

**Subject:** Re: Physician notes from 1st visit w/Dad  
**From:** Mark Cao <mark.cao@gmail.com>  
**Date:** 11/21/2023, 2:37 PM  
**To:** Hanh Cao Yu <hanh.cao.yu@stanfordalumni.org>

We did a video call from Oakmont. This was not the doctor's preference, but I tried to do as much as I could (e.g., take BP and glucose readings so the doctor would have more data).

Zoloft is considered mild compared to a lot of other anti-depressants, so I'm hoping it has more advantages than disadvantages. Eventually when his cognition gets low enough (where he no longer complains about food), he should be switched to a very low sugar diet and then hopefully de-prescribed a lot of these meds.

He ran out of glipizide on Friday, so that contributed to the high glucose.

Yes, his BP was at least some good news.

Huy

On Tue, Nov 21, 2023 at 1:56 PM Hanh Cao Yu <[hanh.cao.yu@stanfordalumni.org](mailto:hanh.cao.yu@stanfordalumni.org)> wrote:

Thanks for sharing the report. Did the doctor visit him or did you take Dad to Kaiser? It seems like there are negative side effects for every new medication. Do you know why his glucose level is so high? From my visits at lunch time, it seems like they give Dad a lot of starch in effort to feed him soft food. At least his blood pressure seems better?

H.

On Tue, Nov 21, 2023 at 1:48 PM Mark Cao <[mark.cao@gmail.com](mailto:mark.cao@gmail.com)> wrote:  
Attached

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Hanh

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