

2023-09-18 Gary Report Updated

No significant changes since previous report

Physique

- Hernia, hip replaced and hip fractured etc: No changes
- Walking without cane: still too difficult
- Hunching: still too much

Skin

- Psoriasis on scalp: ongoing, no changes
- Fungus: Toes, left foot, right palm: ongoing, Lamasil helping
- General Itching: ongoing, no changes

Digestion

- Self-cath: 4 to 6 times a day
- Bowel movements: 1 to 2 a day
- History: Schatzki ring, hiatus hernia

Ears, Nose & Throat

- No issues

Sleep

- Sleep at night: 6+ hours every night
 - Wake up two or three times for a few minutes
 - Longer wakeful if I drank a lot the night before
- Afternoon nap: 1+ hours nap

Diet

- Weight: 9/17: 180.0 lbs ~ 6/11: 185.0 lbs
 - Went from two breakfast eggs a day to one to reduce cholesterol
 - Added six prunes at breakfast
- Alcohol: still too much
 - Drinking more low alcohol beer and wine

Fitness

- Walking steps: June: 125K ~ July: 156K ~ August 145K ~ over 60 minutes a day

- Stairs (not recorded): 6 to 12 flights a day
- Exercises: 25+ minutes per day ~ example: 100 pushups a day

Mentality

- Generally: happy and content

Medications

No significant changes since previous report

- Esomeprazole: 20mg daily
- Miralax: 1/2 dose daily
- Senior Multivitamin: daily
- Citrical (calcium) + D3: daily
- Lamasil cream: on left foot every morning
- Eucerin: to itches or, if more severe, Triamcinolone Acetonide cream
 - Slather on lower legs and feet in the morning
- Fungi Nail Liquid ~ 1% tolnaftate: on the toes every other morning
- Closys or Listerine mouthwash: daily
- Each time shower cycle between one of the following
 - Kitoconazole shampoo
 - Neutrogena 2% coal tar - helps with itching maybe
 - Head and Shoulders shampoo and conditioner

Conditions

Walking

I continue

- to put too much weight on my right arm and shoulder when I use a cane. Also when I use the walker but not as much.
- To not have great balance, to have a fall risk

High Cholesterol

- Last blood draw indicated high cholesterol
- I have reduced my egg intake from two to one a day

Appointments Recent

- Dr Yoga, periodontist: August XX: New front tooth gum graft: OK
- ENT clinic ~ September 14: all good

Appointments Scheduled

- Dr Michael Kattah ~ Gastroenterology UCSF: Colonoscopy scheduled for 10/26
- Dr Yoga, periodontist: New front tooth 11/30
- PT with EmpowerMe: 12 sessions in progress Working on balance and walking

Appointments To Do or To Be Scheduled

- Blood draw: cholesterol
- Flu and COVID booster shots: scheduled for mid-October
- Opthamologist: annual checkup to be scheduled

Goals / Objectives / future

- Weight: maintain or improve on <180 lbs
- 6MWT: 350 meters
- Able to stand without hunching for several minutes
- Maintain: 1 diaper per day
- Reduce the grams of alcohol per day
- 160,000 steps per month
- 2,000 steps before lunch
- 12 flights of stairs a day

General Questions

Is there an available checklist of things we could be recording and doing to maintain our health and wellness?

How can you help us to be good and interesting patients? 😊

Do you know anybody who is skilled with using devices such as digital scales, blood pressure monitors and other similar devices and could act as a coach or mentor in their use?

What are three books we could have in the library to help people in their eighties and nineties with their health and wellness?

Would it be useful to have a dermatologist clinic onsite at Heritage on the Marina once a year and see a number of residents. Similar to successful the ENT clinic we just had.

Questions from Pine Park Pulse

- What screening tests do I need and why?
- Are there any changes I can make to improve my overall health?
- How can I better manage my chronic conditions?
- Are there any new treatments or medications available for my conditions?
- What should I do if I experience any changes in my health or symptoms?