**ACHANTA, VAMSEE**

37 Y old Male, DOB: 07/28/1980
 11511 Piping Rock Dr, HOUSTON, TX 77077
 Home: 713-306-9029
 Provider: Jogi, Medhavi

**Telephone
 Encounter**
Answered by Jogi, Medhavi

Date: 06/22/2018
Time: 11:50 AM

Reason INCREASE TO 100

Action Taken

Jogi, Medhavi 6/22/2018 11:50:06 AM > If normal send 88.. Otherwise adjust and FU 6 months Rodriguez, Michael 6/27/2018 7:37:13 PM > RESULTS RETURNED Jogi, Medhavi 6/29/2018 5:27:42 AM > Mr. Achanta, your TSH is high while on 88 mcg so I recommend you increase to 100 mcg daily. Take as below. You have hashimotos antibodies. Your blood sugars are fine. Your cholesterol is a bit high and I recommend weight loss for goal BMI 18-23 (you are just above 23). SYNTHROID, LEVOXYL, TIROSINT, UNITHROID, LEVOTHYROXINE (T4) INSTRUCTIONS: *Take T4 thyroid medication as follows: 30 MINUTE RULE : in the morning on an empty stomach, wait at least 30 minutes before eating food in general. WEEKLY RULE : If you forget/miss a dose, don't take it in the middle of the day. Take your regular dose the next morning plus the dose you missed from the previous day. Don't make this a habit. The weekly dose of T4 matters more than the daily dosage. 4-HOUR RULE : These medications/foods completely prevent the absorption of thyroid medication and should be separated by at least 4 hours (four hours prior and 4 hours after dosing thyroid medication): Any Vitamin pill, Any Supplement pill, Any Stomach medication, Calcium tablets / iron tablets / Soy products/ pepto bismol/ any vitamin / laxatives / prunes / walnuts. --- Note: if you are taking T3 (liothyronine or cytomel) it is shorter acting than T4 so do not double dose (weekly dose rule does not apply), if dose missed then just take when you remember. Take it as directed *If you develop chest pains, palpitations, shortness of breath while taking this medication please call our office. *If you take the generic form (levothyroxine) please only refill the prescription at that exact same pharmacy location each time in order to get consistent drug levels * If you take any non-prescription supplements such as BIOTIN, please stop your supplements at least 5 days prior to any as they can affect the blood levels. --WOMEN: if you are PREGNANT you must call our office to get an appointment WITHIN 10 days since thyroid dosing changes a lot during pregnancy. Please inform the scheduler you are pregnant. If there is significant change in your pregnancy (miscarriage, other pregnancy complications then please also see us within 10 days) and let us know via a portal message. For more information see: <http://www.houstonendocrine.com/what-is-endocrinology/Is-it-my-thyroid> Generally hypothyroidism can be managed by a primary care doctor. If you would like to transfer care to a primary care doctor, please ask them to start prescribing these medications for you. Otherwise if your prescription is coming from our clinic, you will need to follow up regularly with us. -- Hashimotos Key Points: -- Read more here for details: <http://www.houstonendocrine.com/what-is-endocrinology/hashimoto-s-thyroiditis> -- 1. The presence of TPO or TG antibodies only indicates there is about a 4 % chance per year a patient may develop hypothyroidism (or the already diagnosed

Patient: ACHANTA, VAMSEE **DOB:** 07/28/1980 **Provider:** Jogi, Medhavi **06/22/2018**
Note generated by eClinicalWorks EMR/PM Software (www.eClinicalWorks.com)

hypothyroidism medication dose may increase) based on thyroid function testing and clinical scenario. 2. The TPO and TG antibodies generally represent a genetic predisposition/marker but not a disease in it's self. A person does not acquire new antibodies since we are born with all the antibodies we will have at birth, including the abnormal ones. 3. The level of TPO And TG only reflects a quantity of the antibody and not an activity which is determined by finding hypothyroidism. Therefore repeated measurements are not indicated once antibodies are positive unless during a pregnancy. 4. We general cannot recommend a particular diet or lifestyle change or supplement or medication to improve the antibodies or their potential effects because as of yet there are no convincing randomized placebo controlled studies to show efficacy. 5. There is no clinically proven treatment to change or eliminate these antibodies since they are representing genetic changes. Thyroid hormone medication does not "fix" this condition and should only be used for patients with hypothyroidism / borderline hypothyroidism planning pregnancy. ----- Jogi,Medhavi 6/29/2018 5:31:19 AM > VM sent. Maria can you order thyroid labs and lipids for his 8-2018 visit? Gil,Maria 6/29/2018 8:37:47 AM > , We have just re-submitted the lab order electronically to a QUEST Patient Service Center (PSC). This is a notification that the lab orders are ready for you electronically at QUEST at one of their Patient Service Centers (PSC). A paper order is not required at a PSC. ie// no paper order will be emailed or mailed to you unless you request this via portal- but it will take an additional 15 days for us to email you a paper order. When you arrive at the PSC you will need to give them your name and date of birth so they can pull up your orders electronically. -- You may go to <http://www.houstonendocrine.com/doctor-orders-and-paperwork> to find locations near you and search for a PSC (Patient Service Center). Please complete preclinic labs 10 days prior to your appt. If you are NOT planning on going to a PSC Quest location, then you will need to reply to this message with the fax number that we will need to send the request (we cannot find non-PSC fax numbers for you). WE ARE NOT RESPONSIBLE FOR TRACKING DOWN OR OBTAINING "OUTSIDE LABS" (ordered by a different doctor or results not done at QUEST OR LABCORP PSC's -patient service centers). It is the patient's responsibility to make sure those results are sent to our office at least 10 days prior to the next visit in our office; we will not be able to track down those lab results for you. The outside labs results can be sent to us in several ways (1) bring to the office visit , (2) upload a copy electronically at <http://www.houstonendocrine.com/submit-records> at least 4 days before your visit, (3) faxed to us at 713.795.0855 at least 4 days before your visit Bringing the results on your phone is not acceptable either since we will have no way to attach that to your chart. - Locate your closest lab here: <http://www.houstonendocrine.com/doctor-orders-and-paperwork> - FOR ANY NON-QUEST, NON-LABCORP ORDERS, YOU WILL NEED A PAPER ORDER SLIP FROM OUR OFFICE.

Refills

Increase Levothyroxine Sodium Tablet, 100 MCG, Orally, 90 Tablet, 1 tablet on an empty stomach in the morning, Once a day, 90 days, Refills=3

eMessages

From: Jogi,Medhavi
Created: 2018-06-29 05:30:36
Sent: 2018-06-29 05:31:09
Subject: increase to 100, sent to pharmacy already
Message: Jogi,Medhavi 6/29/2018 5:27:42 AM > Mr. Achanta, your TSH is high while on 88 mcg so I recommend you increase to 100 mcg daily. Take as below. You have hashimotos antibodies. Your blood sugars are fine. Your cholesterol is a bit high and I recommend

Patient: ACHANTA, VAMSEE DOB: 07/28/1980 Provider: Jogi, Medhavi 06/22/2018

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weight loss for goal BMI 18-23 (you are just above 23).

SYNTHROID, LEVOXYL, TIROSINT, UNITHROID, LEVOTHYROXINE (T4)

INSTRUCTIONS:

*Take T4 thyroid medication as follows:

30 MINUTE RULE :

in the morning on an empty stomach, wait at least 30 minutes before eating food in general.

WEEKLY RULE :

If you forget/miss a dose, don't take it in the middle of the day. Take your regular dose the next morning plus the dose you missed from the previous day. Don't make this a habit. The weekly dose of T4 matters more than the daily dosage.

4-HOUR RULE :

These medications/foods completely prevent the absorption of thyroid medication and should be separated by at least 4 hours (four hours prior and 4 hours after dosing thyroid medication): Any Vitamin pill, Any Supplement pill, Any Stomach medication, Calcium tablets / iron tablets /Soy products/ pepto bismol/ any vitamin / laxatives / prunes / walnuts.

Note: if you are taking T3 (liothyronine or cytomel) it is shorter acting than T4 so do not double dose (weekly dose rule does not apply), if dose missed then just take when you remember. Take it as directed

*If you develop chest pains, palpitations, shortness of breath while taking this medication please call our office.

*If you take the generic form (levothyroxine) please only refill the prescription at that exact same pharmacy location each time in order to get consistent drug levels

* If you take any non-prescription supplements such as BIOTIN, please stop your supplements at least 5 days prior to any as they can affect the blood levels.

--WOMEN: if you are PREGNANT you must call our office to get an appointment WITHIN 10 days since thyroid dosing changes a lot during pregnancy. Please inform the scheduler you are pregnant. If there is significant change in your pregnancy (miscarriage, other pregnancy complications then please also see us within 10 days) and let us know via a portal message.

For more information see:

<http://www.houstonendocrine.com/what-is-endocrinology/is-it-my-thyroid>

Generally hypothyroidism can be managed by a primary care doctor. If you would like to transfer care to a primary care doctor, please ask them to start prescribing these medications for you. Otherwise if your prescription is coming from our clinic, you will need to follow up regularly with us.

Hashimotos Key Points:

Read more here for details:

<http://www.houstonendocrine.com/what-is-endocrinology/hashimoto-s-thyroiditis>

1. The presence of TPO or TG antibodies only indicates there is about a 4 % chance per year a patient may develop hypothyroidism (or the already diagnosed hypothyroidism medication dose may increase) based on thyroid function testing and clinical scenario.
2. The TPO and TG antibodies generally represent a genetic predisposition/marker but not a disease in it's self. A person does not acquire new antibodies since we are born with all the antibodies we will have at birth, including the abnormal ones.
3. The level of TPO And TG only reflects a quantity of the antibody and not an activity which is determined by finding hypothyroidism. Therefore repeated measurements are not indicated once antibodies are positive unless during a pregnancy.
4. We general cannot recommend a particular diet or lifestyle change or supplement or

medication to improve the antibodies or their potential effects because as of yet there are no convincing randomized placebo controlled studies to show efficacy.
 5. There is no clinically proven treatment to change or eliminate these antibodies since they are representing genetic changes. Thyroid hormone medication does not "fix" this condition and should only be used for patients with hypothyroidism / borderline hypothyroidism planning pregnancy.

From: Gil, Maria
Created: 2018-06-29 08:38:56
Sent:
Subject: RE: INCREASE TO 100
Message: Gil, Maria 6/29/2018 8:37:47 AM >

We have just re-submitted the lab order electronically to a QUEST Patient Service Center (PSC). This is a notification that the lab orders are ready for you electronically at QUEST at one of their Patient Service Centers (PSC). A paper order is not required at a PSC. ie// no paper order will be emailed or mailed to you unless you request this via portal- but it will take an additional 15 days for us to email you a paper order. When you arrive at the PSC you will need to give them your name and date of birth so they can pull up your orders electronically.

You may go to <http://www.houstonendocrine.com/doctor-orders-and-paperwork> to find locations near you and search for a PSC (Patient Service Center). Please complete preclinic labs 10 days prior to your appt. If you are NOT planning on going to a PSC Quest location, then you will need to reply to this message with the fax number that we will need to send the request (we cannot find non-PSC fax numbers for you).

WE ARE NOT RESPONSIBLE FOR TRACKING DOWN OR OBTAINING "OUTSIDE LABS" (ordered by a different doctor or results not done at QUEST OR LABCORP PSC's - patient service centers). It is the patient's responsibility to make sure those results are sent to our office at least 10 days prior to the next visit in our office; we will not be able to track down those lab results for you. The outside labs results can be sent to us in several ways (1) bring to the office visit, (2) upload a copy electronically at <http://www.houstonendocrine.com/submit-records> at least 4 days before your visit, (3) faxed to us at 713.795.0855 at least 4 days before your visit. Bringing the results on your phone is not acceptable either since we will have no way to attach that to your chart.
 - Locate your closest lab here: <http://www.houstonendocrine.com/doctor-orders-and-paperwork>
 - FOR ANY NON-QUEST, NON-LABCORP ORDERS, YOU WILL NEED A PAPER ORDER SLIP FROM OUR OFFICE.

Reason for Appointment

1. INCREASE TO 100

Patient: ACHANTA, VAMSEE DOB: 07/28/1980 Provider: Jogi, Medhavi 06/22/2018

Note generated by eClinicalWorks EMR/PM Software (www.eClinicalWorks.com)

Medical History:

High Cholesterol.

Hypothyroidism.

Assessments

1. Hypothyroid - E03.9

Treatment**1. Hypothyroid**

LAB: LIPID PANEL QUEST

LAB: T3, TOTAL QUEST

LAB: TSH QUEST

LAB: T4, FREE

2. Others

Increase Levothyroxine Sodium Tablet, 100 MCG, 1 tablet on an empty stomach in the morning, Orally, Once a day, 90 days, 90 Tablet, Refills 3

Patient: ACHANTA, VAMSEE DOB: 07/28/1980 Provider: Jogi, Medhavi 06/22/2018

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PSC HOLD ORDER**Vendor: eClinicalWorks
Quest Diagnostics : eREQ****Client Information:**

Account No: 4371500
Name: KATY LOCATION, Houston Thyroid & Endocrine Specialists
Address: 18300 KATY FWY
City, State, Zip: HOUSTON, TX, 77094
Phone Number: 713-795-0770

Patient Information:**Ref Lab# : 1P789956**

Patient Name: ACHANTA, VAMSEE	Sex: M	Date of Birth: 07/28/1980
Patient Phone: 713-306-9029	Pat ID: 55307	
Patient Address: 11511 Piping Rock Dr		
City, State, Zip: HOUSTON TX 77077		

Phy Name: Jogi, Medhavi**UPIN:** I34605 **NPI:** 1568484657 **Phy ID:** 122**Billing Information:****Bill To: Insurance****Responsible Party/Insured's Information:**

Name and Insured : ACHANTA, VAMSEE	Relationship: Self
Address: 11511 Piping Rock Dr,	
City, State, Zip: HOUSTON, TX 77077	

Insurance Info:

Policy#: W243736267
Insurance Co Name : Aetna
Insurance Address: PO Box 981106
City, State, Zip: El Paso, TX 79998

Bill Code: UNK

Group Number: 0370292
Payor/Carrier Code: UNK
Subscriber/Member# : ACHANTA, VAMSEE

PSC Orders:**Comments:****AOE:****Diagnosis
Codes:****STAT: Fasting:**

899 - TSH QUEST			E039
866SRGA= - T4, FREE			E039
6399 - CBC (QUEST -DIFF/PLT)			E039
10231 - CMP (QUEST)			E039
7600 - LIPID PANEL QUEST			E039

Physician's Signature


KATY LOCATION, Houston Thyroid & Endocrine Specialists

Medhavi Jogi, MD

18300 KATY FWY HOUSTON, TX, 77094

Tel: 713-795-0770 Fax: 713-795-0855

Prepared By: Gil, Maria

Trans id: 20180808072752146789956

ACHANTA, VAMSEE

Date: 08/08/2018

11511 Piping Rock Dr, HOUSTON, TX-77077

DOB: 07/28/1980, Phone: 713-306-9029

Pharmacy: Wal-Mart Pharmacy 3296, 2700 SOUTH KIRKWOOD DRIVE, HOUSTON Tel: 281-558-5703, Fax: 281-558-5193

Rx

Levothyroxine Sodium Tablet 100 MCG Orally

Disp: ***90 Tablet*** (NINETY)

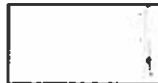
Sig: 1 tablet on an empty stomach in the morning Once a day 90 days

Refills: ***1*** (ONE)

DEA #: BJ9268233

NPI #: 1568484657

LIC.#: M0446



To insure brand name dispensing, prescriber must write "Brand Necessary" or "Brand Medically Necessary" on the prescription.

Medhavi Jogi, MD,

Electronically Generated Signature