

Medication History

simvastatin (20mg tablet 1 oral daily, Taken starting 03/17/2025) Active - Hx Entry.
losartan (25mg tablet, 1 oral daily, Taken starting 03/17/2025) Active.
chlorthalidone (25mg tablet, 1 oral daily, Taken starting 03/17/2025) Active.
metFORMIN (500mg tablet, 1 oral daily, Taken starting 03/17/2025) Active.
aspirin (81mg tablet, delayed, 1 oral daily, Taken starting 03/17/2025) Active.
famotidine (20mg tablet, 1 oral daily) Active.
loratadine (10mg tablet, 1 oral as needed) Active.
ibuprofen (800mg tablet, 1 oral as needed) Active.
ibuprofen (400mg tablet, 1 oral as needed) Active.
trospium (60mg Capsule, ER 24 , 1 oral daily) Active.
fluticasone propionate (50mcg/actuat spray, suspensi, 2 sprays intranasal as needed) Active.
albuterol sulfate (90mcg/actuat HFA Aerosol Inh, 2 puff inhalation as needed) Active.
Medications Reconciled.

Past Surgical

Cesarean Delivery; 1

Review of Systems

Skin Not Present- Bruising, Itching and Rash.

HEENT Present- **Ringing in the Ears** and **Wears glasses/contact lenses**. Not Present- Blurred Vision, Dentures, Headache, Hearing Loss, Loose teeth, Nasal polyps, Nose Bleed, Permanent blindness in either eye, Sore Throat and Vertigo.

Neck Not Present- Neck Pain and Neck Stiffness.

Respiratory Present- **Pneumonia**. Not Present- Bloody sputum, Cough, Decreased Exercise Tolerance, Difficulty Breathing, Hemoptysis, Recent bronchitis or chest cold, Sputum Production and Wheezing.

Cardiovascular Present- **Chest Pain**, Paroxysmal Nocturnal Dyspnea and **Shortness of breath with exertion**. Not Present- Awakening at night gasping for air or short of breath, Calf Cramps, Claudications, Difficulty Breathing Lying Down, Difficulty Breathing On Exertion, Discoloration of feet and legs, Fainting / Blacking Out, Leg Cramps, Palpitations, Require more than one pillow at night to breathe, Shortness of Breath and Swelling of Extremities.

Gastrointestinal Not Present- Abdominal Pain, Bloody Stool, Constipation, Diarrhea, Dysphagia, Heartburn, Indigestion, Nausea and Vomiting.

Female Genitourinary Present- **Bladder infection during past year** and **Multiple trips to bathroom to urinate at night**.

Musculoskeletal Present- **Arthritis or other joint disease**. Not Present- Back Pain, Joint Pain, Joint Swelling, Muscle Atrophy and Muscle Pain.

Neurological Present- **Depression**. Not Present- Decreased Memory, Difficulty Speaking, Dizziness, Epilepsy or seizures, Fainting, Headaches, Incontinence Urine, Loss of Consciousness, Migraines, Numbness, Paresthesias, Sudden visual disturbances in either eye, Temporary blindness in either eye, Temporary speech loss or difficulty talking, Tremor, Trouble walking, Unsteadiness and Weakness or paralysis of one side of the body.

Endocrine Not Present- Appetite Changes, Excessive Thirst, Excessive Urination and Recent weight gain or loss(>10 lbs.).

Hematology Not Present- Abnormal Bleeding, Anemia, Easy Bruising, Excessive bleeding, Nose Bleed and Recent fever.

Vitals

06/25/2025 09:47 AM

Weight: 267 lb **Height:** 62 in

Body Surface Area: 2.16 m² **Body Mass Index:** 48.83 kg/m²

Pulse: 109 (Regular) **P. OX:** 94% (Room air)

BP: 118/90 Manual (Sitting, Left Arm, Standard)

Physical Exam

The physical exam findings are as follows:

General

Mental Status - Alert.

General Appearance - Cooperative, Not in acute distress, Not Sickly.

Essential hypertension

- Continued chlorthalidone 25 mg tablet, 1 tablet daily, #90, 90 days starting 06/25/2025, Ref. x3.
- Continued losartan 25 mg tablet, 1 tablet daily, #90, 90 days starting 06/25/2025, Ref. x3.

Diabetes mellitus treated with oral medication

- Continued metFORMIN 500 mg tablet, 1 tablet daily, #90, 90 days starting 06/25/2025, Ref. x3.

Morbid obesity

Today's Impression: In view of her cardiovascular comorbidities I have recommended GLP-1 agonist therapy.

- Continued Wegovy 0.25 mg/0.5 mL subcutaneous pen injector, 0.25 mg weekly, 12 Applicator, 90 days starting 06/25/2025, Ref. x3.



Sanjaya Khanal, MD

Electronically Signed