

RAJESH PATEL, MD - INTERNAL MEDICINE

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Date: 2/8/26 Patient: Gonzalez, Maria T DOB: 6/14/80

RE: F/U visit - HTN mgmt, DM control, knee pain

Dr Sato -

Pt seen today for f/u. BP 148/92 today, was 152/96 last visit. On lisinopril 10mg, not at goal. Will inc to 20mg. Discussed low-Na diet, pt states compliance is "ok".

DM: Alc 7.8 (was 8.1 in Oct). Cont metformin 1000 BID. Discussed adding GLP-1 vs increasing met dose. Pt prefers to try diet changes x 3mo before adding new med. Will recheck Alc in May.

R knee: Worse x 2 wks. Crepitus on exam, ROM limited ~100 deg flexion (was 120). XR today shows mod DJD medial compartment, no loose bodies. Rec PT eval + trial of meloxicam 15mg daily x 30d. If no improvement will refer to ortho.

Labs ordered: CMP, lipid panel, Alc (May), UA

Meds updated:

- Lisinopril 10mg -> 20mg daily
- Add meloxicam 15mg daily x 30d
- Cont metformin 1000 BID
- Cont atorvastatin 20mg QHS

RTC 3 months or sooner if BP not improving

Pls note - I am moving my practice to new location eff 4/1/26. New addr will be 8200 Cedar Ln Ste 100. Same phone/fax. Will send formal notice.

Thanks,
R. Patel