Subject: Re: Medication for Dad
From: Hanh Cao Yu <hanh.cao.yu@stanfordalumni.org>
Date: 2/8/2023, 11:42 AM
To: Hien Cao <hcaosc@gmail.com>
CC: Huy Cao <mark.cao@gmail.com>

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> 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 (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
(925) 372-1221

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Hanh