

Auburn Montgomery Warhawk Health Services

7461 East Dr STE 102
Montgomery AL, 36117-8092
(334) 244-3281

Date: 10/17/24

PATIENT: HIGDON, LEON **DOB:** 03/20/1966 **Gender:** MALE **MRN:** 1048 **AGE:** 58 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: physical and medication refill.

HISTORY OF PRESENT ILLNESS: Dr. Higdon is a 58 yo male here today for annual wellness and Healthy Tigers. He denies any issues today. He needs refills of his medications.

Of note, he had a cologuard ordered in 2023, but he never returned it. He is not interested in having a colonoscopy.

VITALS: BP: 119/82 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 59; **Temp:** 96.4; **Resp:** 16; **Ht:** 71 in.; **Wt:** 225.9 lbs.;
BMI: 31.5; **Pulse Oximetry:** 98%

ALLERGIES: Penicillins

MEDICATIONS:

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension (SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE ONCE DAILY AS NEEDED)

Xyzal 5 mg tablet (TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING)

ergocalciferol (vitamin D2) 1,250 mcg (50,000 unit) capsule (1 CAPSULE ONCE WEEKLY FOR LOW VITAMIN D.)

fenofibrate micronized 134 mg capsule (TAKE 1 CAPSULE (134 MG) BY ORAL ROUTE ONCE DAILY WITH FOOD AT NIGHT FOR HIGH CHOLESTEROL)

losartan 50 mg-hydrochlorothiazide 12.5 mg tablet (TAKE 1 TABLET BY ORAL ROUTE ONCE DAILY FOR HTN)

PAST MEDICAL HISTORY: Childhood asthma, allergies, HTN, HLD, RBB on EKG

PAST SURGICAL HISTORY: Tonsillectomy

SOCIAL HISTORY: Exercises regularly; Does not live alone; Married; Consumes alcohol. Frequency: weekly Type: beer

FAMILY HISTORY: Father with history of: HTN---Does not take medication

HEALTH MX HISTORY:

Cards- Dr. Crum- Echo December 2020, Nuclear Stress Test- Feb. 2021.

REVIEW OF SYSTEMS:

CONSTITUTIONALS: All 14 point review of systems negative except those listed in HPI.

PHYSICAL EXAMINATION:

GENERAL: GENERAL: No apparent distress noted; Well developed; Pleasant.

HEENT: Head- normocephalic; atraumatic. Eyes- sclera white, conjunctiva pink, EOMI. Ears- tympanic membranes clear. Ear canals are patent. Nose- septum- midline; No maxillary or frontal sinus tenderness. Throat- pink without exudates. No anterior or posterior cervical nodes palpated; No palpable thyroid abnormality or enlargement.

CARDIOVASCULAR: S1 S2; Regular rate and rhythm; No systolic ejection murmurs noted; No carotid bruits noted. No peripheral edema bilateral lower extremities.

RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

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GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted. No CVA tenderness.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

NEUROLOGIC: Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

EKG (1 unit(s)): Office Procedure
COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics
LIPID PANEL (QUEST) (1 unit(s)): Quest Diagnostics
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics
PSA, TOTAL (QUEST) (1 unit(s)): Quest Diagnostics
VITAMIN D 25 - HYDROXY, TOTAL (QUEST) (1 unit(s)): Quest Diagnostics
HEMOGLOBIN A1c (1 unit(s)): Quest Diagnostics

ASSESSMENT:

Z00.00 - Encounter for general adult medical examination without abnormal findings (PRIMARY)
E78.5 - HYPERLIPIDEMIA, UNSPECIFIED
I10 - ESSENTIAL (PRIMARY) HYPERTENSION
E55.9 - VITAMIN D DEFICIENCY, UNSPECIFIED
Z12.5 - ECTR FOR SCREEN FOR MALIG NEOPLASM OF PROSTATE
Z13.1 - ENCOUNTER FOR SCREENING FOR DIABETES MELLITUS

PLAN:

EKG- Sinus brady at 58 bpm w/ RBBB unchanged from previous. Follow up with lab results. I encouraged him to complete the cologuard, but he is reluctant and he is adamant he does not want a colonoscopy. Follow up in 1 year.

ergocalciferol (vitamin D2) 1,250 mcg (50,000 unit) capsule
Refills: 3 Qty: 13 CAPSULE(S)
Instructions: 1 CAPSULE ONCE WEEKLY FOR LOW VITAMIN D.

fenofibrate micronized 134 mg capsule
Refills: 3 Qty: 90 CAPSULE(S)
Instructions: TAKE 1 CAPSULE (134 MG) BY ORAL ROUTE ONCE DAILY WITH FOOD AT NIGHT FOR HIGH CHOLESTEROL

losartan 50 mg-hydrochlorothiazide 12.5 mg tablet
Refills: 3 Qty: 90 TABLET(S)
Instructions: TAKE 1 TABLET BY ORAL ROUTE ONCE DAILY FOR HTN

Electronically signed by Lindsey Barton, CRNP on 10/17/24 10:25 AM

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L. Barton, DNP, CRNP