

AFTER VISIT SUMMARY

Greg Wasmuth MRN: 31294126 DoB: 8/13/1971 CEID: UCS-NGJC-4W6D-FN93

11/26/2025 9:40 AM Perlman Clinic Downtown San Diego 858-554-1212

Legal Name: Gabriel Wasmuth

Instructions from Uri Guefen

Here are your instructions from our visit. Items in bold should be done prior to leaving.

Best,

Uri Guefen, MD

Here are your instructions from our visit:



Today's medication changes

➔ START taking:

beclomethasone (QVAR RediHaler)
Started by: Uri Guefen

doxycycline (MONODOX)
Started by: Uri Guefen

✗ STOP taking:

CHLORELLA PO

Stopped by: Uri Guefen

⌚ CONTINUE taking your other medications

Review details of your medication changes below.

Accurate as of November 26, 2025 10:48 AM.



Read the attached information

1. HYPERTENSION, EASY-TO-READ (ENGLISH)
2. COUGH, ADULT, EASY-TO-READ (ENGLISH)
3. FOLLICULITIS (ENGLISH)



Pick up these medications at PROACT PHARMACY SERVICES - Gouverneur, NY - 1226 US HWY 11

beclomethasone • doxycycline

Address: 1226 US HWY 11, Gouverneur NY 13642
Phone: 866-287-9885

Today's Visit

You saw Uri Guefen on Wednesday November 26, 2025 for: Follow-up Hypertension.

The following issues were addressed:

- Folliculitis
- Hypertension, unspecified type
- Subacute cough
- Exercise-induced asthma
- Dyslipidemia
- Vaccine counseling
- Colon cancer screening
- Need for vaccination



Blood Pressure
140/87



BMI
31.68



Weight
233 lb
9.6 oz



Height
6'



Temperature
97.7 °F



Pulse
88



Oxygen Saturation
96%

💉 Immunizations Given

Influenza Vaccine (Egg Allergy),
Trivalent >=6 Months and
Pneumococcal 20 Vaccine
(PREVNAR-20)

MyChart

View your After Visit Summary and more online at myucsdchart.ucsd.edu. If you need help with your MyUCSDChart account, our Customer Support team is available 24/7 at (619) 543-5220.

Instructions (continued) from Uri Guefen



Cologuard colon cancer screening (Exact Sciences Laboratories)



Return in about 3 months
(around 2/26/2026).

What's Next

You currently have no upcoming appointments scheduled.

Medication Estimates

The costs shown are estimates only, and may vary depending on deductibles and other factors. Costs cannot be accurately estimated for prescriptions paid in cash or via discount programs. Please contact your pharmacy with questions.

Patient Demographics

Address

1011 Union Street,
UNIT 3013
SAN DIEGO CA 92101

Phone

619-512-3137 (Home)
619-512-3137 (Mobile) *Preferred*

E-mail Address

gwasmuth@gmail.com

Your Medication List as of November 26, 2025 10:48 AM

 Always use your most recent med list.

		Morning	Afternoon	Evening	Bedtime
 START	beclomethasone 40 MCG/ACT inhaler Commonly known as: QVAR RediHaler Inhale 2 puffs by mouth 2 times daily for 30 days. Quantity: 10.6 g Started by: Uri Guefen	 2 puffs			 2 puffs
 START	doxycycline 100 MG capsule Commonly known as: MONODOX Take 1 capsule (100 mg) by mouth daily for 14 days. Quantity: 14 capsule Started by: Uri Guefen	 1 capsule			
 CONTINUE	hydroCHLORothiazide 25 MG tablet Commonly known as: HYDRODIURIL Take 1 tablet (25 mg) by mouth daily. Quantity: 90 tablet	 1 tablet			
 CONTINUE	MINOXIDIL EX	See Instructions			
 CONTINUE	omega-3 fatty acids (OTC) 1000 MG Caps Take by mouth daily (with food).	Take by mouth daily (with food).			
 CONTINUE	valsartan 320 MG tablet Commonly known as: DIOVAN Take 1 tablet (320 mg) by mouth daily. Quantity: 90 tablet	 1 tablet			
 CONTINUE	VITAMIN C PO	See Instructions			

Medication Refill Requests

Please contact your pharmacy to see if you have refills remaining on your prescription. If no refills are available, allow 3 business days for the pharmacy to request additional refills.

You are allergic to the following

Allergen

Epinephrine

High blood pressure

Reactions

Other

Insurance Coverage Disclaimer

Please note that any screening tests ordered are recommended, but you must check into your insurance coverage prior to undergoing these tests as your insurance may not cover them in your plan.

If your health care is delivered through a health maintenance organization (HMO), then please get confirmation from our staff of insurance approval before undergoing any tests or receiving care.

⊕ Health Maintenance Summary

COVID-19 Vaccine (4 - 2025-26 season)

Colorectal Cancer Screening (FIT/FOBT - Yearly)
PHQ2 depression screen (Every 6 Months)
Lipid Screening (Every 3 Years)
Tetanus (3 - Td or Tdap)
Hepatitis C Screening
Influenza
Shingles Vaccine
Universal HIV Screening UCSD
Pneumococcal Vaccine
Hep A Vaccine Series
HPV Vaccine <= 26 Yrs
Meningococcal MCV4 Vaccine

Full history report not available

⌚ Overdue since 9/1/2025

📋 Order placed this encounter

Next due on 3/10/2026

Next due on 8/30/2027

Next due on 6/29/2032

Completed

Completed

Completed

Completed

Completed

Aged Out

Aged Out

Aged Out

For more information about any of your health conditions, logon to your MyChart and search our Health Library section or visit our website at <http://mychart.perlmanclinic.com>

If you or a loved one would like information on how to quit smoking or about suicide prevention, call:

- California Smokers' and Chewers' Helpline: 1-800-NO-BUTTS
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- San Diego Access and Crisis Line: 1-888-724-7240

Prepare For Your Care

UC San Diego Health asks all of our patients to have a voice in your medical care by spending a few moments on <https://prepareforyourcare.org> where you can learn about and complete your advance directives in just a few easy steps.

CMS open payments disclosure: The Open Payments database is a federal tool used to search payments made by drug and device companies to physicians and teaching hospitals. It can be found at <https://openpaymentsdata.cms.gov>

Your feedback is important to us

We strive to provide a very good patient experience from compassion and caring to courtesy. Please tell us about your experience by completing your patient satisfaction survey that you may receive in the mail or by e-mail. We want to hear from you and are dedicated to gaining your loyalty.

If you have any questions regarding today's visit or have immediate concerns, please contact the Practice Manager at 858-554-1212. Thank you!

Your feedback is important to us (continued)

Hypertension

Hypertension is another name for high blood pressure. High blood pressure forces your heart to work harder to pump blood. This can cause problems over time.

There are two numbers in a blood pressure reading. There is a top number (*systolic*) over a bottom number (*diastolic*). It is best to have a blood pressure below 120/80. Healthy choices can help lower your blood pressure. You may need medicine to help lower your blood pressure if:

- Your blood pressure cannot be lowered with healthy choices.
- Your blood pressure is higher than 130/80.

Follow these instructions at home:

Eating and drinking



- If directed, follow the DASH eating plan. This diet includes:
 - Filling half of your plate at each meal with fruits and vegetables.
 - Filling one quarter of your plate at each meal with whole grains. Whole grains include whole wheat pasta, brown rice, and whole grain bread.
 - Eating or drinking low-fat dairy products, such as skim milk or low-fat yogurt.
 - Filling one quarter of your plate at each meal with low-fat (*lean*) proteins. Low-fat proteins include fish, skinless chicken, eggs, beans, and tofu.
 - Avoiding fatty meat, cured and processed meat, or chicken with skin.
 - Avoiding premade or processed food.
- Eat less than 1,500 mg of salt (*sodium*) a day.
- Limit alcohol use to no more than 1 drink a day for nonpregnant women and 2 drinks a day for men. One drink equals 12 oz of beer, 5 oz of wine, or 1½ oz of hard liquor.

Lifestyle

- Work with your doctor to stay at a healthy weight or to lose weight. Ask your doctor what the best weight is for you.
- Get at least 30 minutes of exercise that causes your heart to beat faster (*aerobic exercise*) most days of the week. This may include walking, swimming, or biking.
- Get at least 30 minutes of exercise that strengthens your muscles (*resistance exercise*) at least 3 days a week. This may include lifting weights or pilates.

- **Do not** use any products that contain nicotine or tobacco. This includes cigarettes and e-cigarettes. If you need help quitting, ask your doctor.
- Check your blood pressure at home as told by your doctor.
- Keep all follow-up visits as told by your doctor. This is important.

Medicines

- Take over-the-counter and prescription medicines only as told by your doctor. Follow directions carefully.
- **Do not** skip doses of blood pressure medicine. The medicine does not work as well if you skip doses. Skipping doses also puts you at risk for problems.
- Ask your doctor about side effects or reactions to medicines that you should watch for.

Contact a doctor if:

- You think you are having a reaction to the medicine you are taking.
- You have headaches that keep coming back (*recurring*).
- You feel dizzy.
- You have swelling in your ankles.
- You have trouble with your vision.

Get help right away if:

- You get a very bad headache.
- You start to feel confused.
- You feel weak or numb.
- You feel faint.
- You get very bad pain in your:
 - Chest.
 - Belly (*abdomen*).
- You throw up (*vomit*) more than once.
- You have trouble breathing.

Summary

- Hypertension is another name for high blood pressure.
- Making healthy choices can help lower blood pressure. If your blood pressure cannot be controlled with healthy choices, you may need to take medicine.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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Cough, Adult



A cough helps to clear your throat and lungs. A cough may last only 2–3 weeks (*acute*), or it may last longer than 8 weeks (*chronic*). Many different things can cause a cough. A cough may be a sign of an illness or another medical condition.

Follow these instructions at home:

- Pay attention to any changes in your cough.
- Take medicines only as told by your doctor.
 - If you were prescribed an antibiotic medicine, take it as told by your doctor. **Do not** stop taking it even if you start to feel better.
 - Talk with your doctor before you try using a cough medicine.
- Drink enough fluid to keep your pee (*urine*) clear or pale yellow.
- If the air is dry, use a cold steam vaporizer or humidifier in your home.
- Stay away from things that make you cough at work or at home.
- If your cough is worse at night, try using extra pillows to raise your head up higher while you sleep.
- **Do not** smoke, and try not to be around smoke. If you need help quitting, ask your doctor.
- **Do not** have caffeine.
- **Do not** drink alcohol.
- Rest as needed.

Contact a doctor if:

- You have new problems (*symptoms*).
- You cough up yellow fluid (*pus*).
- Your cough does not get better after 2–3 weeks, or your cough gets worse.
- Medicine does not help your cough and you are not sleeping well.
- You have pain that gets worse or pain that is not helped with medicine.
- You have a fever.
- You are losing weight and you do not know why.
- You have night sweats.

Get help right away if:

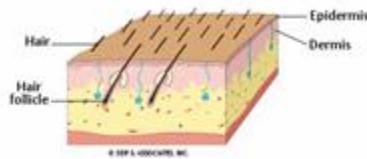
- You cough up blood.

- You have trouble breathing.
- Your heartbeat is very fast.

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Folliculitis



Folliculitis is inflammation of the hair follicles. Folliculitis most commonly occurs on the scalp, thighs, legs, back, and buttocks. However, it can occur anywhere on the body.

What are the causes?

This condition may be caused by:

- A bacterial infection (common).
- A fungal infection.
- A viral infection.
- Coming into contact with certain chemicals, especially oils and tars.
- Shaving or waxing.
- Applying greasy ointments or creams to your skin often.

Long-lasting folliculitis and folliculitis that keeps coming back can be caused by bacteria that live in the nostrils.

What increases the risk?

This condition is more likely to develop in people with:

- A weakened immune system.
- Diabetes.
- Obesity.

What are the signs or symptoms?

Symptoms of this condition include:

- Redness.
- Soreness.
- Swelling.
- Itching.
- Small white or yellow, pus-filled, itchy spots (*pustules*) that appear over a reddened area. If there is an infection that goes deep into the follicle, these may develop into a boil (*furuncle*).
- A group of closely packed boils (*carbuncle*). These tend to form in hairy, sweaty areas of the body.

How is this diagnosed?

This condition is diagnosed with a skin exam. To find what is causing the condition, your health care provider may take a sample of one of the pustules or boils for testing.

How is this treated?

This condition may be treated by:

- Applying warm compresses to the affected areas.
- Taking an antibiotic medicine or applying an antibiotic medicine to the skin.
- Applying or bathing with an antiseptic solution.
- Taking an over-the-counter medicine to help with itching.
- Having a procedure to drain any pustules or boils. This may be done if a pustule or boil contains a lot of pus or fluid.
- Laser hair removal. This may be done to treat long-lasting folliculitis.

Follow these instructions at home:

- If directed, apply heat to the affected area as often as told by your health care provider. Use the heat source that your health care provider recommends, such as a moist heat pack or a heating pad.
 - Place a towel between your skin and the heat source.
 - Leave the heat on for 20–30 minutes.
 - Remove the heat if your skin turns bright red. This is especially important if you are unable to feel pain, heat, or cold. You may have a greater risk of getting burned.
- If you were prescribed an antibiotic medicine, use it as told by your health care provider. **Do not** stop using the antibiotic even if you start to feel better.
- Take over-the-counter and prescription medicines only as told by your health care provider.
- **Do not** shave irritated skin.
- Keep all follow-up visits as told by your health care provider. This is important.

Get help right away if:

- You have more redness, swelling, or pain in the affected area.
- Red streaks are spreading from the affected area.
- You have a fever.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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