

Office Visit - Aug 05, 2025

with Devyn Rohlfs Rivera, MD at Jeff Hwy - Allergy/Immunology

Notes from Care Team

Progress Notes by Devyn Rohlfs Rivera, MD at 8/5/2025 6:00 PM

ALLERGY & IMMUNOLOGY CLINIC

HISTORY OF PRESENT ILLNESS

CC: angioedema concern for MCAS

HPI: Zoe Kathryn Hall is a 34 y.o. female
History obtained from patient

Concern for MCAS:
Constellation of sx's for years. Notes HA with exertion and needs to cover her ears. Notes that she bikes 15 minutes with HA flushing and sweating. Other sx's include make nauseous. Egg intolerance. Stomach ache and nausea and fatigue. No emesis. These episodes are random and through out her life and do not occur at same time. Trends she has noted now: exercise of any kind lead to overheated (underneath), alcohol, jaw hurts with certain fruits and drinks.
Cetirizine qd with some clarity. Started a month ago. At this time she stopped drinking.

Guinness had a rash immediately. Erythema and non pruritic. Unsure how quickly it.

Lip angioedema worse this past year. No hives. Lasted 4-5 hours and then 12 hours.

MEDICAL HISTORY

SurgHx:
Past Surgical History:

Procedure	Laterality	Date
• INDUCED ABORTION		

ALL as a child
ADHD
Sleep apnea

PHYSICAL EXAM

VS: LMP 07/28/2025 (Exact Date)
GENERAL: NAD, well nourished, well appearing
EYES: no conjunctival injection, no discharge, no infraorbital shiners

LABS AND IMAGING

Baseline tryptase normal 2.7

ASSESSMENT & PLAN

Concern for MCAS: chronic spontaneous symptoms that are not episodic. Patient has educated herself on MCAS and is interested in knowing if this can explain her sx's. She has started cetirizine qd and has noted she feels less foggy. Baseline tryptase is normal. We have reviewed what is known about MCAS and how it's easy to fit into this diagnosis given the extent of symptoms that are attributed to them. She currently does not meet criteria but will continue to assess.

- Continue cetirizine 10 mg can increase to bid
- Continue famotidine can increase to 20 mg BID as well
- tryptase to obtain while having sx's ordered

Follow up: 1-2 months virtual to assess how she is doing. Can add montelukast

I spent a total of 45 minutes on the day of the visit. This includes face to face time and non-face to face time preparing to see the patient (eg, review of tests), obtaining and/or reviewing separately obtained history, documenting clinical information in the electronic or other health record, independently interpreting results and communicating results to the patient/family/caregiver, or care coordinator.

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