

Theo Armour

Current Issues

Move from Gateway Apts to Heritage Senior Living

- * I no longer have to worry about growing old. Everything is taken care of
- * Very happy here. Good decision
- * Nonetheless there are adaptations to be made ~ see below

Recent Urinalysis

- * Bacteria: new or same old?
- * White Blood cell count: is this an issue?
- * Can observe light-colored "things" in urine ~ 1 or 2mm string-like

Neuropathy

- * Diminishing or just getting used to it?
- * Exacerbated by alcohol consumption maybe
- * Prediabetic?

Skin

- * Continue to have rashes and scales oo=in hair ~ slather with Triamcinolone Acetonide every day

Physical Therapy

- * Would like a new prescription for PT at Heritage. Will send message with details

General Health

Meds

- * Esomeprazole 40 Mg per day

New Pharmacy

- Will send details soon

Mobility

- * At Gateway: May to August: 8,000 steps per day
- * At Heritage: <4,000 steps per day
- * Need to create a better schedule
- * Walking with walker too much ~ Back muscles weakening ~ walking without cane deteriorating

Self-care

- * At Gateway: Weight in March: 88 Kg down to August: 82 Kg
- * At Heritage: Weight in Sept 84 Kg
- * Need to adapt to diet with more meat and fat and less fiber

Usual Activities

- * I have no problems doing my usual activities

Pain or Discomfort

- * I have little or none

Anxiety or Depression

- * I have none