

Subject: Medication for Dad

From: Hien Cao <hcaosc@gmail.com>

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To: Hanh Cao Yu <hanh.cao.yu@stanfordalumni.org>, Huy Cao <mark.cao@gmail.com>

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 (GLUCOPHAGE XR) 500 mg Oral 24hr SR Tab	Take 1 tablet by mouth 2 times a day with meals
• Atorvastatin (LIPITOR) 40 mg Oral Tab	Take 1 tablet by mouth daily to prevent heart attacks and strokes
• Lisinopril (PRINIVIL/ ZESTRIL) 40 mg Oral Tab	Take 1 tablet by mouth daily
• blood-glucose meter (OneTouch Verio Flex Start) Misc Kit	Use as directed to test blood sugar
• blood sugar diagnostic (OneTouch Verio test strips) Misc Strips	Use 1 Strip as directed 2 times a day to measure blood sugar
• lancets (OneTouch Delica Plus Lancet) 30 gauge Misc Misc	Use 1 lancet as directed 2 times a day to measure blood sugar
• 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
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