

Patient's Name: Patricia Vera

Clinic/UH #: _____ Phone #: _____

Age: _____

Today's Date: 5/10/14

CC: med refill and wellness check

Allergies:

NKDA

Medications/Herbs/Supplements:

Levothyroxine 88 mcg qd

Simvastatin 40 mg 2d

celebrex 250 mg 2d

celexa 20 mg 2d

hydroxyzine 25 mg 2d

imitrex 25 mg naproxen

HPI: Patient is a 48 yo. female presenting for med refill and checkup. PMH includes hypothyroidism, arthritis of neck & knees, anxiety, depression, migraines, menorrhagia, carpal tunnel syndrome. ^{med}

① Patient has been taking 88 mg levothyroxine qd by taking 2 x 75 mg tabs and 1 small piece of the 100 mg tab. Since starting 88 mg dose, she reports feeling

better. Cold intolerance has improved. Anxiousness is better now. She has noticed a 5 lb weight gain over the past few months. Pt wishes to know if she can get 88 mg tablet.

② ~~Osteoarthritis~~ Vulvar pruritis. Patient had ^{recurrent} yeast infections, ^{most recently in} December 2013, treated by fluconazole, douching with yoghurt and taking probiotics. Yeast infection resolved but itchiness of skin remains. Reports ↓ urine volume, incomplete voiding, strong smell of urine, and low back pain - dysuria

Review of Systems: Reviewed Patient Checklist on Back Page

Pertinent Positives:

5 lb weight gain
Pud retention in face arms & feet
low back pain
menorrhagia
Joint pain in neck & knees
Shooting pains

Vulvar pruritis
migraine headaches
Hx of depression
Hx of hypothyroidism

Pertinent Negatives:

no dysuria
no vaginal discharge

BP: 142/84 P: 60 R: _____ T: _____ "F" WEIGHT: 191.4 LBS HEIGHT: _____ INCHES GLUCOSE: _____

PE: GENERAL: Alert, no acute distress, appropriate for age
Well nourished, well developed

HEENT:

LUNGS: Clear to auscultation bilaterally

HEART: Regular rate & rhythm

ABDOMEN:

MS/NEURO: R+ biceps reflex, O patellar reflex bilaterally

SKIN:

OTHER: no pitting edema of shins. Minor swelling of knees bilaterally

ASSESSMENT/PLAN:

- Vulvar pruritis

• Benadryl 50 mg tid PRN

• d/c hydroxyzine

• Osteoarthritis/joint pain

• Meloxicam (Mobic) 15 mg PO 2d

• d/c celebrex

• hypothyroidism

• Levothyroxine 88 mcg PO qd

• hypercholesterolemia

• simvastatin 40 mg 2d

• depression

• celexa 20 mg qd

• migraine headaches

• imitrex 25 mg qd

Faculty additions:

SIGNATURE

M. L. R.

STUDENT NAME: Samim Giotis MS3, AChC, C-MS

DIRECTOR SIGNATURE: Bejay Thomas MS III

URINALYSIS

Date 5/10/14Name Vera, Patricia DOB _____Glucose normal pH 5Bili neg Protein traceKetone neg Urobili normalSp. Gr. 1.015 Nitrate negBlood neg Leuko neg

- ③ osteoarthritis of both knees and neck since 2003. Referred to Dr. Smith (orthopedic surgeon) who said she was too young for surgery. He gave her steroid injections and ^{synvisc} liquid cartilage shots. She is taking Celebrex, ~~attends~~ substituted with naproxen during her menstruation. Joint pain is aggravated by cold weather. Patient worked as cashier and other tasks in cafeteria, was on her feet a lot. (+) Family history for arthritis in her dad, sister, and 3 brothers, and rheumatoid arthritis in her paternal grandmother.
- ④ Depression: improved since increasing dose from 10mg to 20mg. Patient reports sleeping better, with more interest in activities, no feelings of guilt/worthlessness, no psychomotor agitation, or suicidality. Patient complains of low energy occasionally, problems with concentration, and increased appetite.
- ⑤ Patient's most recent menstrual period was heavier than usual. Patient wonders if it is due to thyroid hormone. She has always had regular 28 day cycles with 5-7 days of menstruation. Her mother stopped having a period around age 52.