

**Subject:** Re: Medication for Dad

**From:** Hien Cao <hcaosc@gmail.com>

**Date:** 2/8/2023, 11:43 AM

**To:** Hanh Cao Yu <hanh.cao.yu@stanfordalumni.org>

**CC:** Huy Cao <mark.cao@gmail.com>

That's under the heading of delusion in the dementia test.

On Wed, Feb 8, 2023 at 11:42 AM Hanh Cao Yu <[hanh.cao.yu@stanfordalumni.org](mailto:hanh.cao.yu@stanfordalumni.org)> wrote:

I'm not saying it's true, but In Dad's mind, he's still eligible to drive b/c he has the senior ID issued by DMV.

H.

On Wed, Feb 8, 2023 at 9:06 AM Hien Cao <[hcaosc@gmail.com](mailto:hcaosc@gmail.com)> wrote:

Hanh - you had a question about memory medication. Below is a message that dad got from the Kaiser pharmacist this morning (it says take vitamin D because his level is low. You're already doing that. Just check to see how many he needs to take for 1,000 unit).

The Permanente Medical Group, Inc.

MEMORY CENTER

[200 MUIR ROAD](#)

[MARTINEZ CA 94553-4614](#)

[Dept: 925-313-4577](#)

Main: 925-372-1000

2/8/2023

Dear Ho Cao and family,

Action Items/Recommendations:

1) START Vitamin D3 - 1,000 units daily

-Your recent level was low

-Vitamin D will help maintain bone health and may reduce the risk of falls by improving muscle function and strength

Here is a list of your medications:

**Current Outpatient Medications**

| Medication                                                | Sig                                                                  |
|-----------------------------------------------------------|----------------------------------------------------------------------|
| • metFORMIN<br>(GLUCOPHAGE XR) 500<br>mg Oral 24hr SR Tab | Take 1 tablet by mouth 2 times a day with<br>meals                   |
| • Atorvastatin (LIPITOR) 40<br>mg Oral Tab                | Take 1 tablet by mouth daily to prevent heart<br>attacks and strokes |
| • Lisinopril (PRINIVIL/<br>ZESTRIL) 40 mg Oral Tab        | Take 1 tablet by mouth daily                                         |
| • blood-glucose meter<br>(OneTouch Verio Flex Start)      | Use as directed to test blood sugar                                  |

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Misc Kit

- blood sugar diagnostic (OneTouch Verio test strips) Use 1 Strip as directed 2 times a day to measure blood sugar

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Misc Strips

- lancets (OneTouch Delica Plus Lancet) 30 gauge Misc Use 1 lancet as directed 2 times a day to measure blood sugar

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Misc

- blood-glucose control, normal (OneTouch Verio Mid Control) Misc Soln Use as directed with blood glucose meter

Please let me know if you have any questions,

LEO M. KIANG PHARMD  
Memory Center Clinical Pharmacist  
(925) 372-1221

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Hanh