

# 2024-06-03 Theo Armour Health Report

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- Sales and marketing contact?
- Website maintainer contact?

## Health Summary

- Current Health Status: Good
- Weight 173-175
- Walking: no improvement
- Continue to experience pain in my right shoulder and wrist due to excessive use
- Right hand "falls asleep"/paresthesia almost every night
- Continue to be a fall risk

## Medical Referrals

- Consultation with upper arm ortho?

## Alcohol Consumption

- Have much reduced glass of wine at dinner; drinking V8 juice instead
- Drinking more non-alcoholic beers
- Perhaps fewer binge drinks
- Drinking two glass of wine during the evening
- Perhaps better control of late night drinking

## Cholesterol & Satins

### Articles of interest

- <https://medium.com/read-or-die-hq/statins-for-lowering-cholesterol-are-you-being-misled-about-the-evidence-0fbd8f9bb605>

Giving statins to apparently healthy adults will have no effect on their risk of dying from cardiovascular disease.

- <https://www.nytimes.com/2023/03/01/well/eat/statins-supplements-cholesterol.html?smid=nytcore-android-share>

The U.S. Preventive Services Task Force recommends statins when a person's risk of developing cardiovascular disease within the next decade is 10 percent or greater.

- <https://medium.com/wise-well/statins-help-the-heart-but-hurt-the-brain-0560aede3798>

Since the brain is the most cholesterol-rich organ in the body, lowering cholesterol levels with statins can have a significant effect on this vital organ.

## Medications

- No significant changes since previous report
- 20 mg of esomaprazole
- Miralax & six prunes
- 400 Mg of calcium
- Century Senior dietary supplement

## Recent Appointments

- Front tooth installed: Dr Vaderhobli
- Covid vaccine: booster
- PT with Jonathan twice a week

## Upcoming Appointments

- Consultation and periodontal cleaning ~ Dr Yoga: June 13
- Dermatology exam ~ Dr Fassett: June 18
- Glaucoma exam ~ Dr Kresta Tabaranza: 29 June
- Colonoscopy ~ Dr Kattah: 27 June