OUTPATIENT CLINIC NOTE

### PROBLEM

Follow up cold hands.

### SUBJECTIVE

He saw a vascular surgeon who felt this was a variation of Raynaud's. No underlying vascular problems noted. He recommended considering a calcium channel blocker which might help this and also treat his blood pressure. Patient is overall doing well with the lisinopril, however, we both agree, this is certainly worth a try.

### PHYSICAL EXAMINATION

VITAL SIGNS: BP 134/80. Weight 192. Height 5'11".

GENERAL: Smiling, alert and oriented.

EXTREMITIES: His hands are very warm today, warmer than mine.

### PLAN

DC lisinopril. Start amlodipine 10 mg one daily. Start checking blood pressure every day and let us know if not in range. Otherwise follow up in a month and if this is working, will go with a mail order prescription.