH-2025-6633

## REFERRING PHYSICIAN

**Dr. Michael O'Brien, MD, FAAFP**

Family Medicine

Johns Hopkins Community Physicians - Green Spring Station

Phone: (410) 955-3848

Email: mobrien4@jhmi.edu

## PATIENT INFORMATION

**Name:** Lisa Kowalski

**DOB:** September 5, 1992 (Age: 33)

**Gender:** Female

**MRN:** JHH-778932

**Insurance:** Aetna PPO

**Policy #:** AETNA-MD-9382744

**Phone:** (410) 555-2109

**Address:** 456 Park Heights Avenue, Baltimore, MD 21215

## REFERRAL TO

**Specialty:** Endocrinology

**Reason:** Newly diagnosed Type 2 Diabetes Mellitus, suboptimal glycemic control

**Urgency:** Routine (within 3-4 weeks)

## CLINICAL SUMMARY

33-year-old female with newly diagnosed Type 2 Diabetes (diagnosed 8 weeks ago) presenting for endocrinology consultation. Patient has struggled with glycemic control despite dietary modifications and initiation of Metformin. Family history significant for T2DM

(mother, maternal grandmother). Patient desires pregnancy within next year and requests guidance on preconception planning with diabetes.

**Laboratory Results (11/14/2025):**

- HbA1c: 8.2% (previous 9.1% at diagnosis)
- Fasting glucose: 164 mg/dL
- Lipid panel: TC 198, LDL 118, HDL 52, TG 140
- TSH: 2.4 mIU/L (normal)
- Creatinine: 0.9 mg/dL
- Microalbumin/Creatinine ratio: Normal

**Current Medications:**

- Metformin 1000mg twice daily
- Prenatal vitamins (patient-initiated)

**Vital Signs (11/19/2025):**

- BP: 122/76 mmHg
- HR: 72 bpm
- Weight: 178 lbs
- Height: 5'5"
- BMI: 29.6

## REQUESTED SERVICES

- Comprehensive diabetes management evaluation
- Medication optimization
- Preconception counseling for diabetes management
- Diabetes education referral coordination
- Retinal screening arrangement

## ADDITIONAL NOTES

Patient is motivated and compliant but reports difficulty with meal planning and carbohydrate counting. Requests nutritionist referral as well. No current retinopathy or neuropathy symptoms.

## AUTHORIZATION

Insurance verification complete. No prior authorization required for endocrinology consultation per plan benefits.

**Physician Signature:** *Dr. Michael O'Brien, MD*

**Date:** November 19, 2025