

Health Journal

2025-03-24 ~ Amanda

- General health: quite good ~ Pillars of wellness: 8-9/10
- Vital signs: Sleep: 7 hours ~ Weight: 178 ~ Exercise: 3-5K steps 1 to 1.5 hours a day exercise
- Meds: Esomaprazole 20mg ~ statins 10mg ~ vit C 6-mg
- CitraCel + Miralax + 6 prunes
- Fall ~ 2025-03-13 ~ recovering ~ alcohol involved
- Drinking ~ 1 drinks a day or 4 to 6 drinks one or three days a week

Want from PPH

- Stop the statin pill delivery
- UCSF sports med connection

Better web presence

- What agreements are in place?
- Messaging sucks
- Clinical profile: user unfriendly and often wrong
- No encouragement to be proactive

Reports

- Night Splint working
- Hook ~ not so much
- UTI ~ UCSF ~ Urology ~ Marshall L. Stoller, MD

Future Directions

- Better sleep management: Computers off at 11:30 /lights out by midnight
- Reduce binges down to 4 max? Replace bars with online Socrates & Plato

2024-12-17

- Danial Ballarin: pickup completed hook & led

2024-12-16

- Dr Han: eyes OK
- Night vision deteriorating
- Eyelashes bother a bit

- Occasional lack of focus when looking at computer screen
- She said: cataract surgery in two years

2024-12-03

- Genualdi: report

2024-10

- Dr Masato Nagao: 10/21 @ 1 pm ~ 415 353 2080 ~ 1500 Owens
- Dr Fassett: 10/05 2:30 ~ Dermatology exam ~ 185 Berry Ste 1000

2024-09

- Dr Yoga: 09/12 3:00
- Dr Kattah: 09/05 8:00

2024-08-09

- Daniel Ballarin, CPO ~ Prosthetist

2024-08-05

- Dr Immerman ~ referrals

2024-07-25

- Colonoscopy: Dr Kattah ~ 4 polyps ~ 7mm biggest

2024-06-29

- 2024-06-?-Pneumonia vaccine

2024-06-06

- ENT clinic: small blob left otherwise all good

2024-06-03

- PPH: Gary visit: Pneumonia?? Dr Immerman

Medicare

- <https://www.medicare.go>

2023

- \$527.50
- \$70

Total

- $\$593.70 * 12 = \$7,124.40$

2023-12-04

- Urine: clear very light lemonade but tiny white strings - white blood cells
- Vitals: tmp 95-96 ~ oxy 91-98 ~ pulse 54 - 70+ ~ bp 120/50 - 140/80
- Sleep: awful until I took a Tylenol
- Fitness: 1/3rd ?
- Weight: 175!

2023-11-27

- Cloudy smelly urine

2023-10-26

- Colonoscopy ~ Dr Kattah
- October 26 2:00 ~ Dr Kattah: Colonoscopy ~ \415-502-4444

2023-07-05

- Cholesterol high

2023-06-12

- June 12 ~ 11:30: PPH / Kari
- June 1 ~ Dr Fasset ~ \415-353-7800

2023-05-10

- 3D teeth
- C Dental ~ 415-421-1389 ~ 450 Sutter St ~ #1542

2023-05-09

- First weekly update

2023-04-20

- Dr Yoga ~ check on teeth

2023-04-17

- Kari

2023-02-16

- March 16 ~ Dr Yoga ~ Palette graft
- cleaning with Dr Yoga

Jan 25 ~ Dr Eng

- Van reservation

2022-10-21

- Adding Kegel exercise to daily routines
- Psyllium biscuits ~ still changing diapers
- Groin: remember to massage
- Ordered hand weights
- Getting off the floor going well
- Ditto stairs

2022-10-18

Dr Fassett booked until March ~ call once a week

- Safeway ~ shingles before 5pm

Calling Dr Eng ~ got app

message Alinker ~ nothing local ~ used: \$2,100

2022-10-10 ~ Vanessa

Events

- Back Pain ~ two days ~ flashes ~

Alcohol

- Abstinence : having issues
- Cataloging grams of alcohol per drink
- Measuring glasses ~ 140 grams glass
- Recording number of drinks

Diet

??

Fitness

- Adding standing up from floor
- Adding nine flights of stairs ~ bump from three
- Standing desk ~ failing
- Hunching ~ not good
- Standing ~ not good

Wellness

??

More

- Coaching
- Omega 3??

2022-08-04 Dr Yun

- Tarry stool * Increase esomeprazole
 - hemorrhoids
 - Prostate
 - Alcohol * 3 weeks ~ 2 days no alcohol * All other weeks: one a day
- Phil Tom
- Pelosi's trip?

2022-07-22 Phil Tom pt

- Emails freshness
- Back exercises

- Hand exercises

OK. but not exciting. He is there mostly to walk and talk. He is not a coach

2022-06-21

Dr Yun

Thank you for your visit last Monday.

Some updates:

Wednesday and Saturday: no alcohol

Vitamins D & 12: see attached image

Looking forward to see what Accent Care may offer with wellness ideas

Theo

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More

- best mnemonic
- names of conditions
- Aspirin ibu or aleive?
- Rotate meds
- Exercises
- Ongoing hip issues
- Quarterly report
- Bladder MRI