

Auburn Montgomery Warhawk Health Services

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

Date: 02/26/25

PATIENT: BRONSON, PORTIA **DOB:** 06/16/1983 **Gender:** FEMALE **MRN:** 4969 **AGE:** 41 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Annual physical/ Healthy Tigers

HISTORY OF PRESENT ILLNESS: Mrs. Bronson is a 41 yo female here today for annual wellness and diabetes follow up. Recent labs show her A1C is at 6.8%. She reports compliance with farxiga and Ozempic. She is down 2 lbs since her last OV. Her weight loss has tapered off but she reports she is not eating as great as she should.

She has HTN and is compliant with lisinopril. She states her BP readings have been good at her other 2 doctor's offices but she does not check her BP at home.

VITALS: BP: 147/71 **Pulse:** 64 **BP2:** 150/87; **Temp:** 96.3; **Resp:** 16; **Ht:** 65 in.; **Wt:** 317 lbs.; **BMI:** 52.75; **Pulse Oximetry:** 95%; **FDLMP:** 12/30/24

ALLERGIES: YAZ (28)

MEDICATIONS:

Farxiga 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING)
Lancets,Ultra Thin (check blood sugar once daily)
Ozempic 2 mg/dose (8 mg/3 mL) subcutaneous pen injector (INJECT 2 MG BY SUBCUTANEOUS ROUTE ONCE WEEKLY ON THE SAME DAY OF EACH WEEK (DISP. 12 PENS FOR 3 MONTH SUPPLY).)
blood sugar diagnostic strips (check blood sugar once daily and as needed for low blood sugar symptoms.)
lisinopril 40 mg tablet (TAKE 1 TABLET (40 MG) BY ORAL ROUTE ONCE DAILY- to replace the 20mg dose.)

PAST MEDICAL HISTORY: T2DM, HTN, GERD

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Married. Her husband works on campus. They recently moved here from New York. Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY:

HEALTH MX HISTORY:

DM Foot Exam- February 2025
Wellness- Feb. 2025
Microalbumin- Feb. 2025
Last eye exam- Summer 2024
Pap smear- April 2024- normal. - Dr. Brenner at Montgomery Women's Health Associates.
Mammogram- 2023- abnormal- had US in July 2023 and January 2024. See reports.
Last Mammo- Jan. 2025. Recommended yearly exams.

Last Hgb A1C- Feb. 2025 6.8%

She was taken off metformin secondary to diarrhea on the lowest dose.

REVIEW OF SYSTEMS:

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

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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.

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

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

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted. DM foot exam is normal.

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

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

Diabetic Foot Exam (1 unit(s)): Office Procedure

ASSESSMENT:

E11.9 - TYPE 2 DIABETES MELLITUS WITHOUT COMPLICATIONS (PRIMARY)

I10 - Essential (primary) hypertension

PLAN:

Diabetes- her A1C is controlled on her current regimen. Monofilament foot exam is normal. Continue medications as prescribed. Follow up in 6 months for recheck.

HTN- her BP today is high on her current regiment. She was given a BP log to return in 2 weeks to determine if medication adjustments need to be made.

Electronically signed by Lindsey Barton, CRNP on 02/26/25 10:23 AM

L. Barton, DNP, CRNP