

# Fax

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**Date:** 5/12/2025 3:06:14 PM

**To:** 8593996697  
**From:** Office General Administrator

**Subject:** Re: Medical Records for Josefina Jimenez (Part 2)

Cordially,

Leslie Alvarez  
Medical Assistant  
Jimenez Medical Center  
Hector Jimenez MD PA  
Christian Quintana MD  
1321 NW 14th Street Suite 101  
Miami FL 33125  
P# 305.325.0913  
F# 305.326.8661

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From: Office General Administrator <medassist2@hjimenezcardiovascular.com>  
Sent: Monday, May 12, 2025 12:54 PM  
To: 8593996697@fax.mydigitalservices.com <8593996697@fax.mydigitalservices.com>  
Cc: Office Admin Assistant <medassist5@hjimenezcardiovascular.com>  
Subject: Medical Records for Josefina Jimenez (Part 1)

Hello, here I have attached Josefina's Procedure and Patient Documents.

Patient: Josefina Jimenez  
DOB: 03/19/1955

Cordially,

Leslie Alvarez  
Medical Assistant  
Jimenez Medical Center  
Hector Jimenez MD PA  
Christian Quintana MD  
1321 NW 14th Street Suite 101  
Miami FL 33125  
P# 305.325.0913  
F# 305.326.8661

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JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 05/07/2025

## Progress Notes

**Patient:** JIMENEZ, JOSEFINA

**Provider:** Christian A. Quintana, MD

**Account Number:** 19362

**Date:** 05/07/2025

**DOB:** 03/19/1955 **Age:** 70 Y **Sex:** Female

**Phone:** 809-299-8969

**Address:** 1534 NEWHAVEN POINT LANE, WEST PALM BEACH, FL-33411

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### Subjective:

#### Chief Complaints:

1. Patient presents to the office to discuss result of the wound culture.

#### HPI:

##### Constitutional:

70yo female with PMH of HTN, HLD, T2DM insulin dependent, and vitamin D deficiency,  
- Presents today to discuss the result of the wound culture (Aerobic Bacterial Culture)  
- Presents to the office reporting a nonhealing wound in the dorsal region of her right foot.

In 8/2023 she had right periorbital cellulitis and VZV zoster ophthalmicus for which she was treated and improved. She did not visit an ophthalmologist as recommended but has an appointment for next week to see one.

- Mammogram on 2/26/24 reported BI-RADS 2 (benign findings).

- Was given a referral for GI for colonoscopy in a previous visits but has not gone.

#### ROS:

##### GENERAL/CONSTITUTIONAL:

Patient denies change in appetite, chills, fatigue, fever, sleep disturbance, weakness, Recent weight change.

##### ALLERGY/IMMUNOLOGY:

Patient denies Adverse reaction.

##### OPHTHALMOLOGIC:

Patient denies change in vision.

##### ENT:

Patient denies difficulty in swallowing, ear pain, sore throat, Hearing disorder, Nasal Discharge, Dental disorder.

##### RESPIRATORY:

Patient denies cough, shortness of breath, Chest congestion, Dyspnea, Abnormal sputum.

##### CARDIOVASCULAR:

Patient denies chest pain, claudication, palpitations, Syncope, Edema.

##### GASTROINTESTINAL:

Patient denies abdominal pain, blood in stool, change in bowel habits, diarrhea, difficulty swallowing, nausea, vomiting.

##### HEMATOLOGY:

Patient denies Varicose veins, Spontaneous or excessive bleeding, Blood coagulation disorder, Lymphadenopathy.

##### GENITOURINARY:

Patient denies abdominal pain / swelling, difficulty urinating, Itching or rash, masses or lumps.

##### MUSCULOSKELETAL:

Patient denies joint stiffness, swollen joints, weakness, Limited movement, Cold extremities.

##### SKIN:

Patient denies hair changes, masses, nail changes, nipple discharge. Patient complains of nonhealing ulcer right foot.

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 05/07/2025

NEUROLOGIC:

Patient denies difficulty speaking, dizziness, headache, memory loss, pain, paralysis, seizures, tingling / numbness, tremor, Light-headedness, head injury, vertigo.

PSYCHIATRIC:

Patient denies anxiety, depressed mood, difficulty sleeping, suicidal thoughts, agitation/irritability, Anhedonia, Poor concentration.

**Medical History:** Diabetes :- Description: on insulin and oral hypoglycemic therapy , , High blood pressure, Palpitations, High cholesterol.

**Medications:** Taking Candesartan Cilexetil 32 MG Tablet 1 tablet Orally Once a day , Taking Atorvastatin Calcium 20 MG Tablet 1 tablet at bedtime Orally Once a day , Taking Xigduo XR 10-1000 MG Tablet Extended Release 24 Hour 1 tablet Orally Once a day , Taking Lantus SoloStar 100 UNIT/ML Solution Pen-injector Inject 30 Units at bedtime Subcutaneous at bedtime , Taking Ergocalciferol 1.25 MG (50000 UT) Capsule 1 capsule Orally once a week , Taking Tricor 48 MG Tablet 1 tablet Orally Once a day , Taking Ozempic (2 MG/DOSE) 8 MG/3ML Solution Pen-injector Inject 2 mg Subcutaneous once a week , Notes to Pharmacist: increase dose, Taking Vitamin D2 , Notes to Pharmacist: 50,000 UNITS, Taking Lantus , Notes to Pharmacist: 15U qHS

**Objective:**

**Vitals:**

Ht: 69 in, Wt: **154.6** lbs, BP: **130/70** mm Hg, HR: **82** /min, RR: **16** /min, Oxygen sat %: **98** %, Temp: **96.9** F, BMI: **22.83** Index.

**Examination:**

General Examination:

GENERAL APPEARANCE: pleasant, well nourished, well developed, in no acute distress.

HEAD: normocephalic, atraumatic.

EYES: pupils equal, round, reactive to light and accommodation (PERRLA), extraocular movements intact (EOMI), conjunctiva clear.

EARS: normal.

NOSE: sinuses nontender bilaterally.

ORAL CAVITY: normal, mucosa moist, palate normal.

THROAT: normal, no erythema.

NECK / THYROID: neck supple, no thyromegaly, no lymphadenopathy, no masses, no JVD.

SKIN: 2 nonhealing ulcers in dorsal aspect of right foot.

HEART: regular rate and rhythm, S1, S2 normal, no murmurs.

LUNGS: clear to auscultation bilaterally, no wheezes, rales, rhonchi, good air movement.

ABDOMEN: normal, soft, nontender, nondistended, bowel sounds present, no hepatosplenomegaly.

MUSCULOSKELETAL: Normal, full range of motion. Normal muscle strength and tone. No swelling, tenderness, or warmth. Digits unremarkable. Gait and station unremarkable..

EXTREMITIES: no clubbing, cyanosis or edema, good capillary refill in nail beds, distal pulses present/palpable.

NEUROLOGIC: alert and oriented, normal strength and tone throughout, normal sensation, no focal deficits, clear & fluent speech, no tremors, normal gait.

PSYCH: alert, oriented, cooperative with exam, mood and affect appropriate for situation, normal attention span and concentration.

**Assessment:**

**Assessment:**

1. Non-pressure chronic ulcer of other part of right foot with unspecified severity - L97.519 (Primary) **Notes :** Non-healing wounds on dorsal aspect of right foot since 1/2025 that occurred as a result of something falling on her foot. Wound culture done in DR reported growth of Pseudomonas aeruginosa. She was treated with ciprofloxacin for 15d. Has been seeing a podiatrist, dermatologist and by plastics in DR. Has been slowly

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 05/07/2025

improving but still not healed. Wound Culture on 4/28/25 obtained in the office grew Klebsiella pneumoniae sensitive to everything except ampicillin & cefazolin.

2. Peripheral artery disease - I73.9

3. Varicose veins of bilateral lower extremities with pain - I83.813

4. Type 2 diabetes mellitus with hyperglycemia - E11.65 **Notes:** Improving but not at goal. A1C 8% on labs from 2/10/25 which improved from 9.3%. Admits to eating a lot of bread and sweets.... On Lantus 30U qHS, Xigduo XR 10/1000mg qd, & Ozempic 1mg qwk....Urine alb/creat ratio is <14 (negative) on labs from 9/2024.... On statin tx & ARB tx. Advised to take low-dose aspirin 81mg daily. Of note, she had been buying Ozempic in Dominican Republic because she frequently has prolonged visits over there which is the reason that she is unable to pick up refills from the pharmacy.

5. Hyperlipidemia, unspecified - E78.5 **Notes:** Taking Atorvastatin 20mg & fenofibrate. LDL 71, TG's 127 on labs from 2/10/25.

6. Essential (primary) hypertension - I10 **Notes:** Stable, controlled with Candesartan 32mg qd. Echo on 4/18/23 showed normal EF 60-65% but showed gradient detected in the LVOT of 41mmHG with valsalva c/w LVOT dynamic obstruction. Low salt diet/exercise advised.

7. Elevated liver enzymes - R74.8 **Notes:** Resolved. AST 26 (from 37) and ALT 27 (from 45). Mildly elevated alk phos of 130 but it decreased from 190... Normal total bili, albumin, and platelets.

8. Sciatica of left side - M54.32

9. Encounter for other screening for malignant neoplasm of breast - Z12.39 **Notes:** Mammogram on 2/26/24 reported BI-RADS 2. Recommend annual screening.

10. Encounter for screening for malignant neoplasm of colon - Z12.11 **Notes:** Was given a GI referral for screening colonoscopy in a previous visit, but she has not done it yet. She was educated on the importance of compliance with screening for colon cancer.

11. Other specified disorders of bone density and structure, unspecified site - M85.80 **Notes:** DEXA done on 12/2022 showed osteopenia of b/l hips. 10yr risk of hip fx is 0.3% and 10yr of major fx is 4.4%. No need to start oral therapy. Recommend vitamin D and calcium supplements.

12. Subclinical iodine-deficiency hypothyroidism - E02 **Notes:** Improved. TSH 2.8 (previously 4.66)

13. Vitamin D deficiency, unspecified - E55.9

14. Person consulting for explanation of examination or test findings - Z71.2

15. Venous insufficiency - I87.2

## Plan:

### Treatment:

#### 1. Non-pressure chronic ulcer of other part of right foot with unspecified severity

Start Bactrim DS Tablet, 800-160 MG, 1 tablet, Orally, Twice a day, 10 days, 20 Tablet, Refills 0 .

Notes: Start Bactrim DS bid x 10 d

Completed 15 days of cipro in DR.

Superficial debridement done in the office today & wound cultures were obtained.

Recommend cleaning daily & using foam dressing.

#### 2. Varicose veins of bilateral lower extremities with pain

Notes: compression stockings recommended. Elevated leg.

#### 3. Type 2 diabetes mellitus with hyperglycemia

Refill Xigduo XR Tablet Extended Release 24 Hour, 10-1000 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 ; Refill Lantus SoloStar Solution Pen-injector, 100 UNIT/ML, Inject 30 Units at bedtime, Subcutaneous, at bedtime, 90 days, 30 ML, Refills 3 ; Refill Ozempic (2 MG/DOSE) Solution Pen-injector, 8 MG/3ML, Inject 2 mg, Subcutaneous, once a week, 90 days, 9 ML, Refills 2, Notes to Pharmacist: increase dose .

Notes: - Increase Ozempic to 2mg sc qwk

- Continue Xigduo XL 10mg-1000mg qd

- Continue Lantus 30U qhs

- \*\*\* Monitor fasting glucose... Can reduce Lantus to 25U or 20U if FBG<80. Goal FBG 80-120.

- Eye exam annually recommended, Scheduled for 2/12/25

#### 4. Hyperlipidemia, unspecified

Refill Atorvastatin Calcium Tablet, 20 MG, 1 tablet at bedtime, Orally, Once a day, 90 days, 90 Tablet, Refills 3 ;

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 05/07/2025

Refill Tricor Tablet, 48 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

Notes: -Continue atorvastatin 20mg qhs

-Low fat diet and exercise

#### **5. Essential (primary) hypertension**

Refill Candesartan Cilexetil Tablet, 32 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

Notes: -Continue candesartan 32mg qd

-Low salt diet and exercise

#### **6. Encounter for other screening for malignant neoplasm of breast**

Notes: -Bilateral screening mammogram

#### **7. Encounter for screening for malignant neoplasm of colon**

Notes: -GI referral for screening colonoscopy

#### **8. Others**

Start Ergocalciferol Capsule, 1.25 MG (50000 UT), 1 capsule, Orally, once a week, 90 days, 12, Refills 3 .

Notes:

PLAN:

- \*\*\* Start Bactrim DS bid x 10 days
- \*\* Arterial Duplex US BLE & Venous Duplex US BLE (scheduled for 5/12/25)
- \*\* Mammogram scheduled for 5/8/25
- \*\* Colonoscopy scheduled for 5/16/25
  
- Increase Ozempic to 2mg sc qwk
- Continue Xigduo XR 10mg-1000mg qd
- Continue Lantus 30U qHS (can decrease to 25U if FBG<80)
- Annual Eye exam done in 2/2024
  
- Fenofibrate (Tricor) 48mg qd
- Continue Atorvastatin 20mg qHS
- Continue Candesartan 32mg qd
- Advised to take low-dose aspirin 81mg daily
- Vitamin D & calcium supplement
- Pneumococcal vaccine (done)

#### **Billing Information:**

Visit Code:

Procedure Codes:

Electronic signature of Christian Quintana , MD on 05/12/2025 at 12:59 PM EDT

Sign off status: Pending

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 04/28/2025

## Progress Notes

**Patient:** JIMENEZ, JOSEFINA

**Provider:** Christian A. Quintana, MD

**Account Number:** 19362

**Date:** 04/28/2025

**DOB:** 03/19/1955 **Age:** 70 Y **Sex:** Female

**Phone:** 809-299-8969

**Address:** 1534 NEWHAVEN POINT LANE, WEST PALM BEACH, FL-33411

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### Subjective:

#### Chief Complaints:

1. Patient presents to the office complaining of having a wound in the dorsal region of her right foot.

#### HPI:

##### Constitutional:

70yo female with PMH of HTN, HLD, T2DM insulin dependent, and vitamin D deficiency, presents to the office reporting a nonhealing wound in the dorsal region of her right foot.

In 8/2023 she had right periorbital cellulitis and VZV zoster ophthalmicus for which she was treated and improved. She did not visit an ophthalmologist as recommended but has an appointment for next week to see one.

- Mammogram on 2/26/24 reported BI-RADS 2 (benign findings).

- Was given a referral for GI for colonoscopy in a previous visits but has not gone.

#### ROS:

##### GENERAL/CONSTITUTIONAL:

Patient denies change in appetite, chills, fatigue, fever, sleep disturbance, weakness, Recent weight change.

##### ALLERGY/IMMUNOLOGY:

Patient denies Adverse reaction.

##### OPHTHALMOLOGIC:

Patient denies change in vision.

##### ENT:

Patient denies difficulty in swallowing, ear pain, sore throat, Hearing disorder, Nasal Discharge, Dental disorder.

##### RESPIRATORY:

Patient denies cough, shortness of breath, Chest congestion, Dyspnea, Abnormal sputum.

##### CARDIOVASCULAR:

Patient denies chest pain, claudication, palpitations, Syncope, Edema.

##### GASTROINTESTINAL:

Patient denies abdominal pain, blood in stool, change in bowel habits, diarrhea, difficulty swallowing, nausea, vomiting.

##### HEMATOLOGY:

Patient denies Varicose veins, Spontaneous or excessive bleeding, Blood coagulation disorder, Lymphadenopathy.

##### GENITOURINARY:

Patient denies abdominal pain / swelling, difficulty urinating, Itching or rash, masses or lumps.

##### MUSCULOSKELETAL:

Patient denies joint stiffness, swollen joints, weakness, Limited movement, Cold extremities.

##### SKIN:

Patient denies hair changes, masses, nail changes, nipple discharge. Patient complains of nonhealing ulcer right foot.

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 04/28/2025

NEUROLOGIC:

Patient denies difficulty speaking, dizziness, headache, memory loss, pain, paralysis, seizures, tingling / numbness, tremor, Light-headedness, head injury, vertigo.

PSYCHIATRIC:

Patient denies anxiety, depressed mood, difficulty sleeping, suicidal thoughts, agitation/irritability, Anhedonia, Poor concentration.

**Medical History:** Diabetes :- Description: on insulin and oral hypoglycemic therapy , , High blood pressure, Palpitations, High cholesterol.

**Medications:** Taking Candesartan Cilexetil 32 MG Tablet 1 tablet Orally Once a day , Taking Atorvastatin Calcium 20 MG Tablet 1 tablet at bedtime Orally Once a day , Taking Xigduo XR 10-1000 MG Tablet Extended Release 24 Hour 1 tablet Orally Once a day , Taking Lantus SoloStar 100 UNIT/ML Solution Pen-injector Inject 30 Units at bedtime Subcutaneous at bedtime , Taking Ergocalciferol 1.25 MG (50000 UT) Capsule 1 capsule Orally once a week , Taking Tricor 48 MG Tablet 1 tablet Orally Once a day , Taking Vitamin D2 , Notes to Pharmacist: 50,000 UNITS, Taking Lantus , Notes to Pharmacist: 15U qHS, Taking Ozempic (2 MG/DOSE) 8 MG/3ML Solution Pen-injector Inject 2 mg Subcutaneous once a week , stop date 11/08/2025, Notes to Pharmacist: increase dose

**Objective:**

**Vitals:**

Ht: 69 in, Wt: **158** lbs, BP: **139/77** mm Hg, HR: **86** /min, RR: **16** /min, Oxygen sat %: **98** %, Temp: **97.5** F, BMI: **23.33** Index.

**Examination:**

General Examination:

GENERAL APPEARANCE: pleasant, well nourished, well developed, in no acute distress.

HEAD: normocephalic, atraumatic.

EYES: pupils equal, round, reactive to light and accommodation (PERRLA), extraocular movements intact (EOMI), conjunctiva clear.

EARS: normal.

NOSE: sinuses nontender bilaterally.

ORAL CAVITY: normal, mucosa moist, palate normal.

THROAT: normal, no erythema.

NECK / THYROID: neck supple, no thyromegaly, no lymphadenopathy, no masses, no JVD.

SKIN: 2 nonhealing ulcers in dorsal aspect of right foot.

HEART: regular rate and rhythm, S1, S2 normal, no murmurs.

LUNGS: clear to auscultation bilaterally, no wheezes, rales, rhonchi, good air movement.

ABDOMEN: normal, soft, nontender, nondistended, bowel sounds present, no hepatosplenomegaly.

MUSCULOSKELETAL: Normal, full range of motion. Normal muscle strength and tone. No swelling, tenderness, or warmth. Digits unremarkable. Gait and station unremarkable..

EXTREMITIES: no clubbing, cyanosis or edema, good capillary refill in nail beds, distal pulses present/palpable.

NEUROLOGIC: alert and oriented, normal strength and tone throughout, normal sensation, no focal deficits, clear & fluent speech, no tremors, normal gait.

PSYCH: alert, oriented, cooperative with exam, mood and affect appropriate for situation, normal attention span and concentration.

**Assessment:**

**Assessment:**

1. Non-pressure chronic ulcer of other part of right foot with unspecified severity - L97.519 (Primary) **Notes :** Non-healing wounds on dorsal aspect of right foot since 1/2025 that occurred as a result of something falling on her foot. Wound culture done in DR reported growth of Pseudomonas aeruginosa. She was treated with

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 04/28/2025

ciprofloxacin for 15d. Has been seeing a podiatrist, dermatologist and by plastics in DR. Has been slowly improving but still not healed.

2. Peripheral artery disease - I73.9

3. Varicose veins of bilateral lower extremities with pain - I83.813

4. Type 2 diabetes mellitus with hyperglycemia - E11.65 **Notes:** Improving but not at goal. A1C 8% on labs from 2/10/25 which improved from 9.3%. Admits to eating a lot of bread and sweets.... On Lantus 30U qHS, Xigduo XR 10/1000mg qd, & Ozempic 1mg qwk....Urine alb/creat ratio is <14 (negative) on labs from 9/2024.... On statin tx & ARB tx. Advised to take low-dose aspirin 81mg daily. Of note, she had been buying Ozempic in Dominican Republic because she frequently has prolonged visits over there which is the reason that she is unable to pick up refills from the pharmacy.

5. Hyperlipidemia, unspecified - E78.5 **Notes:** Taking Atorvastatin 20mg & fenofibrate. LDL 71, TG's 127 on labs from 2/10/25.

6. Essential (primary) hypertension - I10 **Notes:** Stable, controlled with Candesartan 32mg qd. Echo on 4/18/23 showed normal EF 60-65% but showed gradient detected in the LVOT of 41mmHG with valsalva c/w LVOT dynamic obstruction. Low salt diet/exercise advised.

7. Elevated liver enzymes - R74.8 **Notes:** Resolved. AST 26 (from 37) and ALT 27 (from 45). Mildly elevated alk phos of 130 but it decreased from 190... Normal total bili, albumin, and platelets.

8. Sciatica of left side - M54.32

9. Encounter for other screening for malignant neoplasm of breast - Z12.39 **Notes:** Mammogram on 2/26/24 reported BI-RADS 2. Recommend annual screening.

10. Encounter for screening for malignant neoplasm of colon - Z12.11 **Notes:** Was given a GI referral for screening colonoscopy in a previous visit, but she has not done it yet. She was educated on the importance of compliance with screening for colon cancer.

11. Other specified disorders of bone density and structure, unspecified site - M85.80 **Notes:** DEXA done on 12/2022 showed osteopenia of b/l hips. 10yr risk of hip fx is 0.3% and 10yr of major fx is 4.4%. No need to start oral therapy. Recommend vitamin D and calcium supplements.

12. Subclinical iodine-deficiency hypothyroidism - E02 **Notes:** Improved. TSH 2.8 (previously 4.66)

13. Vitamin D deficiency, unspecified - E55.9

14. Person consulting for explanation of examination or test findings - Z71.2

15. Venous insufficiency - I87.2

## Plan:

### Treatment:

#### 1. Non-pressure chronic ulcer of other part of right foot with unspecified severity

Notes: Completed 15 days of cipro in DR.

Superficial debridement done in the office today & wound cultures were obtained.

Recommend cleaning daily & using foam dressing.

Referral To: Radiology

Reason: Referral for PVR (Pulse Volume Recording)

#### 2. Peripheral artery disease

Imaging: Ultrasound : Artery Doppler Low Ext Bilat

Referral To: Radiology

Reason: Referral for Arterial Duplex Ultrasound Bilateral lower extremities | Venous Duplex Ultrasound bilateral lower extremities

Referral To: Radiology

Reason: Referral for PVR (Pulse Volume Recording)

#### 3. Varicose veins of bilateral lower extremities with pain

Notes: compression stockings recommended. Elevated leg.

#### 4. Type 2 diabetes mellitus with hyperglycemia

Refill Xigduo XR Tablet Extended Release 24 Hour, 10-1000 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 ; Refill Lantus SoloStar Solution Pen-injector, 100 UNIT/ML, Inject 30 Units at bedtime, Subcutaneous, at bedtime, 90 days, 30 ML, Refills 3 ; Start Ozempic (2 MG/DOSE) Solution Pen-injector, 8 MG/3ML, Inject 2

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 04/28/2025

mg, Subcutaneous, once a week, 90 days, 9 ML, Refills 2, Notes to Pharmacist: increase dose .

Notes: - Increase Ozempic to 2mg sc qwk

- Continue Xigduo XL 10mg-1000mg qd

- Continue Lantus 30U qhs

- \*\*\* Monitor fasting glucose... Can reduce Lantus to 25U or 20U if FBG<80. Goal FBG 80-120.

- Eye exam annually recommended, Scheduled for 2/12/25

##### **5. Hyperlipidemia, unspecified**

Refill Atorvastatin Calcium Tablet, 20 MG, 1 tablet at bedtime, Orally, Once a day, 90 days, 90 Tablet, Refills 3 ;

Refill Tricor Tablet, 48 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

Notes: -Continue atorvastatin 20mg qhs

-Low fat diet and exercise

##### **6. Essential (primary) hypertension**

Refill Candesartan Cilexetil Tablet, 32 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

Notes: -Continue candesartan 32mg qd

-Low salt diet and exercise

##### **7. Encounter for other screening for malignant neoplasm of breast**

Notes: -Bilateral screening mammogram

##### **8. Encounter for screening for malignant neoplasm of colon**

Notes: -GI referral for screening colonoscopy

##### **9. Venous insufficiency**

Imaging: Ultrasound : Doppler : Veins Leg Bil.

Referral To:Radiology

Reason:Referral for Arterial Duplex Ultrasound Bilateral lower extremities | Venous Duplex Ultrasound bilateral lower extremities

Referral To:Radiology

Reason:Referral for PVR (Pulse Volume Recording)

##### **10. Others**

Start Ergocalciferol Capsule, 1.25 MG (50000 UT), 1 capsule, Orally, once a week, 90 days, 12, Refills 3 .

Notes:

PLAN:

- \*\* Arterial Duplex US BLE & Venous Duplex US BLE

- \*\* Mammogram

- \*\* GI referral

- Increase Ozempic to 2mg sc qwk

- Continue Xigduo XR 10mg-1000mg qd

- Continue Lantus 30U qHS (can decrease to 25U if FBG<80)

- Annual Eye exam done in 2/2024

- Fenofibrate (Tricor) 48mg qd

- Continue Atorvastatin 20mg qHS

- Continue Candesartan 32mg qd

- Advised to take low-dose aspirin 81mg daily

- Vitamin D & calcium supplement

- Pneumococcal vaccine (done)

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 04/28/2025

**Billing Information:**

**Visit Code:**

**Procedure Codes:**

Electronic signature of Christian Quintana , MD on 05/12/2025 at 02:19 PM EDT

Sign off status: Pending

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**Provider: Christian A. Quintana, MD**

**Date: 04/28/2025**

Generated for Printing/Faxing/eTransmitting on: 05/12/2025 02:19 PM EDT

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 02/11/2025

**Patient:** JIMENEZ, JOSEFINA

**Account Number:** 19362

**DOB:** 03/19/1955 **Age:** 69 Y **Sex:** Female

**Phone:** 809-299-8969

**Address:** 1534 NEWHAVEN POINT LANE, WEST PALM BEACH, FL-33411

**Provider:** Christian A. Quintana, MD

**Date:** 02/11/2025

### **Subjective:**

#### **Chief Complaints:**

1. Patient presents to the office for her annual wellness exam and to discuss lab results.

#### **HPI:**

##### AWV 2024:

69yo female with PMH of HTN, HLD, T2DM insulin dependent, and vitamin D deficiency, presents to the office for her annual wellness exam and to discuss most recent lab results.

She refers feeling well.

In 8/2023 she had right periorbital cellulitis and VZV zoster ophthalmicus for which she was treated and improved. She did not visit an ophthalmologist as recommended but has an appointment for next week to see one.

-Mammogram on 2/26/24 reported BI-RADS 2 (benign findings).

-Was given a referral for GI for colonoscopy in a previous visits but has not gone.

#### Medicare Annual Visit:

##### Type of Visit

- Subsequent Annual Wellness Visit

##### Depression Screening

- PHQ9 done

##### Vision Screening

- Yes, patient was advised to have a yearly eye exam

##### Hearing Screening

- Yes, no gross abnormalities

##### Fall Risk and Home Safety

- Negative, no falls in the past year, no difficulty walking, or getting out of bed or chair

##### Get Up and Go Evaluation under 20 seconds

##### Medication evaluation and reconciliation performed Yes

##### Vision screening recommended Yes

##### Literature offered to the patient Yes

Referrals physical therapy offered for gait balance and mobility evaluation, fall prevention home evaluation offered, DEXA screening offered

##### Activities of Daily Living

- Not impaired

##### Cognitive Screening

- No overt cognitive deficiency is apparent by direct observation

#### Depression Screening:

##### PHQ-9

Little interest or pleasure in doing things Not at all

Feeling down, depressed, or hopeless Not at all

Trouble falling or staying asleep, or sleeping too much Not at all

Feeling tired or having little energy Not at all

Poor appetite or overeating Not at all

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 02/11/2025

Feeling bad about yourself or that you are a failure, or have let yourself or your family down *Not at all*  
Trouble concentrating on things, such as reading the newspaper or watching television *Not at all*  
Moving or speaking so slowly that other people could have noticed; or the opposite, being so fidgety or restless that you have been moving around a lot more than usual *Not at all*

Thoughts that you would be better off dead or of hurting yourself in some way *Not at all*

Total Score 0

**ROS:**

GENERAL/CONSTITUTIONAL:

Patient denies change in appetite, chills, fatigue, fever, sleep disturbance, weakness, Recent weight change.

ALLERGY/IMMUNOLOGY:

Patient denies Adverse reaction.

OPHTHALMOLOGIC:

Patient denies change in vision.

ENT:

Patient denies difficulty in swallowing, ear pain, sore throat, Hearing disorder, Nasal Discharge, Dental disorder.

RESPIRATORY:

Patient denies cough, shortness of breath, Chest congestion, Dyspnea, Abnormal sputum.

CARDIOVASCULAR:

Patient denies chest pain, claudication, palpitations, Syncope, Edema.

GASTROINTESTINAL:

Patient denies abdominal pain, blood in stool, change in bowel habits, diarrhea, difficulty swallowing, nausea, vomiting.

HEMATOLOGY:

Patient denies Varicose veins, Spontaneous or excessive bleeding, Blood coagulation disorder, Lymphadenopathy.

GENITOURINARY:

Patient denies abdominal pain / swelling, difficulty urinating, Itching or rash, masses or lumps.

MUSCULOSKELETAL:

Patient denies joint stiffness, swollen joints, weakness, Limited movement, Cold extremities.

SKIN:

Patient denies hair changes, masses, nail changes, nipple discharge.

NEUROLOGIC:

Patient denies difficulty speaking, dizziness, headache, memory loss, pain, paralysis, seizures, tingling / numbness, tremor, Light-headedness, head injury, vertigo.

PSYCHIATRIC:

Patient denies anxiety, depressed mood, difficulty sleeping, suicidal thoughts, agitation/irritability, Anhedonia, Poor concentration.

**Medical History:** Diabetes :- Description: on insulin and oral hypoglycemic therapy , , High blood pressure, Palpitations, High cholesterol.

**Medications:** Taking Ozempic (1 MG/DOSE) 4 MG/3ML Solution Pen-injector as directed Subcutaneous , Taking Vitamin D2 , Notes to Pharmacist: 50,000 UNITS, Taking Lantus , Notes to Pharmacist: 15U qHS, Taking Atorvastatin Calcium 20 MG Tablet 1 tablet at bedtime Orally Once a day , Taking Lantus SoloStar 100 UNIT/ML Solution Pen-injector Inject 30 Units at bedtime Subcutaneous at bedtime , Taking Ergocalciferol 1.25 MG (50000 UT) Capsule 1 capsule Orally once a week , Taking Tricor 48 MG Tablet 1 tablet Orally Once a day , Taking Ozempic (1 MG/DOSE) 4 MG/3ML Solution Pen-injector inject 1mg Subcutaneous once a week , stop date 06/22/2025, Taking Candesartan Cilexetil 32 MG Tablet 1 tablet Orally Once a day , Taking Xigduo XR 10-1000 MG Tablet Extended Release 24 Hour 1 tablet Orally Once a day , stop date 11/02/2025

**Objective:**

**Vitals:**

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 02/11/2025

Ht: 69 in, Wt: **154** lbs, BP: **127/67** mm Hg, HR: **77** /min, RR: **16** /min, Oxygen sat %: **98** %, Temp: **97.0** F, BMI: **22.74** Index.

### Examination:

#### General Examination:

GENERAL APPEARANCE: pleasant, well nourished, well developed, in no acute distress.  
HEAD: normocephalic, atraumatic.  
EYES: pupils equal, round, reactive to light and accommodation (PERRLA), extraocular movements intact (EOMI), conjunctiva clear.  
EARS: normal.  
NOSE: sinuses nontender bilaterally.  
ORAL CAVITY: normal, mucosa moist, palate normal.  
THROAT: normal, no erythema.  
NECK / THYROID: neck supple, no thyromegaly, no lymphadenopathy, no masses, no JVD.  
HEART: regular rate and rhythm, S1, S2 normal, no murmurs.  
LUNGS: clear to auscultation bilaterally, no wheezes, rales, rhonchi, good air movement.  
ABDOMEN: normal, soft, nontender, nondistended, bowel sounds present, no hepatosplenomegaly.  
MUSCULOSKELETAL: Normal, full range of motion. Normal muscle strength and tone. No swelling, tenderness, or warmth. Digits unremarkable. Gait and station unremarkable..  
EXTREMITIES: no clubbing, cyanosis or edema, good capillary refill in nail beds, distal pulses present/palpable.  
NEUROLOGIC: alert and oriented, normal strength and tone throughout, normal sensation, no focal deficits, clear & fluent speech, no tremors, normal gait.  
PSYCH: alert, oriented, cooperative with exam, mood and affect appropriate for situation, normal attention span and concentration.

### Assessment:

#### Assessment:

1. Encounter for general adult medical examination with abnormal findings - Z00.01 (Primary)
2. Type 2 diabetes mellitus with hyperglycemia - E11.65 **Notes :** Improving but not at goal. A1C 8% on labs from 2/10/25 which improved from 9.3%. Admits to eating a lot of bread and sweets.... On Lantus 30U qHS, Xigduo XR 10/1000mg qd, & Ozempic 1mg qwk....Urine alb/creat ratio is <14 (negative) on labs from 9/2024.... On statin tx & ARB tx. Advised to take low-dose aspirin 81mg daily. Of note, she had been buying Ozempic in Dominican Republic because she frequently has prolonged visits over there which is the reason that she is unable to pick up refills from the pharmacy.
3. Hyperlipidemia, unspecified - E78.5 **Notes :** Taking Atorvastatin 20mg & fenofibrate. LDL 71, TG's 127 on labs from 2/10/25.
4. Essential (primary) hypertension - I10 **Notes :** Stable, controlled with Candesartan 32mg qd. Echo on 4/18/23 showed normal EF 60-65% but showed gradient detected in the LVOT of 41mmHG with valsalva c/w LVOT dynamic obstruction. Low salt diet/exercise advised.
5. Elevated liver enzymes - R74.8 **Notes :** Resolved. AST 26 (from 37) and ALT 27 (from 45). Mildly elevated alk phos of 130 but it decreased from 190... Normal total bili, albumin, and platelets.
6. Sciatica of left side - M54.32
7. Encounter for other screening for malignant neoplasm of breast - Z12.39 **Notes :** Mammogram on 2/26/24 reported BI-RADS 2. Recommend annual screening.
8. Encounter for screening for malignant neoplasm of colon - Z12.11 **Notes :** Was given a GI referral for screening colonoscopy in a previous visit, but she has not done it yet. She was educated on the importance of compliance with screening for colon cancer.
9. Other specified disorders of bone density and structure, unspecified site - M85.80 **Notes :** DEXA done on 12/2022 showed osteopenia of b/l hips. 10yr risk of hip fx is 0.3% and 10yr of major fx is 4.4%. No need to start oral therapy. Recommend vitamin D and calcium supplements.
10. Subclinical iodine-deficiency hypothyroidism - E02 **Notes :** Improved. TSH 2.8 (previously 4.66)
11. Varicose veins of bilateral lower extremities with pain - I83.813

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 02/11/2025

12. Vitamin D deficiency, unspecified - E55.9
13. Person consulting for explanation of examination or test findings - Z71.2

**Plan:****Treatment:****1. Type 2 diabetes mellitus with hyperglycemia**

Refill Xigduo XR Tablet Extended Release 24 Hour, 10-1000 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 ; Refill Lantus SoloStar Solution Pen-injector, 100 UNIT/ML, Inject 30 Units at bedtime, Subcutaneous, at bedtime, 90 days, 30 ML, Refills 3 ; Start Ozempic (2 MG/DOSE) Solution Pen-injector, 8 MG/3ML, Inject 2 mg, Subcutaneous, once a week, 90 days, 9 ML, Refills 2, Notes to Pharmacist: increase dose .

Notes: - Increase Ozempic to 2mg sc qwk

- Continue Xigduo XL 10mg-1000mg qd

- Continue Lantus 30U qhs

- \*\*\* Monitor fasting glucose. Can reduce Lantus to 25U or 20U if FBG<80. Goal FBG 80-120.

- Eye exam annually recommended, Scheduled for 2/12/25

**2. Hyperlipidemia, unspecified**

Refill Atorvastatin Calcium Tablet, 20 MG, 1 tablet at bedtime, Orally, Once a day, 90 days, 90 Tablet, Refills 3 ; Refill Tricor Tablet, 48 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

Notes: -Continue atorvastatin 20mg qhs

-Low fat diet and exercise

**3. Essential (primary) hypertension**

Refill Candesartan Cilexetil Tablet, 32 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

Notes: -Continue candesartan 32mg qd

-Low salt diet and exercise

**4. Encounter for other screening for malignant neoplasm of breast**Imaging: MAMMOGRAM, SCREENING

Notes: -Bilateral screening mammogram

Referral To: Radiology

Reason: Referral for Screening mammogram

**5. Encounter for screening for malignant neoplasm of colon**

Notes: -GI referral for screening colonoscopy

Referral To: Gastroenterology

Reason: Referral to Dr. Carlos Diaz for screening colonoscopy

**6. Others**

Start Ergocalciferol Capsule, 1.25 MG (50000 UT), 1 capsule, Orally, once a week, 90 days, 12, Refills 3 .

Notes:

Plan:

- Mammogram

- GI referral

- Increase Ozempic to 2mg sc qwk

- Continue Xigduo XR 10mg-1000mg qd

- Continue Lantus 30U qHS (can decrease to 25U if FBG<80)

- Annual Eye exam done in 2/2024

- Fenofibrate (Tricor) 48mg qd

- Continue Atorvastatin 20mg qHS

- Continue Candesartan 32mg qd

- Advised to take low-dose aspirin 81mg daily

- Vitamin D & calcium supplement

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 02/11/2025

- Pneumococcal vaccine (done)
- GI referral for screening colonoscopy given in previous visit

**Procedure Codes:** G0439 ANNUAL WELLNESS VST; PPS SUBSQT VST

**Preventive Medicine:**

YOUR PREVENTIVE WELLNESS PLAN:

BMI, Height, and Weight:

The Recommended Frequency is: *Annually*

Blood Pressure:

The Recommended Frequency is: *Every 2 years, if BP </= 120/80 mm Hg, Annually, if BP >120-139/80-89 mm Hg*

Vision:

The Recommended Frequency is: *Every 3 years up to age 40, Every 2 years aged 40+*

Abdominal Aortic Aneurysm:

The Recommended Frequency is: *Once, between the age range of 65-75 and for those who have smoked 100+ cigarettes in lifetime*

Breast Cancer Screening (Mammogram):

The Recommended Frequency is: *Every two years, ages 50-74*

Cervical Cancer Screening (Pap Smear):

The Recommended Frequency is: *Every three years, ages 21-64, Every five years, ages 30-65 with HPV testing*

Osteoporosis Screening (Bone Density Measurement):

The Recommended Frequency is: *Routinely, for women ages 65+, Routinely, for women ages 60-64 with risk factors*

Cholesterol Testing:

The Recommended Frequency is: *Regularly beginning at age 20 with risk factors*

Diabetes Screening:

The Recommended Frequency is: *With a sustained BP >/= 135/80 mm Hg*

Colorectal Cancer Screening:

The Recommended Frequency is: *Annually, Fecal Occult Blood Stool (FOBS), Every 5 years, Sigmoidoscopy with FOBS, Every 10 years, Colonoscopy*

Sexually Transmitted Diseases (STDs):

The Recommended Frequency is: *As necessary for those with risk factors*

Depression Screening:

The Recommended Frequency is: *As necessary for those with risk factors*

Alcohol Misuse Screening:

The Recommended Frequency is: *As necessary for those with risk factors*

Pneumococcal (Pneumonia) Vaccine:

The Recommended Frequency is: *1-2 doses up to age 64, 1 dose age 65+*

Influenza (Flu) Vaccine:

The Recommended Frequency is: *Annually*

Other: \_\_\_\_\_

Major Risk Factors

Your Major Risk Factors Include: *Family history of, Diabetes, Fall Risk, Hypertension, Obesity, Smoking use, Other*

Recommendations For Improvement

The recommendations are: *Diet, Exercise, Tobacco cessation, Weight management, Other*

Additional Resources Included: follow-up instructions, handouts, referrals.

This plan was discussed, printed, and handed to patient.

**Billing Information:**

Visit Code:

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 02/11/2025

**Procedure Codes:**

G0439 ANNUAL WELLNESS VST; PPS SUBSQT VST.

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**Provider:** Christian A. Quintana, MD

**Date:** 02/11/2025

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JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 02/10/2025

**Patient:** JIMENEZ, JOSEFINA

**Account Number:** 19362

**DOB:** 03/19/1955 **Age:** 69 Y **Sex:** Female

**Phone:** 809-299-8969

**Address:** 1534 NEWHAVEN POINT LANE, WEST PALM BEACH, FL-33411

**Provider:** Christian A. Quintana, MD

**Date:** 02/10/2025

### **Subjective:**

#### **Chief Complaints:**

#### **Medical History:**

**Medications:** Taking Ozempic (1 MG/DOSE) 4 MG/3ML Solution Pen-injector as directed Subcutaneous , Taking Vitamin D2 , Notes to Pharmacist: 50,000 UNITS, Taking Lantus , Notes to Pharmacist: 15U qHS, Taking Atorvastatin Calcium 20 MG Tablet 1 tablet at bedtime Orally Once a day , Taking Lantus SoloStar 100 UNIT/ML Solution Pen-injector Inject 30 Units at bedtime Subcutaneous at bedtime , Taking Ergocalciferol 1.25 MG (50000 UT) Capsule 1 capsule Orally once a week , Taking Tricor 48 MG Tablet 1 tablet Orally Once a day , Taking Ozempic (1 MG/DOSE) 4 MG/3ML Solution Pen-injector inject 1mg Subcutaneous once a week , stop date 06/22/2025, Taking Candesartan Cilexetil 32 MG Tablet 1 tablet Orally Once a day , Taking Xigduo XR 10-1000 MG Tablet Extended Release 24 Hour 1 tablet Orally Once a day , stop date 11/02/2025

### **Objective:**

#### **Vitals:**

### **Assessment:**

### **Plan:**

#### **Treatment:**

### **Billing Information:**

#### **Visit Code:**

#### **Procedure Codes:**

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Sign off status: Pending

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**Provider:** Christian A. Quintana, MD

**Date:** 02/10/2025

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JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 09/25/2024

## Progress Notes

**Patient:** JIMENEZ, JOSEFINA

**Provider:** Christian A. Quintana, MD

**Account Number:** 19362

**Date:** 09/25/2024

**DOB:** 03/19/1955 **Age:** 69 Y **Sex:** Female

**Phone:** 809-299-8969

**Address:** 1534 NEWHAVEN POINT LANE, WEST PALM BEACH, FL-33411

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### Subjective:

#### Chief Complaints:

1. Patient presents to the office to review most recent lab results.

#### HPI:

##### Constitutional:

69yo female with PMH of HTN, HLD, T2DM insulin dependent, and vitamin D deficiency, presents to the office for a follow up.

She refers feeling well.

In 8/2023 she had right periorbital cellulitis and VZV zoster ophthalmicus for which she was treated and improved. She did not visit an ophthalmologist as recommended but has an appointment for next week to see one.

-Mammogram on 2/26/24 reported BI-RADS 2 (benign findings).

-Was given a referral for GI for colonoscopy in a previous visit but has not gone.

#### ROS:

##### GENERAL/CONSTITUTIONAL:

Patient denies change in appetite, chills, fatigue, fever, sleep disturbance, weakness, Recent weight change.

##### ALLERGY/IMMUNOLOGY:

Patient denies Adverse reaction.

##### OPHTHALMOLOGIC:

Patient denies change in vision.

##### ENT:

Patient denies difficulty in swallowing, ear pain, sore throat, Hearing disorder, Nasal Discharge, Dental disorder.

##### RESPIRATORY:

Patient denies cough, shortness of breath, Chest congestion, Dyspnea, Abnormal sputum.

##### CARDIOVASCULAR:

Patient denies chest pain, claudication, palpitations, Syncope, Edema.

##### GASTROINTESTINAL:

Patient denies abdominal pain, blood in stool, change in bowel habits, diarrhea, difficulty swallowing, nausea, vomiting.

##### HEMATOLOGY:

Patient denies Varicose veins, Spontaneous or excessive bleeding, Blood coagulation disorder, Lymphadenopathy.

##### GENITOURINARY:

Patient denies abdominal pain / swelling, difficulty urinating, Itching or rash, masses or lumps.

##### MUSCULOSKELETAL:

Patient denies joint stiffness, swollen joints, weakness, Limited movement, Cold extremities.

##### SKIN:

Patient denies hair changes, masses, nail changes, nipple discharge.

##### NEUROLOGIC:

Patient denies difficulty speaking, dizziness, headache, memory loss, pain, paralysis, seizures, tingling / numbness, tremor, Light-headedness, head injury, vertigo.

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**Provider:** Christian A. Quintana, MD

**Date:** 09/25/2024

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JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 09/25/2024

**PSYCHIATRIC:**

Patient denies anxiety, depressed mood, difficulty sleeping, suicidal thoughts, agitation/irritability, Anhedonia, Poor concentration.

**Medical History:** Diabetes :- Description: on insulin and oral hypoglycemic therapy , , High blood pressure, Palpitations, High cholesterol.

**Social History:**

**Migrated Social History:**

Migrated Social History: Negative for: Alcohol use , Never smoked , Negative for: Past drug use.

**Medications:** Taking Ozempic (1 MG/DOSE) 4 MG/3ML Solution Pen-injector as directed Subcutaneous , Taking Vitamin D2 , Notes to Pharmacist: 50,000 UNITS, Taking Lantus , Notes to Pharmacist: 15U qHS, Taking Xigduo XR 10-1000 MG Tablet Extended Release 24 Hour 1 tablet Orally Once a day , Taking Lantus SoloStar 100 UNIT/ML Solution Pen-injector Inject 20 Units at bedtime Subcutaneous at bedtime , Taking Ergocalciferol 1.25 MG (50000 UT) Capsule 1 capsule Orally once a week , Taking Candesartan Cilexetil 32 MG Tablet 1 tablet Orally Once a day , Taking Atorvastatin Calcium 20 MG Tablet 1 tablet at bedtime Orally Once a day

**Objective:**

**Vitals:**

Ht: 69 in, Wt: **233** lbs, BP: **144/87** mm Hg, HR: **69** /min, RR: **16** /min, Oxygen sat %: **98** %, Temp: **97.7** F, BMI: **34.4** Index.

**Examination:**

**General Examination:**

GENERAL APPEARANCE: pleasant, well nourished, well developed, in no acute distress.

HEAD: normocephalic, atraumatic.

EYES: pupils equal, round, reactive to light and accommodation (PERRLA), extraocular movements intact (EOMI), conjunctiva clear.

EARS: normal.

NOSE: sinuses nontender bilaterally.

ORAL CAVITY: normal, mucosa moist, palate normal.

THROAT: normal, no erythema.

NECK / THYROID: neck supple, no thyromegaly, no lymphadenopathy, no masses, no JVD.

HEART: regular rate and rhythm, S1, S2 normal, no murmurs.

LUNGS: clear to auscultation bilaterally, no wheezes, rales, rhonchi, good air movement.

ABDOMEN: normal, soft, nontender, nondistended, bowel sounds present, no hepatosplenomegaly.

MUSCULOSKELETAL: Normal, full range of motion. Normal muscle strength and tone. No swelling, tenderness, or warmth. Digits unremarkable. Gait and station unremarkable..

EXTREMITIES: no clubbing, cyanosis or edema, good capillary refill in nail beds, distal pulses present/palpable.

NEUROLOGIC: alert and oriented, normal strength and tone throughout, normal sensation, no focal deficits, clear & fluent speech, no tremors, normal gait.

PSYCH: alert, oriented, cooperative with exam, mood and affect appropriate for situation, normal attention span and concentration.

**Assessment:**

**Assessment:**

1. Type 2 diabetes mellitus with hyperglycemia - E11.65 (Primary) **Notes :** Poorly controlled. Admits to eating a lot of bread and sweets....

On Lantus 30U qHS, Xigduo XR 10/1000mg qd (but is taking only empagliflozin instead which she got from DR), & Ozempic 1mg qwk (but is using only 1/2 dose).... A1C 9.3% on labs from 9/2024 which increased significantly. Urine alb/creat ratio is <14 (negative) on labs from 9/2024.... On statin tx & ARB tx. Advised to take low-dose

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 09/25/2024

aspirin 81mg daily. Of note, she had been buying Ozempic in Dominican Republic because she frequently has prolonged visits over there which is the reason that she is unable to pick up refills from the pharmacy.

2. Hyperlipidemia, unspecified - E78.5 **Notes:** Taking Atorvastatin 20mg. LDL 53, TG's 214 on labs from 9/2024... Will add Tricor (fenofibrate).

3. Essential (primary) hypertension - I10 **Notes:** Stable, controlled with Candesartan 32mg qd. Echo on 4/18/23 showed normal EF 60-65% but showed gradient detected in the LVOT of 41mmHG with valsalva c/w LVOT dynamic obstruction. Low salt diet/exercise advised.

4. Sciatica of left side - M54.32

5. Elevated liver enzymes - R74.8 **Notes:** Mildly elevated & stable. ALT 61 (previously 45), AST 37, and Alk Phos 169 (previously 190). Normal total bili, albumin, and platelets.

6. Encounter for other screening for malignant neoplasm of breast - Z12.39 **Notes:** Mammogram on 2/26/24 reported BI-RADS 2. Recommend annual screening.

7. Encounter for screening for malignant neoplasm of colon - Z12.11 **Notes:** Was given a GI referral for screening colonoscopy in a previous visit, but she has not done it yet. She was educated on the importance of compliance with screening for colon cancer.

8. Other specified disorders of bone density and structure, unspecified site - M85.80 **Notes:** DEXA done on 12/2022 showed osteopenia of b/l hips. 10yr risk of hip fx is 0.3% and 10yr of major fx is 4.4%. No need to start oral therapy. Recommend vitamin D and calcium supplements.

9. Subclinical iodine-deficiency hypothyroidism - E02 **Notes:** Improved. TSH 3.07 (previously 4.66), FT4 1.25.

10. Varicose veins of bilateral lower extremities with pain - I83.813

11. Vitamin D deficiency, unspecified - E55.9

12. Person consulting for explanation of examination or test findings - Z71.2

## Plan:

### Treatment:

#### 1. Type 2 diabetes mellitus with hyperglycemia

Refill Xigduo XR Tablet Extended Release 24 Hour, 10-1000 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 ; Start Lantus SoloStar Solution Pen-injector, 100 UNIT/ML, Inject 30 Units at bedtime, Subcutaneous, at bedtime, 90 days, 30 ML, Refills 3 ; Start Ozempic (1 MG/DOSE) Solution Pen-injector, 4 MG/3ML, inject 1mg, Subcutaneous, once a week, 90 days, 9 ML, Refills 2 .

Notes: - Continue Xigduo XL 10mg-1000mg qd

- Increase Ozempic to 1mg sc qwk (taking 1/2 dose)

- Continue Lantus 30U qhs

- Eye exam scheduled as per patient

- Repeat labs in 3 months

#### 2. Hyperlipidemia, unspecified

Refill Atorvastatin Calcium Tablet, 20 MG, 1 tablet at bedtime, Orally, Once a day, 90 days, 90 Tablet, Refills 3 ; Start Tricor Tablet, 48 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

Notes: -Continue atorvastatin 20mg qhs

-Low fat diet and exercise

#### 3. Essential (primary) hypertension

Refill Candesartan Cilexetil Tablet, 32 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

Notes: -Continue candesartan 32mg qd

-Low salt diet and exercise

#### 4. Encounter for other screening for malignant neoplasm of breast

Notes: -Bilateral screening mammogram

#### 5. Encounter for screening for malignant neoplasm of colon

Notes: -GI referral for screening colonoscopy

#### 6. Others

Start Ergocalciferol Capsule, 1.25 MG (50000 UT), 1 capsule, Orally, once a week, 90 days, 12, Refills 3 .

Notes:

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 09/25/2024

Plan:

- Increase Ozempic to 1mg sc qwk (was taking 1/2 dose)
- Continue Xigduo XR 10mg-1000mg qd
- Continue Lantus 30U qHS
- Annual Eye exam done in 2/2024
- Start Fenofibrate (Tricor) 48mg qd
- Continue Atorvastatin 20mg qHS
- Continue Candesartan 32mg qd
- Advised to take low-dose aspirin 81mg daily
- Vitamin D & calcium supplement
- Pneumococcal vaccine (done)
- GI referral for screening colonoscopy given in previous visit

**Billing Information:**

**Visit Code:**

**Procedure Codes:**

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**Provider:** Christian A. Quintana, MD

**Date:** 09/25/2024

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JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 09/23/2024

**Patient:** JIMENEZ, JOSEFINA

**Account Number:** 19362

**DOB:** 03/19/1955 **Age:** 69 Y **Sex:** Female

**Phone:** 809-299-8969

**Address:** 1534 NEWHAVEN POINT LANE, WEST PALM BEACH, FL-33411

---

**Provider:** Christian A. Quintana, MD

**Date:** 09/23/2024

**Subjective:**

**Chief Complaints:**

**Medical History:**

**Medications:** Taking Ozempic (1 MG/DOSE) 4 MG/3ML Solution Pen-injector as directed Subcutaneous , Taking Vitamin D2 , Notes to Pharmacist: 50,000 UNITS, Taking Lantus , Notes to Pharmacist: 15U qHS, Taking Xigduo XR 10-1000 MG Tablet Extended Release 24 Hour 1 tablet Orally Once a day , Taking Lantus SoloStar 100 UNIT/ML Solution Pen-injector Inject 20 Units at bedtime Subcutaneous at bedtime , Taking Ergocalciferol 1.25 MG (50000 UT) Capsule 1 capsule Orally once a week , Taking Candesartan Cilexetil 32 MG Tablet 1 tablet Orally Once a day , Taking Atorvastatin Calcium 20 MG Tablet 1 tablet at bedtime Orally Once a day

**Objective:**

**Vitals:**

**Assessment:**

**Plan:**

**Treatment:**

**Billing Information:**

**Visit Code:**

**Procedure Codes:**

Electronic signature of Christian Quintana , MD on 05/12/2025 at 02:21 PM EDT

Sign off status: Pending

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**Provider:** Christian A. Quintana, MD

**Date:** 09/23/2024

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JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 09/25/2024

## Progress Notes

**Patient:** JIMENEZ, JOSEFINA

**Provider:** Christian A. Quintana, MD

**Account Number:** 19362

**Date:** 09/25/2024

**DOB:** 03/19/1955 **Age:** 69 Y **Sex:** Female

**Phone:** 809-299-8969

**Address:** 1534 NEWHAVEN POINT LANE, WEST PALM BEACH, FL-33411

---

### Subjective:

#### Chief Complaints:

1. Patient presents to the office to review most recent lab results.

#### HPI:

##### Constitutional:

69yo female with PMH of HTN, HLD, T2DM insulin dependent, and vitamin D deficiency, presents to the office for a follow up.

She refers feeling well.

In 8/2023 she had right periorbital cellulitis and VZV zoster ophthalmicus for which she was treated and improved. She did not visit an ophthalmologist as recommended but has an appointment for next week to see one.

-Mammogram on 2/26/24 reported BI-RADS 2 (benign findings).

-Was given a referral for GI for colonoscopy in a previous visit but has not gone.

#### ROS:

##### GENERAL/CONSTITUTIONAL:

Patient denies change in appetite, chills, fatigue, fever, sleep disturbance, weakness, Recent weight change.

##### ALLERGY/IMMUNOLOGY:

Patient denies Adverse reaction.

##### OPHTHALMOLOGIC:

Patient denies change in vision.

##### ENT:

Patient denies difficulty in swallowing, ear pain, sore throat, Hearing disorder, Nasal Discharge, Dental disorder.

##### RESPIRATORY:

Patient denies cough, shortness of breath, Chest congestion, Dyspnea, Abnormal sputum.

##### CARDIOVASCULAR:

Patient denies chest pain, claudication, palpitations, Syncope, Edema.

##### GASTROINTESTINAL:

Patient denies abdominal pain, blood in stool, change in bowel habits, diarrhea, difficulty swallowing, nausea, vomiting.

##### HEMATOLOGY:

Patient denies Varicose veins, Spontaneous or excessive bleeding, Blood coagulation disorder, Lymphadenopathy.

##### GENITOURINARY:

Patient denies abdominal pain / swelling, difficulty urinating, Itching or rash, masses or lumps.

##### MUSCULOSKELETAL:

Patient denies joint stiffness, swollen joints, weakness, Limited movement, Cold extremities.

##### SKIN:

Patient denies hair changes, masses, nail changes, nipple discharge.

##### NEUROLOGIC:

Patient denies difficulty speaking, dizziness, headache, memory loss, pain, paralysis, seizures, tingling / numbness, tremor, Light-headedness, head injury, vertigo.

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**Provider:** Christian A. Quintana, MD

**Date:** 09/25/2024

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JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 09/25/2024

**PSYCHIATRIC:**

Patient denies anxiety, depressed mood, difficulty sleeping, suicidal thoughts, agitation/irritability, Anhedonia, Poor concentration.

**Medical History:** Diabetes :- Description: on insulin and oral hypoglycemic therapy , , High blood pressure, Palpitations, High cholesterol.

**Social History:**

**Migrated Social History:**

Migrated Social History: Negative for: Alcohol use , Never smoked , Negative for: Past drug use.

**Medications:** Taking Ozempic (1 MG/DOSE) 4 MG/3ML Solution Pen-injector as directed Subcutaneous , Taking Vitamin D2 , Notes to Pharmacist: 50,000 UNITS, Taking Lantus , Notes to Pharmacist: 15U qHS, Taking Xigduo XR 10-1000 MG Tablet Extended Release 24 Hour 1 tablet Orally Once a day , Taking Lantus SoloStar 100 UNIT/ML Solution Pen-injector Inject 20 Units at bedtime Subcutaneous at bedtime , Taking Ergocalciferol 1.25 MG (50000 UT) Capsule 1 capsule Orally once a week , Taking Candesartan Cilexetil 32 MG Tablet 1 tablet Orally Once a day , Taking Atorvastatin Calcium 20 MG Tablet 1 tablet at bedtime Orally Once a day

**Objective:**

**Vitals:**

Ht: 69 in, Wt: **233** lbs, BP: **144/87** mm Hg, HR: **69** /min, RR: **16** /min, Oxygen sat %: **98** %, Temp: **97.7** F, BMI: **34.4** Index.

**Examination:**

**General Examination:**

GENERAL APPEARANCE: pleasant, well nourished, well developed, in no acute distress.

HEAD: normocephalic, atraumatic.

EYES: pupils equal, round, reactive to light and accommodation (PERRLA), extraocular movements intact (EOMI), conjunctiva clear.

EARS: normal.

NOSE: sinuses nontender bilaterally.

ORAL CAVITY: normal, mucosa moist, palate normal.

THROAT: normal, no erythema.

NECK / THYROID: neck supple, no thyromegaly, no lymphadenopathy, no masses, no JVD.

HEART: regular rate and rhythm, S1, S2 normal, no murmurs.

LUNGS: clear to auscultation bilaterally, no wheezes, rales, rhonchi, good air movement.

ABDOMEN: normal, soft, nontender, nondistended, bowel sounds present, no hepatosplenomegaly.

MUSCULOSKELETAL: Normal, full range of motion. Normal muscle strength and tone. No swelling, tenderness, or warmth. Digits unremarkable. Gait and station unremarkable..

EXTREMITIES: no clubbing, cyanosis or edema, good capillary refill in nail beds, distal pulses present/palpable.

NEUROLOGIC: alert and oriented, normal strength and tone throughout, normal sensation, no focal deficits, clear & fluent speech, no tremors, normal gait.

PSYCH: alert, oriented, cooperative with exam, mood and affect appropriate for situation, normal attention span and concentration.

**Assessment:**

**Assessment:**

1. Type 2 diabetes mellitus with hyperglycemia - E11.65 (Primary) **Notes :** Poorly controlled. Admits to eating a lot of bread and sweets....

On Lantus 30U qHS, Xigduo XR 10/1000mg qd (but is taking only empagliflozin instead which she got from DR), & Ozempic 1mg qwk (but is using only 1/2 dose).... A1C 9.3% on labs from 9/2024 which increased significantly. Urine alb/creat ratio is <14 (negative) on labs from 9/2024.... On statin tx & ARB tx. Advised to take low-dose

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 09/25/2024

aspirin 81mg daily. Of note, she had been buying Ozempic in Dominican Republic because she frequently has prolonged visits over there which is the reason that she is unable to pick up refills from the pharmacy.

2. Hyperlipidemia, unspecified - E78.5 **Notes:** Taking Atorvastatin 20mg. LDL 53, TG's 214 on labs from 9/2024... Will add Tricor (fenofibrate).

3. Essential (primary) hypertension - I10 **Notes:** Stable, controlled with Candesartan 32mg qd. Echo on 4/18/23 showed normal EF 60-65% but showed gradient detected in the LVOT of 41mmHG with valsalva c/w LVOT dynamic obstruction. Low salt diet/exercise advised.

4. Sciatica of left side - M54.32

5. Elevated liver enzymes - R74.8 **Notes:** Mildly elevated & stable. ALT 61 (previously 45), AST 37, and Alk Phos 169 (previously 190). Normal total bili, albumin, and platelets.

6. Encounter for other screening for malignant neoplasm of breast - Z12.39 **Notes:** Mammogram on 2/26/24 reported BI-RADS 2. Recommend annual screening.

7. Encounter for screening for malignant neoplasm of colon - Z12.11 **Notes:** Was given a GI referral for screening colonoscopy in a previous visit, but she has not done it yet. She was educated on the importance of compliance with screening for colon cancer.

8. Other specified disorders of bone density and structure, unspecified site - M85.80 **Notes:** DEXA done on 12/2022 showed osteopenia of b/l hips. 10yr risk of hip fx is 0.3% and 10yr of major fx is 4.4%. No need to start oral therapy. Recommend vitamin D and calcium supplements.

9. Subclinical iodine-deficiency hypothyroidism - E02 **Notes:** Improved. TSH 3.07 (previously 4.66), FT4 1.25.

10. Varicose veins of bilateral lower extremities with pain - I83.813

11. Vitamin D deficiency, unspecified - E55.9

12. Person consulting for explanation of examination or test findings - Z71.2

## Plan:

### Treatment:

#### 1. Type 2 diabetes mellitus with hyperglycemia

Refill Xigduo XR Tablet Extended Release 24 Hour, 10-1000 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 ; Start Lantus SoloStar Solution Pen-injector, 100 UNIT/ML, Inject 30 Units at bedtime, Subcutaneous, at bedtime, 90 days, 30 ML, Refills 3 ; Start Ozempic (1 MG/DOSE) Solution Pen-injector, 4 MG/3ML, inject 1mg, Subcutaneous, once a week, 90 days, 9 ML, Refills 2 .

Notes: - Continue Xigduo XL 10mg-1000mg qd

- Increase Ozempic to 1mg sc qwk (taking 1/2 dose)

- Continue Lantus 30U qhs

- Eye exam scheduled as per patient

- Repeat labs in 3 months

#### 2. Hyperlipidemia, unspecified

Refill Atorvastatin Calcium Tablet, 20 MG, 1 tablet at bedtime, Orally, Once a day, 90 days, 90 Tablet, Refills 3 ; Start Tricor Tablet, 48 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

Notes: -Continue atorvastatin 20mg qhs

-Low fat diet and exercise

#### 3. Essential (primary) hypertension

Refill Candesartan Cilexetil Tablet, 32 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

Notes: -Continue candesartan 32mg qd

-Low salt diet and exercise

#### 4. Encounter for other screening for malignant neoplasm of breast

Notes: -Bilateral screening mammogram

#### 5. Encounter for screening for malignant neoplasm of colon

Notes: -GI referral for screening colonoscopy

#### 6. Others

Start Ergocalciferol Capsule, 1.25 MG (50000 UT), 1 capsule, Orally, once a week, 90 days, 12, Refills 3 .

Notes:

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 09/25/2024

Plan:

- Increase Ozempic to 1mg sc qwk (was taking 1/2 dose)
- Continue Xigduo XR 10mg-1000mg qd
- Continue Lantus 30U qHS
- Annual Eye exam done in 2/2024
- Start Fenofibrate (Tricor) 48mg qd
- Continue Atorvastatin 20mg qHS
- Continue Candesartan 32mg qd
- Advised to take low-dose aspirin 81mg daily
- Vitamin D & calcium supplement
- Pneumococcal vaccine (done)
- GI referral for screening colonoscopy given in previous visit

**Billing Information:**

**Visit Code:**

**Procedure Codes:**

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Sign off status: Pending

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**Provider:** Christian A. Quintana, MD

**Date:** 09/25/2024

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JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 09/23/2024

**Patient:** JIMENEZ, JOSEFINA

**Account Number:** 19362

**DOB:** 03/19/1955 **Age:** 69 Y **Sex:** Female

**Phone:** 809-299-8969

**Address:** 1534 NEWHAVEN POINT LANE, WEST PALM BEACH, FL-33411

---

**Provider:** Christian A. Quintana, MD

**Date:** 09/23/2024

**Subjective:**

**Chief Complaints:**

**Medical History:**

**Medications:** Taking Ozempic (1 MG/DOSE) 4 MG/3ML Solution Pen-injector as directed Subcutaneous , Taking Vitamin D2 , Notes to Pharmacist: 50,000 UNITS, Taking Lantus , Notes to Pharmacist: 15U qHS, Taking Xigduo XR 10-1000 MG Tablet Extended Release 24 Hour 1 tablet Orally Once a day , Taking Lantus SoloStar 100 UNIT/ML Solution Pen-injector Inject 20 Units at bedtime Subcutaneous at bedtime , Taking Ergocalciferol 1.25 MG (50000 UT) Capsule 1 capsule Orally once a week , Taking Candesartan Cilexetil 32 MG Tablet 1 tablet Orally Once a day , Taking Atorvastatin Calcium 20 MG Tablet 1 tablet at bedtime Orally Once a day

**Objective:**

**Vitals:**

**Assessment:**

**Plan:**

**Treatment:**

**Billing Information:**

**Visit Code:**

**Procedure Codes:**

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**Sign off status:** Pending

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**Provider:** Christian A. Quintana, MD

**Date:** 09/23/2024

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JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 04/30/2024

## Progress Notes

**Patient:** JIMENEZ, JOSEFINA

**Provider:** Christian A. Quintana, MD

**Account Number:** 19362

**Date:** 04/30/2024

**DOB:** 03/19/1955 **Age:** 69 Y **Sex:** Female

**Phone:** 809-299-8969

**Address:** 1534 NEWHAVEN POINT LANE, WEST PALM BEACH, FL-33411

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### Subjective:

#### Chief Complaints:

1. Patient presents to the office for an echo exam.
2. Follow-up.

#### HPI:

##### Constitutional:

69yo female with PMH of HTN, HLD, T2DM insulin dependent, and vitamin D deficiency, presents to the office for a follow up.

She refers feeling well.

In 8/2023 she had right periorbital cellulitis and VZV zoster ophthalmicus for which she was treated and improved. She did not visit an ophthalmologist as recommended but has an appointment for next week to see one.

-Mammogram on 2/26/24 reported BI-RADS 2 (benign findings).

-Was given a referral for GI for colonoscopy in a previous visit but has not gone.

#### ROS:

##### GENERAL/CONSTITUTIONAL:

Patient denies change in appetite, chills, fatigue, fever, sleep disturbance, weakness, Recent weight change.

##### ALLERGY/IMMUNOLOGY:

Patient denies Adverse reaction.

##### OPHTHALMOLOGIC:

Patient denies change in vision.

##### ENT:

Patient denies difficulty in swallowing, ear pain, sore throat, Hearing disorder, Nasal Discharge, Dental disorder.

##### RESPIRATORY:

Patient denies cough, shortness of breath, Chest congestion, Dyspnea, Abnormal sputum.

##### CARDIOVASCULAR:

Patient denies chest pain, claudication, palpitations, Syncope, Edema.

##### GASTROINTESTINAL:

Patient denies abdominal pain, blood in stool, change in bowel habits, diarrhea, difficulty swallowing, nausea, vomiting.

##### HEMATOLOGY:

Patient denies Varicose veins, Spontaneous or excessive bleeding, Blood coagulation disorder, Lymphadenopathy.

##### GENITOURINARY:

Patient denies abdominal pain / swelling, difficulty urinating, Itching or rash, masses or lumps.

##### MUSCULOSKELETAL:

Patient denies joint stiffness, swollen joints, weakness, Limited movement, Cold extremities.

##### SKIN:

Patient denies hair changes, masses, nail changes, nipple discharge.

##### NEUROLOGIC:

Patient denies difficulty speaking, dizziness, headache, memory loss, pain, paralysis, seizures, tingling / numbness, tremor, Light-headedness, head injury, vertigo.

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**Provider:** Christian A. Quintana, MD

**Date:** 04/30/2024

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JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 04/30/2024

**PSYCHIATRIC:**

Patient denies anxiety, depressed mood, difficulty sleeping, suicidal thoughts, agitation/irritability, Anhedonia, Poor concentration.

**Medical History:** Diabetes :- Description: on insulin and oral hypoglycemic therapy , , High blood pressure, Palpitations, High cholesterol.

**Social History:**

**Migrated Social History:**

Migrated Social History: Negative for: Alcohol use , Never smoked , Negative for: Past drug use.

**Medications:** Taking Ozempic (1 MG/DOSE) 4 MG/3ML Solution Pen-injector as directed Subcutaneous , Taking Vitamin D2 , Notes to Pharmacist: 50,000 UNITS, Taking Lantus , Notes to Pharmacist: 15U qHS, Taking Candesartan Cilexetil 32 MG Tablet 1 tablet Orally Once a day , Taking Atorvastatin Calcium 20 MG Tablet 1 tablet at bedtime Orally Once a day , Taking Xigduo XR 10-1000 MG Tablet Extended Release 24 Hour 1 tablet Orally Once a day , Taking Ergocalciferol 1.25 MG (50000 UT) Capsule 1 capsule Orally once a week , Taking Lantus SoloStar 100 UNIT/ML Solution Pen-injector Inject 20 Units at bedtime Subcutaneous once a day at bedtime

**Objective:**

**Vitals:**

Ht: 69 in, Wt: **158.8** lbs, BP: **127/47** mm Hg, HR: **95** /min, RR: **16** /min, Oxygen sat %: **98** %, Temp: **97.3** F, BMI: **23.45** Index.

**Examination:**

**General Examination:**

GENERAL APPEARANCE: pleasant, well nourished, well developed, in no acute distress.

HEAD: normocephalic, atraumatic.

EYES: pupils equal, round, reactive to light and accommodation (PERRLA), extraocular movements intact (EOMI), conjunctiva clear.

EARS: normal.

NOSE: sinuses nontender bilaterally.

ORAL CAVITY: normal, mucosa moist, palate normal.

THROAT: normal, no erythema.

NECK / THYROID: neck supple, no thyromegaly, no lymphadenopathy, no masses, no JVD.

HEART: regular rate and rhythm, S1, S2 normal, no murmurs.

LUNGS: clear to auscultation bilaterally, no wheezes, rales, rhonchi, good air movement.

ABDOMEN: normal, soft, nontender, nondistended, bowel sounds present, no hepatosplenomegaly.

MUSCULOSKELETAL: Normal, full range of motion. Normal muscle strength and tone. No swelling, tenderness, or warmth. Digits unremarkable. Gait and station unremarkable..

EXTREMITIES: no clubbing, cyanosis or edema, good capillary refill in nail beds, distal pulses present/palpable.

NEUROLOGIC: alert and oriented, normal strength and tone throughout, normal sensation, no focal deficits, clear & fluent speech, no tremors, normal gait.

PSYCH: alert, oriented, cooperative with exam, mood and affect appropriate for situation, normal attention span and concentration.

**Assessment:**

**Assessment:**

1. Essential (primary) hypertension - I10 (Primary) **Notes :** Stable, controlled with Candesartan 32mg qd. Echo on 4/18/23 showed normal EF 60-65% but showed gradient detected in the LVOT of 41mmHG with valsalva c/w LVOT dynamic obstruction. Low salt diet/exercise advised.
2. Type 2 diabetes mellitus with hyperglycemia - E11.65 **Notes :** Controlled with Lantus 15U qhs, Xigduo XR 10/1000mg qd, & Ozempic 1mg qwk (but is using 1/2 dose). A1C 8% and Urine Protein/Creatinine ratio negative

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 04/30/2024

(<2) on labs from 2/19/24. On statin tx & ARB tx. Advised to take low-dose aspirin 81mg daily. Of note, she had been buying Ozempic in Dominican Republic because she frequently has prolonged visits over there which is the reason that she is unable to pick up refills from the pharmacy.

3. Sciatica of left side - M54.32
4. Elevated liver enzymes - R74.8 **Notes :** Mildly elevated & stable. ALT 59 (previously 45), AST 37, Alk Phos 190 (previously 183). Normal total bili (0.4), albumin (4.6), and platelets (233).
5. Hyperlipidemia, unspecified - E78.5 **Notes :** Controlled with Atorvastatin 20mg. LDL 81, TG's 170, HDL 39, Total chol 149 on labs from 2/19/24.
6. Encounter for screening for malignant neoplasm of colon - Z12.11 **Notes :** Was given a GI referral for screening colonoscopy in a previous visit, but she has not done it yet. She was educated on the importance of compliance with screening for colon cancer.
7. Encounter for other screening for malignant neoplasm of breast - Z12.39 **Notes :** Mammogram on 2/26/24 reported BI-RADS 2. Recommend annual screening.
8. Other specified disorders of bone density and structure, unspecified site - M85.80 **Notes :** DEXA done on 12/2022 showed osteopenia of b/l hips. 10yr risk of hip fx is 0.3% and 10yr of major fx is 4.4%. No need to start oral therapy. Recommend vitamin D and calcium supplements.
9. Subclinical iodine-deficiency hypothyroidism - E02 **Notes :** Improved. TSH 3.07 (previously 4.66), FT4 1.25.
10. Varicose veins of bilateral lower extremities with pain - I83.813
11. Vitamin D deficiency, unspecified - E55.9
12. Person consulting for explanation of examination or test findings - Z71.2

## Plan:

### Treatment:

#### 1. Essential (primary) hypertension

Refill Candesartan Cilexetil Tablet, 32 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

Imaging: Exercise Stress Nuclear Test

Notes: -Continue candesartan 32mg qd

-Low salt diet and exercise

Referral To:Radiology

Reason:referral for stress test and carotids ultrasound

Referral To:Radiology

Reason:referral to nuclear stress test

#### 2. Type 2 diabetes mellitus with hyperglycemia

Refill Xigduo XR Tablet Extended Release 24 Hour, 10-1000 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 ; Refill Lantus SoloStar Solution Pen-injector, 100 UNIT/ML, Inject 20 Units at bedtime, Subcutaneous, at bedtime, 90 days, 18 ML, Refills 3 .

Notes: -Continue Xigduo XL 10mg-1000mg qd

-Continue Ozempic 1mg sc qwk (taking 1/2 dose)

-Continue Lantus 20U qhs

- Eye exam scheduled for next week

#### 3. Sciatica of left side

Start Meloxicam Tablet, 15 MG, 1 tablet, Orally, Once a day, 30 days, 30 Tablet, Refills 0 ; Start tiZANidine HCl Tablet, 4 MG, 1 tablet at bedtime as needed, Orally, Once a day, 30 days, 30, Refills 0 .

#### 4. Hyperlipidemia, unspecified

Refill Atorvastatin Calcium Tablet, 20 MG, 1 tablet at bedtime, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

Notes: -Continue atorvastatin 20mg qhs

-Low fat diet and exercise

#### 5. Encounter for screening for malignant neoplasm of colon

Notes: -GI referral for screening colonoscopy

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 04/30/2024

**6. Encounter for other screening for malignant neoplasm of breast**

Notes: -Bilateral screening mammogram

**7. Others**

Start Ergocalciferol Capsule, 1.25 MG (50000 UT), 1 capsule, Orally, once a week, 90 days, 12, Refills 3 .

Notes:

Plan:

- Pneumococcal vaccine (done)
- GI referral for screening colonoscopy given in previous visit
- Annual Eye exam done in 2/2024
- Increased Ozempic to 1mg sc qwk (was taking 1/2 dose)
- Continue Xigduo XR 10mg-1000mg qd
- Continue Lantus 15U qHS (should increase to 20U if she decides to continue taking 1/2 dose of Ozempic)
- Continue Atorvastatin 20mg qHS
- Continue Candesartan 32mg qd
- Advised to take low-dose aspirin 81mg daily
- Vitamin D & calcium supplement

**Billing Information:**

**Visit Code:**

**Procedure Codes:**

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Sign off status: Pending

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**Provider:** Christian A. Quintana, MD

**Date:** 04/30/2024

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JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 02/28/2024

**Patient:** JIMENEZ, JOSEFINA

**Account Number:** 19362

**DOB:** 03/19/1955 **Age:** 68 Y **Sex:** Female

**Phone:** 809-299-8969

**Address:** 1534 NEWHAVEN POINT LANE, WEST PALM BEACH, FL-33411

**Provider:** Christian A. Quintana, MD

**Date:** 02/28/2024

### **Subjective:**

#### **Chief Complaints:**

1. Telehealth- Patient initiated a request for care and consented to care by phone to discuss lab results..

#### **HPI:**

##### Constitutional:

68yo female with PMH of HTN, HLD, T2DM insulin dependent, and vitamin D deficiency, requests a telehealth visit to discuss lab results.

She refers feeling well.

In 8/2023 she had right periorbital cellulitis and VZV zoster ophthalmicus for which she was treated and improved. She did not visit an ophthalmologist as recommended but has an appointment for next week to see one.

-Mammogram on 2/26/24 reported BI-RADS 2 (benign findings).

-Was given a referral for GI for colonoscopy in a previous visit but has not gone.

#### **ROS:**

##### GENERAL/CONSTITUTIONAL:

Patient denies change in appetite, chills, fatigue, fever, sleep disturbance, weakness, Recent weight change.

##### ALLERGY/IMMUNOLOGY:

Patient denies Adverse reaction.

##### OPHTHALMOLOGIC:

Patient denies change in vision.

##### ENT:

Patient denies difficulty in swallowing, ear pain, sore throat, Hearing disorder, Nasal Discharge, Dental disorder.

##### RESPIRATORY:

Patient denies cough, shortness of breath, Chest congestion, Dyspnea, Abnormal sputum.

##### CARDIOVASCULAR:

Patient denies chest pain, claudication, palpitations, Syncope, Edema.

##### GASTROINTESTINAL:

Patient denies abdominal pain, blood in stool, change in bowel habits, diarrhea, difficulty swallowing, nausea, vomiting.

##### HEMATOLOGY:

Patient denies Varicose veins, Spontaneous or excessive bleeding, Blood coagulation disorder, Lymphadenopathy.

##### GENITOURINARY:

Patient denies abdominal pain / swelling, difficulty urinating, Itching or rash, masses or lumps.

##### MUSCULOSKELETAL:

Patient denies joint stiffness, swollen joints, weakness, Limited movement, Cold extremities.

##### SKIN:

Patient denies hair changes, masses, nail changes, nipple discharge.

##### NEUROLOGIC:

Patient denies difficulty speaking, dizziness, headache, memory loss, pain, paralysis, seizures, tingling / numbness, tremor, Light-headedness, head injury, vertigo.

##### PSYCHIATRIC:

Patient denies anxiety, depressed mood, difficulty sleeping, suicidal thoughts, agitation/irritability,

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 02/28/2024

Anhedonia, Poor concentration.

**Medical History:** Diabetes :- Description: on insulin and oral hypoglycemic therapy , , High blood pressure, Palpitations, High cholesterol.

**Social History:**

Migrated Social History:

Migrated Social History: Negative for: Alcohol use , Never smoked , Negative for: Past drug use.

**Medications:** Taking Candesartan Cilexetil 32 MG Tablet 1 tablet Orally Once a day , Taking Atorvastatin Calcium 20 MG Tablet 1 tablet at bedtime Orally Once a day , Taking Xigduo XR 10-1000 MG Tablet Extended Release 24 Hour 1 tablet Orally Once a day , Taking Lantus SoloStar 100 UNIT/ML Solution Pen-injector Inject 20 Units at bedtime Subcutaneous at bedtime , Taking Ergocalciferol 1.25 MG (50000 UT) Capsule 1 capsule Orally once a week , stop date 02/13/2025, Taking Ozempic (1 MG/DOSE) 4 MG/3ML Solution Pen-injector as directed Subcutaneous , Taking Vitamin D2 , Notes to Pharmacist: 50,000 UNITS, Taking Lantus , Notes to Pharmacist: 15U qHS

**Objective:**

**Vitals:**

Ht: 69 in, Wt: **154** lbs, BP: **140/75** mm Hg, HR: **77** /min, RR: **20** /min, Oxygen sat %: **99** %, Temp: **96.6** F, BMI: **22.74** Index.

**Examination:**

General Examination:

GENERAL APPEARANCE: Well-developed, well-nourished, in no acute distress, able to communicate, no hoarseness..

HEAD: No facial swelling, normal facial features and symmetry..

NECK / THYROID: No asymmetry, trachea is midline.

SKIN: Appears Intact, no rashes, no lesions, no erythema.

CHEST: Appears normal respiratory effort..

MUSCULOSKELETAL: Normal ROM.

NEUROLOGIC: alert and oriented.

PSYCH: Alert with normal mood and affect..

**Assessment:**

**Assessment:**

1. Type 2 diabetes mellitus with hyperglycemia - E11.65 (Primary) **Notes :** Controlled with Lantus 15U qhs, Xigduo XR 10/1000mg qd, & Ozempic 1mg qwk (but is using 1/2 dose). A1C 8% and Urine Protein/Creatinine ratio negative (<2) on labs from 2/19/24.

On statin tx & ARB tx. Advised to take low-dose aspirin 81mg daily.

Of note, she had been buying Ozempic in Dominican Republic because she frequently has prolonged visits over there which is the reason that she is unable to pick up refills from the pharmacy.

2. Elevated liver enzymes - R74.8 **Notes :** Mildly elevated & stable. ALT 59 (previously 45), AST 37, Alk Phos 190 (previously 183). Normal total bili (0.4), albumin (4.6), and platelets (233).

3. Hyperlipidemia, unspecified - E78.5 **Notes :** Controlled with Atorvastatin 20mg. LDL 81, TG's 170, HDL 39, Total chol 149 on labs from 2/19/24.

4. Encounter for other screening for malignant neoplasm of breast - Z12.39 **Notes :** Mammogram on 2/26/24 reported BI-RADS 2. Recommend annual screening.

5. Essential (primary) hypertension - I10 **Notes :** Stable, controlled with Candesartan 32mg qd. Echo on 4/18/23 showed normal EF 60-65% but showed gradient detected in the LVOT of 41mmHG with valsalva c/w LVOT dynamic obstruction. Low salt diet/exercise advised.

6. Encounter for screening for malignant neoplasm of colon - Z12.11 **Notes :** Was given a GI referral for screening colonoscopy in a previous visit, but she has not done it yet. She was educated on the importance of compliance with screening for colon cancer.

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 02/28/2024

7. Other specified disorders of bone density and structure, unspecified site - M85.80 **Notes :** DEXA done on 12/2022 showed osteopenia of b/l hips. 10yr risk of hip fx is 0.3% and 10yr of major fx is 4.4%. No need to start oral therapy. Recommend vitamin D and calcium supplements.
8. Subclinical iodine-deficiency hypothyroidism - E02 **Notes :** Improved. TSH 3.07 (previously 4.66), FT4 1.25.
9. Varicose veins of bilateral lower extremities with pain - I83.813
10. Vitamin D deficiency, unspecified - E55.9
11. Person consulting for explanation of examination or test findings - Z71.2

### Plan:

#### Treatment:

##### **1. Type 2 diabetes mellitus with hyperglycemia**

Continue Xigduo XR Tablet Extended Release 24 Hour, 10-1000 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 ; Start Lantus SoloStar Solution Pen-injector, 100 UNIT/ML, Inject 20 Units at bedtime, Subcutaneous, at bedtime, 90 days, 18 ML, Refills 3 .

- Notes: -Continue Xigduo XL 10mg-1000mg qd  
-Continue Ozempic 1mg sc qwk (taking 1/2 dose)  
-Continue Lantus 20U qhs  
- Eye exam scheduled for next week

##### **2. Hyperlipidemia, unspecified**

Refill Atorvastatin Calcium Tablet, 20 MG, 1 tablet at bedtime, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

- Notes: -Continue atorvastatin 20mg qhs  
-Low fat diet and exercise

##### **3. Encounter for other screening for malignant neoplasm of breast**

Notes: -Bilateral screening mammogram

##### **4. Essential (primary) hypertension**

Refill Candesartan Cilexetil Tablet, 32 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

- Notes: -Continue candesartan 32mg qd  
-Low salt diet and exercise

##### **5. Encounter for screening for malignant neoplasm of colon**

Notes: -GI referral for screening colonoscopy

#### **6. Others**

Start Ergocalciferol Capsule, 1.25 MG (50000 UT), 1 capsule, Orally, once a week, 90 days, 12, Refills 3 .

Notes:

Plan:

- Pneumococcal vaccine
- GI referral for screening colonoscopy
- Annual Eye exam scheduled for next week 2/2024
- Continue Ozempic 1mg sc qwk (taking 1/2 dose)
- Continue Xigduo XR 10mg-1000mg qd
- Continue Lantus 15U qHS
- Continue Atorvastatin 20mg qHS
- Continue Candesartan 32mg qd
- Advised to take low-dose aspirin 81mg daily
- Vitamin D & calcium supplement

### Billing Information:

Visit Code:

Procedure Codes:

JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 02/28/2024

Electronic signature of Christian Quintana , MD on 05/12/2025 at 02:27 PM EDT

Sign off status: Pending

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**Provider:** Christian A. Quintana, MD

**Date:** 02/28/2024

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JIMENEZ, JOSEFINA DOB: 03/19/1955 (70 yo F) Acc No. 19362 DOS: 02/19/2024

## Progress Notes

**Patient:** JIMENEZ, JOSEFINA

**Provider:** Christian A. Quintana, MD

**Account Number:** 19362

**Date:** 02/19/2024

**DOB:** 03/19/1955 **Age:** 68 Y **Sex:** Female

**Phone:** 809-299-8969

**Address:** 1534 NEWHAVEN POINT LANE, WEST PALM BEACH, FL-33411

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### Subjective:

#### Chief Complaints:

1. Wellness visit.

#### HPI:

##### Depression Screening:

PHQ-9

Little interest or pleasure in doing things *Not at all*

Feeling down, depressed, or hopeless *Not at all*

Trouble falling or staying asleep, or sleeping too much *Not at all*

Feeling tired or having little energy *Not at all*

Poor appetite or overeating *Not at all*

Feeling bad about yourself or that you are a failure, or have let yourself or your family down *Not at all*

Trouble concentrating on things, such as reading the newspaper or watching television *Not at all*

Moving or speaking so slowly that other people could have noticed; or the opposite, being so fidgety or restless that you have been moving around a lot more than usual *Not at all*

Thoughts that you would be better off dead or of hurting yourself in some way *Not at all*

Total Score 0

#### Constitutional:

68yo female with PMH of HTN, HLD, T2DM insulin dependent, and vitamin D deficiency, presents to the office for her wellness visit.

She refers feeling well.

In 8/2023 she had right periorbital cellulitis and VZV zoster ophthalmicus for which she was treated and improved. She did not visit an ophthalmologist as recommended but has an appointment for next week to see one.

She is due for screening mammogram.

Was given a referral for GI for colonoscopy in a previous visit but has not gone.

#### Medicare Annual Visit:

##### Type of Visit

- *Subsequent Annual Wellness Visit*

##### Depression Screening

- *PHQ9 done*

##### Fall Risk and Home Safety

- *Negative, no falls in the past year, no difficulty walking, or getting out of bed or chair*

Get Up and Go Evaluation *under 20 seconds*

Medication evaluation and reconciliation performed Yes

Vision screening recommended Yes

Literature offered to the patient Yes

Referrals *physical therapy offered for gait balance and mobility evaluation, fall prevention home evaluation offered, DEXA screening offered*

##### Activities of Daily Living

- *Not impaired*

### ROS:

#### GENERAL/CONSTITUTIONAL:

Patient denies change in appetite, chills, fatigue, fever, sleep disturbance, weakness, Recent weight

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change.

ALLERGY/IMMUNOLOGY:

Patient denies Adverse reaction.

OPHTHALMOLOGIC:

Patient denies change in vision.

ENT:

Patient denies difficulty in swallowing, ear pain, sore throat, Hearing disorder, Nasal Discharge, Dental disorder.

RESPIRATORY:

Patient denies cough, shortness of breath, Chest congestion, Dyspnea, Abnormal sputum.

CARDIOVASCULAR:

Patient denies chest pain, claudication, palpitations, Syncope, Edema.

GASTROINTESTINAL:

Patient denies abdominal pain, blood in stool, change in bowel habits, diarrhea, difficulty swallowing, nausea, vomiting.

HEMATOLOGY:

Patient denies Varicose veins, Spontaneous or excessive bleeding, Blood coagulation disorder, Lymphadenopathy.

GENITOURINARY:

Patient denies abdominal pain / swelling, difficulty urinating, Itching or rash, masses or lumps.

MUSCULOSKELETAL:

Patient denies joint stiffness, swollen joints, weakness, Limited movement, Cold extremities.

SKIN:

Patient denies hair changes, masses, nail changes, nipple discharge.

NEUROLOGIC:

Patient denies difficulty speaking, dizziness, headache, memory loss, pain, paralysis, seizures, tingling / numbness, tremor, Light-headedness, head injury, vertigo.

PSYCHIATRIC:

Patient denies anxiety, depressed mood, difficulty sleeping, suicidal thoughts, agitation/irritability, Anhedonia, Poor concentration.

**Medical History:** Diabetes :- Description: on insulin and oral hypoglycemic therapy , , High blood pressure, Palpitations, High cholesterol.

**Social History:**

Migrated Social History:

Migrated Social History: Negative for: Alcohol use , Never smoked , Negative for: Past drug use.

**Medications:** Taking Ozempic (1 MG/DOSE) 4 MG/3ML Solution Pen-injector as directed Subcutaneous , Taking Vitamin D2 , Notes to Pharmacist: 50,000 UNITS, Taking Candesartan Cilexetil 32 MG Tablet 1 tablet Orally Once a day , Taking Atorvastatin Calcium 20 MG Tablet 1 tablet Orally Once a day , Taking Lantus , Notes to Pharmacist: 15U qHS, Taking Xigduo XR 10-1000 MG Tablet Extended Release 24 Hour 1 tablet Orally Once a day

**Objective:**

**Vitals:**

Ht: 69 in, Wt: **154** lbs, BP: **140/75** mm Hg, HR: **77** /min, RR: **20** /min, Oxygen sat %: **99** %, Temp: **96.6** F, BMI: **22.74** Index.

**Examination:**

General Examination:

GENERAL APPEARANCE: pleasant, well nourished, well developed, in no acute distress.

HEAD: normocephalic, atraumatic.

EYES: pupils equal, round, reactive to light and accommodation (PERRLA), extraocular movements intact (EOMI), conjunctiva clear.

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EARS: normal.  
NOSE: sinuses nontender bilaterally.  
ORAL CAVITY: normal, mucosa moist, palate normal.  
THROAT: normal, no erythema.  
NECK / THYROID: neck supple, no thyromegaly, no lymphadenopathy, no masses, no JVD.  
HEART: regular rate and rhythm, S1, S2 normal, no murmurs.  
LUNGS: clear to auscultation bilaterally, no wheezes, rales, rhonchi, good air movement.  
ABDOMEN: normal, soft, nontender, nondistended, bowel sounds present, no hepatosplenomegaly.  
MUSCULOSKELETAL: Normal, full range of motion. Normal muscle strength and tone. No swelling, tenderness, or warmth. Digits unremarkable. Gait and station unremarkable..  
EXTREMITIES: no clubbing, cyanosis or edema, good capillary refill in nail beds, distal pulses present/palpable.  
NEUROLOGIC: alert and oriented, normal strength and tone throughout, normal sensation, no focal deficits, clear & fluent speech, no tremors, normal gait.  
PSYCH: alert, oriented, cooperative with exam, mood and affect appropriate for situation, normal attention span and concentration.

## Assessment:

### Assessment:

1. Encounter for general adult medical examination without abnormal findings - Z00.00 (Primary)
2. Screening for depression - Z13.31 **Notes :** see phq9
3. Screening for cardiovascular condition - Z13.6 **Notes :** ECG showed normal sinus rhythm
4. Type 2 diabetes mellitus with hyperglycemia - E11.65 **Notes :** On Lantus 15U qhs, Xigduo XR 10/1000mg qd, & Ozempic 1mg qwk (but is using 1/2 dose). Urine Protein/Creatinine ratio Abnormal (on 4/18/23). LDL 51 which is at goal. On statin tx & ARB tx. Advised to take low-dose aspirin 81mg daily. Of note, she had been buying Ozempic in Dominican Republic because she frequently has prolonged visits over there which is the reason that she is unable to pick up refills from the pharmacy. Scheduled for eye exam next week.
5. Essential (primary) hypertension - I10 **Notes :** Stable, controlled with Candesartan 32mg qd. Echo on 4/18/23 showed normal EF 60-65% but showed gradient detected in the LVOT of 41mmHG with valsalva c/w LVOT dynamic obstruction. Low salt diet/exercise advised.
6. Hyperlipidemia, unspecified - E78.5 **Notes :** Controlled with Atorvastatin 20mg. LDL was 51 on previous labs.
7. Encounter for other screening for malignant neoplasm of breast - Z12.39 **Notes :** Mammogram on 12/15/22 reported BI-RADS 2. Recommend annual screening.
8. Encounter for screening for malignant neoplasm of colon - Z12.11 **Notes :** Was given a GI referral for screening colonoscopy in a previous visit, but she has not done it yet. She was educated on the importance of compliance with screening for colon cancer.
9. Other specified disorders of bone density and structure, unspecified site - M85.80 **Notes :** DEXA done on 12/2022 showed osteopenia of b/l hips. 10yr risk of hip fx is 0.3% and 10yr of major fx is 4.4%. No need to start oral therapy. Recommend vitamin D and calcium supplements.
10. Subclinical iodine-deficiency hypothyroidism - E02
11. Varicose veins of bilateral lower extremities with pain - I83.813
12. Vitamin D deficiency, unspecified - E55.9

## Plan:

### Treatment:

#### 1. Type 2 diabetes mellitus with hyperglycemia

Continue Xigduo XR Tablet Extended Release 24 Hour, 10-1000 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 ; Start Lantus SoloStar Solution Pen-injector, 100 UNIT/ML, Inject 20 Units at bedtime, Subcutaneous, at bedtime, 90 days, 18 ML, Refills 3 .

Notes: -Continue Xigduo XL 10mg-1000mg qd  
-Continue Ozempic 1mg sc qwk (taking 1/2 dose)  
-Continue Lantus 20U qhs  
- Eye exam scheduled for next week

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## 2. Essential (primary) hypertension

Refill Candesartan Cilexetil Tablet, 32 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

Notes: -Continue candesartan 32mg qd

-Low salt diet and exercise

## 3. Hyperlipidemia, unspecified

Refill Atorvastatin Calcium Tablet, 20 MG, 1 tablet at bedtime, Orally, Once a day, 90 days, 90 Tablet, Refills 3 .

Notes: -Continue atorvastatin 20mg qhs

-Low fat diet and exercise

## 4. Encounter for other screening for malignant neoplasm of breast

Imaging: MAMMOGRAM, SCREENING

Notes: -Bilateral screening mammogram

Referral To:Mammography Screening Center

Reason:Referral for Screening Mammogram

## 5. Encounter for screening for malignant neoplasm of colon

Imaging: Colonoscopy

Notes: -GI referral for screening colonoscopy

Referral To:Gastroenterology

Reason:Referral for Clinical evaluation and Colonoscopy

## 6. Others

Start Ergocalciferol Capsule, 1.25 MG (50000 UT), 1 capsule, Orally, once a week, 90 days, 12, Refills 3 .

Notes:

Plan:

- CBC, CMP, TSH, FT4, Lipid panel, A1C, vit D
- Urine Alb/Cr ratio
- Pneumococcal vaccine
- Screening Mammogram
- GI referral for screening colonoscopy
- Annual Eye exam scheduled for next week 2/2024
- Continue Ozempic 1mg sc qwk (taking 1/2 dose)
- Continue Xigduo XR 10mg-1000mg qd
- Continue Lantus 15U qHS
- Continue Atorvastatin 20mg qHS
- Continue Candesartan 32mg qd
- Advised to take low-dose aspirin 81mg daily
- Vitamin D & calcium supplement

**Procedure Codes:** G0439 ANNUAL WELLNESS VST; PPS SUBSQT VST

### Preventive Medicine:

YOUR PREVENTIVE WELLNESS PLAN:

BMI, Height, and Weight:

The Recommended Frequency is: *Annually*

Blood Pressure:

The Recommended Frequency is: *Every 2 years, if BP </= 120/80 mm Hg, Annually, if BP >120-139/80-89 mm Hg*

Vision:

The Recommended Frequency is: *Every 3 years up to age 40, Every 2 years aged 40+*

Abdominal Aortic Aneurysm:

The Recommended Frequency is: *Once, between the age range of 65-75 and for those who have smoked 100+ cigarettes in lifetime*

Breast Cancer Screening (Mammogram):

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The Recommended Frequency is: *Every two years, ages 50-74*  
Cervical Cancer Screening (Pap Smear):

The Recommended Frequency is: *Every three years, ages 21-64, Every five years, ages 30-65 with HPV testing*

Osteoporosis Screening (Bone Density Measurement):

The Recommended Frequency is: *Routinely, for women ages 65+, Routinely, for women ages 60-64 with risk factors*

Cholesterol Testing:

The Recommended Frequency is: *Regularly beginning at age 20 with risk factors*

Diabetes Screening:

The Recommended Frequency is: *With a sustained BP >/= 135/80 mm Hg*

Colorectal Cancer Screening:

The Recommended Frequency is: *Annually, Fecal Occult Blood Stool (FOBS), Every 5 years, Sigmoidoscopy with FOBS, Every 10 years, Colonoscopy*

Sexually Transmitted Diseases (STDs):

The Recommended Frequency is: *As necessary for those with risk factors*

Depression Screening:

The Recommended Frequency is: *As necessary for those with risk factors*

Alcohol Misuse Screening:

The Recommended Frequency is: *As necessary for those with risk factors*

Pneumococcal (Pneumonia) Vaccine:

The Recommended Frequency is: *1-2 doses up to age 64, 1 dose age 65+*

Influenza (Flu) Vaccine:

The Recommended Frequency is: *Annually*

Other: \_\_\_\_\_.

Major Risk Factors

Your Major Risk Factors Include: *Family history of , Diabetes, Fall Risk, Hypertension, Obesity, Smoking use, Other*

Recommendations For Improvement

The recommendations are: *Diet, Exercise, Tobacco cessation, Weight management, Other*

Additional Resources Included: follow-up instructions, handouts, referrals.

This plan was discussed, printed, and handed to patient.

## Billing Information:

**Visit Code:**

**Procedure Codes:**

G0439 ANNUAL WELLNESS VST; PPS SUBSQT VST.

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**Provider:** Christian A. Quintana, MD

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