Subjective:

CC:

Objective:

Assessment:

1. Hypertension - 401.9 (Primary)
2. HDL LOW - 272.5
3. B12 vitamin deficiency - 266.2
4. Vitamin D deficiency - 268.9
5. Hyperlipidemia - 272.4
6. Hypermobility syndrome - 728.5
7. ROUTINE MEDICAL EXAM - V70.0
8. family history CAD - V17.3
9. SLEEP DISTURBANCE NOS - 780.50
10. Kyphosis - 737.10
11. Allergy, unspecified - 995.3

Plan:

1. Hypertension Continue Cozaar tablet, 100 mg, 1 tab(s), orally, once a day.
   LAB: -AMA COMP MET PANEL WITH EGFR
   LAB: -CBC W/DIFF
   Discuss with
   Referral To:
   Re
2. HDL LOW Refill Niaspan ER tablet, extended release, 500 mg, 1 tab(s), orally, once a day (at bedtime),
   90 days, 90, Refills 3; Continue fish oil, 1 tsp.
   LAB: -LIPOSCIENCE NMR
   LAB: -CRP, HIGH SENS (CPL)
   LAB: -AMA COMP MET PANEL WITH EGFR
   LAB: -CBC W/DIFF
3. B12 vitamin deficiency Continue Advanced B-12 Complex (with folate), 5000mcg/400mcg, 1 tab
   sublingual, 2-3x/wk.
   LAB: -VITAMIN B12
4. Vitamin D deficiency Continue Vitamin D3 softgels, 1000iu, 1cap, by mouth, daily.
   LAB: -VITAMIN D, 25-HYDROX
5. hyperlipidemia
   LAB: -LIPOSCIENCE NMR
   LAB: -CRP, HIGH SENS (CPL)
   LAB: -AMA COMP MET PANEL WITH EGFR
   LAB: -CBC W/DIFF
6. Hypermobility syndrome
   Referral To: Howard Levy Internal Medicine
   Reason:
7. ROUTINE MEDICAL EXAM
   LAB: cpe in future (Ordered for 08/20/2013)
Start aerobic exercise—walking, biking, swimming, etc.

8. SLEEP DISTURBANCE NOS  Stop Valerian Root, 1 cap, as directed, 2-3 times per month; Start 5-HTP Caps, 50 mg, one, By mouth, a day, at bedtime.

9. Kyphosis

10. Allergy, unspecified  Continue Singulair tablet, 10 mg, 1 tab(s), orally, once a day (in the evening); Continue Zyrtec tablet, 10 mg, 1 tab(s), orally, once a day.

Follow Up: I will contact you about labs; make appts with Dr Levy.

Provider: Jeanne W. Shiffman MD
Patient: Griepentrog, James G DOB: 06/30/1970 Date: 08/20/2012

Electronically signed by MD on 08/20/2012 at 11:30 AM EDT
Sign off status: Pending