

Health Journal ~ 2025-03-24 ~ PPH ~ Amanda

Current Status

- 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