

Name: Ethan Fischer | DOB: 5/5/1993 | MRN: 5737029 | PCP: Nymisha A Rao, M.D. | Legal Name: Ethan Fischer

Office Visit - Dec 10, 2025

with Nymisha Rao, M.D. at River East Family Medicine

Notes from Care Team

Progress Notes

Nymisha Rao, M.D. at 12/10/2025 9:00 AM

AMBULATORY PROGRESS NOTE

Subjective

SUBJECTIVE

CHIEF COMPLAINT

Physical Exam (Annual)

HISTORY OF PRESENT ILLNESS

Ethan Fischer is a prev healthy 32 yo male here for APE

Here for APE

Since last visit with me in Oct, he has visited with both allergist/pulmonologist.

He initially did trial of Symbicort.

He ended up doing PFTs. Showed possible vocal cord dysfunction. Given referral to ENT.

Pulmonologist might consider metacholine challenge test.

Has been off Symbicort and continues to have irritating feeling in chest. He will try to reschedule with ENT.

He stopped Symbicort around 3 to 4 weeks ago, and he has purposely tried to stop coughing. In addition, he moved out of his current apartment. Notes that his cough frequency has reduced from 300 coughs/day down to 5-10 coughs/day.

Has noticed certain triggers: using gas stove, using dryer

APE:

Non fasted state

Lipid panel: 1/28/25 – TC 149, LDL 84

Vaccines:

Tdap 10/7/25

Flu shot UTD

COVID booster today (has chronic cough)

PAST MEDICAL, SURGICAL, SOCIAL, AND FAMILY HISTORY

Past medical, surgical, social and family history were reviewed with no changes

CURRENT MEDICATIONS

Current Outpatient Medications

| Medication | Sig | Dispense | Refill |
|------------|-----|----------|--------|
|------------|-----|----------|--------|

| | | | |
|--|--|--------|---|
| • albuterol sulfate 90 mcg/actuation inhaler | Inhale 1 puff by mouth every 6 hours as needed for shortness of breath. | 8 g | 1 |
| • budesonide-formoterol (SYMBICORT) 80-4.5 mcg/actuation inhaler | Inhale 2 puffs by mouth twice daily and every 4 hours as needed for wheezing or shortness of breath. | 1 g | 3 |
| • clindamycin (CLEOCIN-T) 1 % lotion | Apply 1 Application to the affected area(s) twice daily. | 60 mL | 2 |
| • mv-min/folic/vit K/lycop/coQ10 (DAILY MULTIVITAMIN ORAL) | Take by mouth. | | |
| • OPTICHAMBER Diamond VHC Spacer | Use as directed. | 1 each | 0 |

No current facility-administered medications for this visit.

OBJECTIVE

Vitals:

| | |
|----------|--------------------------|
| | 12/10/25 0917 |
| BP: | 121/62 |
| Pulse: | 62 |
| Temp: | 36.1 °C (97 °F) |
| TempSrc: | Temporal |
| SpO2: | 100% |
| Weight: | 88.4 kg (194 lb 12.8 oz) |
| Height: | 188 cm (6' 2") |

BP Readings from Last 4 Encounters:

| | |
|----------|--------|
| 12/10/25 | 121/62 |
| 10/27/25 | 128/68 |
| 10/09/25 | 127/76 |
| 10/07/25 | 119/71 |

Physical Exam

Constitutional:

General: He is not in acute distress.

Appearance: He is not ill-appearing.

HENT:

Head: Normocephalic and atraumatic.

Mouth/Throat:

Mouth: Mucous membranes are moist.

Eyes:

General: No scleral icterus.

Extraocular Movements: Extraocular movements intact.

Pupils: Pupils are equal, round, and reactive to light.

Cardiovascular:

Rate and Rhythm: Normal rate and regular rhythm.

Heart sounds: Normal heart sounds. No murmur heard.

No gallop.

Pulmonary:

Effort: Pulmonary effort is normal. No respiratory distress.

Breath sounds: Normal breath sounds.

Abdominal:

General: Abdomen is flat. Bowel sounds are normal.

Palpations: Abdomen is soft.

Tenderness: There is no abdominal tenderness. There is no guarding.

Musculoskeletal:

General: No swelling.

Skin:

General: Skin is warm and dry.

Neurological:

General: No focal deficit present.

Mental Status: He is alert. Mental status is at baseline.

Psychiatric:

Mood and Affect: Mood normal.

Behavior: Behavior normal.

Thought Content: Thought content normal.

Judgment: Judgment normal.

REVIEW OF LABORATORY DATA

N/A

REVIEW OF IMAGES & STUDIES

N/A

ASSESSMENT & PLAN

Ethan Fischer is a 32Yrs old male patient here for APE

1. Routine general medical examination at a health care facility (Primary)

Non fasted state

Lipid panel: 1/28/25 -- TC 149, LDL 84 (done externally)

Vaccines:

Tdap 10/7/25

Flu shot UTD

COVID booster today (has chronic cough)

- TSH W/ REFLEX; Future

- COMPLETE BLOOD COUNT; Future

- COMPREHENSIVE METABOLIC PANEL; Future

- HEMOGLOBIN A1C; Future

2. Chronic cough

Has seen both allergist and pulmonologist

Trial of Symbicort did not provide much relief

Notes cough frequency has improved after moving to new apartment

However, given PFT showing vocal irritation and continued symptoms, he plans to visit with ENT

May consider seeing pulm again afterwards, pending ENT eval, for consideration of methacholine challenge

F/up w/ me in 6mo

3. Need for COVID-19 vaccine

- COVID-19 VACCINE 2025-26 (MODERNA)(12 YEARS AND OLDER)

Return in about 6 months (around 6/10/2026), or if symptoms worsen or fail to improve, for f/up cough.

Nymisha Rao, MD
Family Medicine

MyChart® licensed from Epic Systems Corporation© 1999 - 2025