

03/24/2014 8:21 AM

Dear Jonathan Goldberger:

Thank you for visiting FH Centra Care Lake Buena Vista today. You have been diagnosed with:

Open wound Knee/Ankle - 891.0

You have been given these prescriptions:

<u>Medication</u>	<u>Dose</u>	<u>Description</u>
Mupirocin	2 %	apply by Topical route 2 times every day a small amount to the affected area
Clindamycin Hcl	300 Mg	take 1 capsule by ORAL route every 8 hours

Please use it according to the directions on label.

The following are specific instructions and information for your care:

Use Advil according to directions on label for fever or pain.

Since skin infections are caused by bacteria, you should take the complete course of antibiotics that you have been prescribed. **Return to the clinic immediately or go to the Emergency Room if you have increasing redness or swelling, any red streaks extending from the infected area, high fevers, nausea, vomiting, or lightheadedness.**

Warm compresses 2-3 times each day in the evening. Rx for topical and oral antibiotic. OTC advil/ ibuprofen if able to tolerate up to 800 mg every 8 hours with food. Recheck in 36 hours IF not better and sooner if worse.

These are the directions for your continued care:

Today your blood pressure is: 130/90.

Your blood pressure is HIGH today. You may have hypertension (high blood pressure). Medical guidelines recommend that blood pressure in this range be treated with medication if it stays elevated on repeated measurements; therefore, you need your BP rechecked several times over the next 30 days. **Please return to any Centra Care or make an appointment to see your physician within the next 30 days to recheck your blood pressure.** You can also purchase a blood pressure machine to monitor your blood pressure at home. If you are already taking blood pressure medication; your doctor may need to adjust your medication because your BP is still too high. You

should also begin lifestyle modifications (see below) which can help to lower your blood pressure.

What is Hypertension?

High Blood Pressure is called Hypertension. This is a common and very serious medical problem that affects almost half of all Americans at some point in life. Inside the arteries of your body, your blood and plasma exert a pressure against the inside walls of the arteries. If the pressure is too high, it is called Hypertension. By damaging the inside walls of your arteries, high blood pressure leads to Stroke, Heart Attack, Aneurysms, Blindness, Kidney Disease, and other serious medical conditions. Normal Blood Pressure is Less than 120 systolic (top number) and less than 80 diastolic (bottom number). No damage occurs when your BP is less than 120/80.

Pre-Hypertension is when your BP is between 120-139 systolic OR 80-89 diastolic. Pre-hypertension DOES begin to damage your arteries; but doctors usually do not begin medications until your BP reaches 140/90 or higher. Hypertension begins at 140/90. Hypertension is called the "silent killer" because it usually gives you NO symptoms while it damages your body. When you have Hypertension, medications are usually necessary to lower your blood pressure and prevent damage. Do not stop taking any medications unless you have been instructed to do so by your physician.

Lifestyle Modification:

Lifestyle modification CAN lower your blood pressure significantly and in some cases keep you from having to start blood pressure medication. Lifestyle modifications include maintaining a healthy weight; being physically active; following a healthy eating plan, that emphasizes fruits, vegetables, and low-fat dairy foods; choosing and preparing foods with less salt and sodium; and if you drink alcoholic beverages, drinking in moderation. Adopting a healthy lifestyle can reduce your blood pressure, enhance the effectiveness of BP medication, and decrease your risk of having a stroke or heart attack.

If you have any questions or concerns, please call FH Centra Care Lake Buena Vista. If your condition worsens, return to FH Centra Care Lake Buena Vista or go to the closest hospital emergency room. Please follow-up with your Primary Care Physician for your ongoing healthcare needs. If you do not have a Primary Care Physician, FH Centra Care Lake Buena Vista can assist you with finding a local doctor.

Sincerely,

Nancy Akins DO

Lake Buena Vista Centra Care

12500 South Apopka Vineland Rd.
Orlando, FL 32836

PH: 407-934-2273 FX: 407-934-2272

www.CentraCare.org

Referrals: (Toll Free) 855-502-3980

PATIENT: Jonathan Goldberger
 DATE OF BIRTH: 12/22/1963
 DATE: 03/24/2014 8:21 AM
 VISIT TYPE: Office Visit

Reason(s) for Visit:

1. **Sore on left knee** Onset: 5 day(s) ago.. The wound is located on the leg: left. Quality is erythematous and 2 cm open areas with only serous drainage.. The patient denies aggravating factors. The patient denies relieving factors. Additional comments: Noticed this first at home and then flew from Hawaii here yesterday. Initially this was a small site and there was no drainage. Painful initially and now not painful. Unsure if this was a bite as he did not witness any such incident. using topical antibiotic without much relief..

Allergies

No known allergies.

Current Medications:

<u>Drug Name</u>	<u>Dose</u>	<u>Qty</u>	<u>Description</u>
Lisinopril	2.5 Mg	0	
Simvastatin		0	
Aspirin Ec	81 Mg	0	

Medications Prescribed Elsewhere:

<u>Drug Name</u>	<u>Dose</u>	<u>Description</u>
Lisinopril	2.5 Mg	
Simvastatin		
Aspirin Ec	81 Mg	

Medication list reviewed

Last Tetanus:

Less than 5 years

Past Medical/Surgical History

<u>Condition</u>	<u>Year</u>	<u>Procedure/Surgery</u>	<u>Year</u>
Coronary artery disease		Angioplasty	
Myocardial infarction		Tonsillectomy	

Vital Signs

<u>BP</u>	<u>Temp F</u>	<u>Pulse</u>	<u>Resp Rate</u>	<u>Ht In</u>	<u>Wt Lb</u>	<u>Pain Score</u>
130/90	97.6	85	16	68.0	224.00	

Physical Exam

Goldberger, Jonathan 12/22/1963 1/2

Constitutional:

No acute distress.

Integumentary:

General inspection reveals erythematous nodule with erosi, Location is on the knee, on Left.

Neurological:

Sensory: No sensory loss.

Motor: No motor weakness.

Comments: This may have begun small but is not forming a cellulitis.

Assessment/ Plan

Open wound Knee/Ankle - 891.0 (891.0), Acute.

Medications prescribed today:

<u>Medication</u>	<u>Dose</u>	<u>Sig Desc</u>
Mupirocin	2 %	apply by Topical route 2 times every day a
small amount to the affected area		
Clindamycin Hcl	300 Mg	take 1 capsule by ORAL route every 8
hours		

Discharge Comments:

Warm compresses 2-3 times each day in the evening. Rx for topical and oral antibiotic. OTC advil/ ibuprofen if able to tolerate up to 800 mg every 8 hours with food. Recheck in 36 hours IF not better and sooner if worse.

Provider: Nancy Akins DO

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