

MCA • 273 Winton M Blount Loop, Montgomery AL 36117-3507

MANN, Rachael (id #203149, dob: 06/23/1983)**MONTGOMERY CARDIOVASCULAR ASSOCIATES PC**

273 Winton M Blount Loop

Montgomery, AL 36117-3507

Phone: (334) 280-1500 Fax: (334) 280-1600

Encounter Summary

Date Printed: 12/03/2023

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Patient Information	Mann, Rachael (40yo, F) #203149 DOB: 06/23/1983		
Patient Address	390 Hidden Valley Rd Deatsville, AL 36022	Home Phone	(334) 239-1972
		Work Phone	

Encounter Reason/Date	Cardiac Evaluation and Management Followup: Essential hypertension 11/27/2023 - 09:40AM - MCA East
Problems	Reviewed Problems • Essential hypertension Recent labs include normal BMP, LDL 114. 7/28/22: BUN 12, creat 0.83, GFR 92, K+ 4.0, TC 199, trig 204, HDL 53, LDL 114.
History of Present Illness	40 year old female patient of Dr. Sharma returning for ongoing evaluation and management of high blood pressure. Previous echo was normal. Renal US was negative for RAS. She returns today with ongoing elevated readings today and at home. She is completely asymptomatic and denies chest pain or dyspnea. EKG demonstrates SR, WNL.
Review of Systems	General:General: no recent weight gain or loss and no fever, weakness, or fatigue. Eyes:Eyes: no transient or complete visual loss/blindness. Ears/Nose/Mouth/Throat:Ears: no loss of hearing or tinnitus. Nose: no nosebleeds or sinus problems. Mouth/Throat: no bleeding gums. Respiratory:Respiratory: no snoring, shortness of breath, or coughing up blood. Gastrointestinal:Gastrointestinal: no dyspepsia/indigestion, abdominal pain, blood in stool or black/tarry stools, or difficulty swallowing /dysphagia and not vomiting blood. Genitourinary:Genitourinary: no hematuria/blood in urine. Musculoskeletal:Musculoskeletal: no muscle weakness or aches or cramps and no arthralgias/joint pain. Peripheral Vascular:right lower extremity no right lower leg pain with walking (no claudication). left lower extremity no left lower leg pain with walking (no claudication). Integumentary:Skin: no rashes. Neurologic:Neurologic: no loss of consciousness, focal weakness, or frequent or severe headaches and normal gait/no unsteadiness or walking difficulty. Psychiatric:Psych: no sleep disturbances or disturbances: excessive sleepiness during the day (daytime somnolence) and no depression or anxiety. Endocrine:Endocrine: no unusual sweating.

	Hematologic/Lymphatic: Hematologic/Lymphatic no bruising, excessive bleeding, or unusual bleeding tendency.									
Vitals	<table border="1"> <tr> <td>Ht: 5 ft 5 in 11/27/2023 10:08 am</td><td>Wt: 250.4 lbs 11/27/2023 10:08 am</td><td>BMI: 41.7 11/27/2023 10:08 am</td></tr> <tr> <td>BP: 169/83 sitting 11/27/2023 10:09 am</td><td>HR: 81 11/27/2023 10:11 am</td><td></td></tr> </table>				Ht: 5 ft 5 in 11/27/2023 10:08 am	Wt: 250.4 lbs 11/27/2023 10:08 am	BMI: 41.7 11/27/2023 10:08 am	BP: 169/83 sitting 11/27/2023 10:09 am	HR: 81 11/27/2023 10:11 am	
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Allergies	Reviewed Allergies NKDA									
Medications	Reviewed Medications <table border="1"> <tr> <td>buprenorphine 8 mg-naloxone 2 mg sublingual film PLACE 1 FILM UNDER TONGUE TWICE DAILY</td><td>11/03/23 filled</td></tr> <tr> <td>hydroCHLORothiazide 25 mg tablet Take 1 tablet(s) every day by oral route.</td><td>11/15/22 prescribed</td></tr> <tr> <td>losartan 100 mg tablet Take 1 tablet(s) every day by oral route.</td><td>11/27/23 prescribed</td></tr> </table> 11/27/2023 Pt did not bring meds, reviewed verbally AW 8/25/2023 Patient did not bring medications today EHM				buprenorphine 8 mg-naloxone 2 mg sublingual film PLACE 1 FILM UNDER TONGUE TWICE DAILY	11/03/23 filled	hydroCHLORothiazide 25 mg tablet Take 1 tablet(s) every day by oral route.	11/15/22 prescribed	losartan 100 mg tablet Take 1 tablet(s) every day by oral route.	11/27/23 prescribed
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Family History	Family History not reviewed (last reviewed 11/15/2022) <table border="1"> <tr> <td>Father</td><td>- No current problems or disability</td></tr> <tr> <td>Mother</td><td>- No current problems or disability</td></tr> </table>				Father	- No current problems or disability	Mother	- No current problems or disability		
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Mother	- No current problems or disability									
Past Medical History	Past Medical History not reviewed (last reviewed 11/15/2022)									
Past Surgical History	Reviewed Surgical History - Cesarean Section - 2209 2013 - Echocardiogram - 10/26/2023 - EF 65-70%, normal echo - Duplex Renal U/S - 03/13/2023 - normal renal arteries bilaterally - Echocardiogram - 12/16/2022 - EF 65-70%, normal									
Results/Interpretations	None recorded									
Physical Exam	Constitutional: General Appearance: well-developed and obese. Level of Distress: comfortable. CSHA Clinical Frailty Assessment 2: Well appearing. Psychiatric: Mental Status: normal affect, concentration, mood, and attention span and alert, cooperative, and cognition intact. Orientation: oriented to time, place, and person. HEENT: Head: normocephalic and atraumatic. Mouth, Lips, Teeth: no cyanosis. Ears: normal hearing. Nose: no lesions on external nose. Eyes: Lids and Conjunctivae: no discharge or pallor. Pupils: PERRLA and EOM intact. Neck: Neck: supple, trachea midline, no masses, and normal ROM. Carotid Arteries: bilateral normal upstroke and no bruits. Jugular Veins: normal jugular venous pressure. Lungs: Respiratory Effort: unlabored. Chest Exam: no thoracic deformity or chest wall tenderness and normal curvature. Auscultation: no wheezing, rales, or rhonchi and clear bilaterally. Cardiovascular: Precordial Exam: no heaves or precordial thrills and non displaced focal PMI. Rate And Rhythm: regular rate and rhythm. Heart Sounds: normal S1. Systolic Murmur: not heard. Diastolic Murmur: not heard. Extremities: no cyanosis or edema. Peripheral Pulses: Radial Pulse: normal.									

Abdomen: Inspection and Palpation: non distended or tender and soft and no masses.

Musculoskeletal: Inspection: no joint tenderness or swelling.

Neurologic: Gait: normal gait. Motor: normal strength and tone. Neurological: speech fluent.

Skin: Inspection and Palpation: skin intact and warm and dry.

Assessment and Plan

1. Essential hypertension -

Increase losartan to 100 mg daily. She offers no concerning complaints of angina or CHF symptoms. She is completely asymptomatic of her high blood pressure. Otherwise return for f/u in 6 months.

I10: Essential (primary) hypertension

- losartan 100 mg tablet - Take 1 tablet(s) every day by oral route. Qty: (90) tablet Refills: 3 Pharmacy: WALGREENS DRUG STORE #07746

2. Edema of lower extremity -

Resolved

R60.0: Localized edema

Return to Office

- to see Ashwini Sharma, MD for Return MD at MCA East on or around 05/27/2024

Electronically Signed by: LAKEN ARMSTRONG, NP-C



12/4/23
Reviewed
J. Buntan,
CRP