

AFTER VISIT SUMMARY

Justin P. Lapid DoB: 10/9/1999

8/26/2024 8:40 AM Mercy Clinic Internal Medicine - Old Tesson Suite 240 314-467-3900

Instructions from Dr. E Karahodzcic



Read the attached information

1. Hyperlipidemia (English)
2. Cholesterol: Choosing a Heart-Healthy Life: Video (English)
3. Low-Fat: Diet: General Info (English)



Labs ordered today

LIPID PANEL
Complete this on or around 11/26/2024.



Return in about 6 months

(around 2/26/2025) for Wellness/Preventative (733 or 232).

What's Next

You currently have no upcoming appointments scheduled.

You are allergic to the following

No active allergies

Immunization History

Name	Date
(ADACEL/ BOOSTRIX)(10 YR UP) TDAP VACCINE, IM	3/22/2011
(GARDASIL)(9-45 YRS) HUMAN PAPILLOMAVIRUS VACCINE, TYPES 6, 11, 16, 18, QUADRIVALENT (4VHPV), 3 DOSE, IM	3/4/2013, 8/28/2012, 5/30/2012
(INFANRIX)(6 WKS-6 YRS) DIPHTHERIA, TETANUS TOXOIDS, AND ACCELLULAR	11/30/2004, 4/26/2001, 4/11/2000, 2/11/2000

Today's Visit



You saw Dr. E Karahodzcic on Monday August 26, 2024. The following issue was addressed: Mixed hyperlipidemia.



Blood Pressure
132/79



BMI
26.15



Weight
162 lb



Height
5' 6"



Temperature (Temporal)
97.4 °F



Pulse
92



Oxygen Saturation
99%

MyMercy

View your After Visit Summary and more online at <https://www.mercy.net/mercystl/>.

Immunization History (continued)


Name	Date
PERTUSSIS VACCINE (DTAP) IM	
(IPOL)(6 WKS AND UP) POLIOVIRUS VACCINE, INACTIVATED (IPV), 3 DOSE, SUBCUT OR IM	11/30/2004, 4/11/2000, 2/11/2000
(M-M-R II/PRIORIX) (12 MO UP) MEASLES, MUMPS AND RUBELLA VIRUS VACCINE, 0.5 ML IM/SUBCUT	11/26/2003, 10/24/2000
(MENACTRA)(9 MO-55 YR) MENINGOCOCCAL POLYSACCHARIDE A, C, Y AND W-135 DIPHTHERIA TOXOID CONJUGATE VACCINE, (PF) IM	8/1/2016, 3/22/2011
(VARIVAX)(12 MOS UP) VARICELLA VIRUS VACCINE (PF) 0.5 ML, SUB CUT	12/12/2007, 10/24/2000
Hemophilus Influenza B, Unspecified	1/25/2001, 4/11/2000, 2/11/2000
Hepatitis A Vaccine	5/30/2012, 10/13/2009
Hepatitis B Vaccine	1/25/2001, 6/13/2000, 4/11/2000
PREVNAR (PCV13) pneumococcal 13- valent conjugate Vaccine	1/25/2001, 10/24/2000, 8/22/2000

Thank you for choosing Mercy, it has been a privilege to serve you! Our team is called to provide compassionate care and exceptional service. You may be invited to participate in a survey about your experience. Your time and voice are valued; we hope you will take the time to help us recognize areas of excellence and focus on opportunities to improve.

MERCY ON CALL


INTRODUCING MERCY ON CALL - Mercy now has a medical team of nurses and doctors to help you outside typical office hours. Just call my office number, 314-467-3900, and you will be transferred directly to a member of our afterhours care team who can discuss any symptom or new concern that develops when our office is closed.

Your Medication List as of August 26, 2024 9:12 AM

 If you have any questions, ask your nurse or doctor.

<p>* amphetamine-dextroamphetamine 25 mg Extended Release 24 hour capsule Commonly known as: ADDERALL XR</p>	<p>Take 1 Capsule (25 mg) by mouth daily in the morning. Max Daily Amount: 25 mg</p>
---	--

<p>* dextroamphetamine-amphetamine 10 mg tablet Commonly known as: ADDERALL</p>	<p>Take 1 Tablet (10 mg) by mouth daily. Max Daily Amount: 10 mg</p>
--	--

 * This list has 2 medication(s) that are the same as other medications prescribed for you. Read the directions carefully, and ask your doctor or other care provider to review them with you.

High Cholesterol: Care Instructions

Overview



Cholesterol is a type of fat in your blood. It is needed for many body functions, such as making new cells. Cholesterol is made by your body. It also comes from food you eat. High cholesterol means that you have too much of the fat in your blood. This raises your risk of a heart attack and stroke.

LDL and HDL are part of your total cholesterol. LDL is the "bad" cholesterol. High LDL can raise your risk for coronary artery disease, heart attack, and stroke. HDL is the "good" cholesterol. It helps clear bad cholesterol from the body. High HDL is linked with a lower risk of coronary artery disease, heart attack, and stroke.

Your cholesterol levels help your doctor find out your risk for having a heart attack or stroke. You and your doctor can talk about whether you need to lower your risk and what treatment is best for you.

Treatment options include a heart-healthy lifestyle and medicine. Both options can help lower your cholesterol and your risk. The way you choose to lower your risk will depend on how high your risk is for heart attack and stroke. It will also depend on how you feel about taking medicines.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Eat heart-healthy foods.
 - Eat fruits, vegetables, whole grains, beans, and other high-fiber foods.

- Eat lean proteins, such as seafood, lean meats, beans, nuts, and soy products.
- Eat healthy fats, such as canola and olive oil.
- Choose foods that are low in saturated fat.
- Limit sodium and alcohol.
- Limit drinks and foods with added sugar.
- Be physically active. Try to do moderate activity at least 2½ hours a week. Or try to do vigorous activity at least 1¼ hours a week. You may want to walk or try other activities, such as running, swimming, cycling, or playing tennis or team sports.
- Stay at a healthy weight or lose weight by making the changes in eating and physical activity listed above. Losing just a small amount of weight, even 5 to 10 pounds, can help reduce your risk for having a heart attack or stroke.
- Do not smoke.
- Manage other health problems. These include diabetes and high blood pressure. If you think you may have a problem with alcohol or drug use, talk to your doctor.
- If you take medicine, take it exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Check with your doctor or pharmacist before you use any other medicines, including over-the-counter medicines. Make sure your doctor knows all of the medicines, vitamins, herbal products, and supplements you take. Taking some medicines together can cause problems.

When should you call for help?



Watch closely for changes in your health, and be sure to contact your doctor if:

- You need help making lifestyle changes.
- You have questions about your medicine.

Where can you learn more?

Go to <https://www.healthwise.net/patiented>

Enter **1865** in the search box to learn more about "**High Cholesterol: Care Instructions.**"

Current as of: June 24, 2023

Content Version: 14.1

© 2006-2024 Ignite Healthwise, LLC.

Care instructions adapted under license by your healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. These instructions may not represent the values of this healthcare organization. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.



Cholesterol: Choosing a Heart-Healthy Life (01:57)

Your health professional recommends that you watch this short online health video.

Learn about making healthy changes that can help lower your risk for heart attack and stroke.

Purpose: Outlines heart-healthy habits, including diet and exercise.

Goal: The user will be able to describe heart-healthy lifestyle changes.

Watch: Scan the QR code or visit the link to view video



<https://hwi.se/r/Kpu1sin41zzyb>

Current as of: October 24, 2023

Content Version: 14.1

© 2006-2024 Ignite Healthwise, LLC.

Care instructions adapted under license by your healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. These instructions may not represent the values of this healthcare organization. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.

Learning About Low-Fat Eating

What is low-fat eating?



Most food has some fat in it. Your body needs some fat to be healthy. But some kinds of fats are healthier than others.

In a low-fat eating plan, you try to choose healthier fats and eat fewer unhealthy fats. Healthy fats include olive and canola oil. Try to avoid eating too much saturated fat, such as in cheese and meats.

You do not need to cut all fat from your diet. But you can make healthier choices about the types and amount of fat you eat.

Even though it is a good idea to choose healthier fats, it is still important to be careful of how much fat you eat, because all fats are high in calories.

What are the different types of fats?

Unhealthy fat

- **Saturated fat.** Saturated fats are mostly in animal foods, such as meat and dairy foods. Tropical oils, such as coconut oil, palm oil, and cocoa butter, are also saturated fats.

Healthy fats

- **Monounsaturated fat.** Monounsaturated fats are liquid at room temperature but get solid when refrigerated. Eating foods that are high in this fat may help lower your "bad" (LDL) cholesterol, keep your "good" (HDL) cholesterol level up, and lower your chances of getting

coronary artery disease. This fat is found in canola oil, olive oil, peanut oil, olives, avocados, nuts, and nut butters.

- **Polyunsaturated fat.** Polyunsaturated fats are liquid at room temperature. They are in safflower, sunflower, and corn oils. They are also the main fat in seafood. Omega-3 fatty acids are types of polyunsaturated fat. Eating fish may lower your chances of getting coronary artery disease. Fatty fish such as salmon and mackerel contain these healthy fatty acids. So do ground flaxseeds and flaxseed oil, soybeans, walnuts, and seeds.

Why cut down on unhealthy fats?

Eating foods that contain saturated fats can raise the LDL ("bad") cholesterol in your blood. Having a high level of LDL cholesterol increases your chance of hardening of the arteries (atherosclerosis), which can lead to heart disease, heart attack, and stroke.

In general:

- No more than 10% of your daily calories should come from saturated fat. This is about 20 grams in a 2,000-calorie diet.
- No more than 10% of your daily calories should come from polyunsaturated fat. This is about 20 grams in a 2,000-calorie diet.
- Monounsaturated fats can be up to 15% of your daily calories. This is about 25 to 30 grams in a 2,000-calorie diet.

If you're not sure how much fat you should be eating or how many calories you need each day to stay at a healthy weight, talk to a registered dietitian. A dietitian can help you create a plan that's right for you.

What can you do to cut down on fat?

Foods like cheese, butter, sausage, and desserts can have a lot of unhealthy fats. Try these tips for healthier meals at home and when you eat out.

At home

- Fill up on fruits, vegetables, and whole grains.
- Think of meat as a side dish instead of as the main part of your meal.
- When you do eat meat, make it extra-lean ground beef (97% lean), ground turkey breast (without skin added), meats with fat trimmed off before cooking, or skinless chicken.
- Try main dishes that use whole wheat pasta, brown rice, dried beans, or vegetables.
- Use cooking methods that use little or no fat, such as broiling, steaming, or grilling. Use cooking spray instead of oil. If you use oil, use a monounsaturated oil, such as canola or olive oil.
- Read food labels on canned, bottled, or packaged foods. Choose those with little saturated fat.

When eating out at a restaurant

- Order foods that are broiled or poached instead of fried or breaded.
- Cut back on the amount of butter or margarine that you use on bread. Use small amounts of olive oil instead.
- Order sauces, gravies, and salad dressings on the side, and use only a little.
- When you order pasta, choose tomato sauce instead of cream sauce.
- Ask for salsa with your baked potato instead of sour cream, butter, cheese, or bacon.

Where can you learn more?

Go to <https://www.healthwise.net/patiented>

Enter **W495** in the search box to learn more about "**Learning About Low-Fat Eating.**"

Current as of: October 24, 2023

Content Version: 14.1

© 2006-2024 Ignite Healthwise, LLC.

Care instructions adapted under license by your healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. These instructions may not represent the values of this healthcare organization. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.