

Auburn Montgomery Warhawk Health Services

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

Date: 07/21/23

PATIENT: BRONSON, PORTIA **DOB:** 06/16/1983 **Gender:** FEMALE **MRN:** 4969 **AGE:** 40 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: 3- month diabetes follow up

HISTORY OF PRESENT ILLNESS: Lost 19 lbs since starting ozempic. She is checking her blood sugar most mornings and is getting readings around 140-180. Before she was getting readings in the 200s. She is compliant with most her meds. She started the farxiga. She got a yeast infection within 2 weeks of taking it, but took the diflucan and has not had any issues since. She is not taking the metformin on a regular basis because if she misses a few days, it gives her diarrhea when she restarts it.

She had an abnormal mammogram and had received her follow up results back. She is a little concerned about not having a biopsy, but she does have a follow up in 6 months.

VITALS: BP: 140/81 **Pulse:** 77; **Temp:** 98.7; **Resp:** 16; **Ht:** 65 in.; **Wt:** 339 lbs.; **BMI:** 56.41; **Pulse Oximetry:** 100%;
FDLMP: 07/02/23

ALLERGIES: YAZ (28)

MEDICATIONS:

Diflucan 150 mg tablet (TAKE 1 TABLET (150 MG) BY ORAL ROUTE ONCE; MAY REPEAT DOSE IN 72 HRS IF NEEDED.)

Farxiga 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING)

FreeStyle Libre 14 Day Sensor kit (Dispense quantity sufficient for 90 day supply.)

FreeStyle Lite Meter kit (checks glucose once daily for type 2 diabetes.)

Lancets,Ultra Thin (check blood sugar once daily)

Ozempic 1 mg/dose (4 mg/3 mL) subcutaneous pen injector (INJECT 1 MG BY SUBCUTANEOUS ROUTE ONCE WEEKLY ON THE SAME DAY OF EACH WEEK-)

blood sugar diagnostic strips (check blood sugar once daily and as needed for low blood sugar symptoms.)

lisinopril 20 mg tablet (TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY)

metformin ER 500 mg 24 hr tablet,extended release (TAKE 1 TABLET (500 MG) BY ORAL ROUTE ONCE DAILY WITH THE EVENING MEAL)

multivitamin with iron tablet (1 tablet PO once daily)

omeprazole 20 mg capsule,delayed release

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- January 2023

Wellness- Jan. 2023

Microalbumin- Jan. 2023

Last eye exam- Dec. 2022

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Pap smear- March 2021- reportedly normal.

Mammogram- 2023- abnormal- had US in July and is scheduled for repeat in 6 months. See reports.

Last Hgb A1C- July 2023

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.

MUSCULOSKELETAL: Normal range of movement x 4 extremities

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:

COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics

HEMOGLOBIN A1c (1 unit(s)): Quest Diagnostics

ASSESSMENT:

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

I10 - ESSENTIAL (PRIMARY) HYPERTENSION

PLAN:

In regards to abnormal Mammogram recently. She had follow up studies that are benign. She is scheduled for a repeat exam in 6 months. I offered to send her to Baptist Breast Center for a second opinion if she would like. She will think about it and discuss with her husband and let me know.

In regards to her diabetes, she is down 19 lbs since starting ozempic. Her blood sugars are not as high in the mornings as they were before. Follow up with labs drawn today.

Follow up in 3 months for recheck.

Farxiga 10 mg tablet

Refills: 0 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING

metformin ER 500 mg 24 hr tablet,extended release

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Refills: 0 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE ONCE DAILY WITH THE EVENING MEAL

Ozempic 1 mg/dose (4 mg/3 mL) subcutaneous pen injector

Refills: 0 Qty: 3 ML(S)

Instructions: INJECT 1 MG BY SUBCUTANEOUS ROUTE ONCE WEEKLY ON THE SAME DAY OF EACH WEEK-

Electronically signed by Lindsey Barton, CRNP on 07/21/23 5:01 PM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style. The "J" is large and loops around the first part of the name. "Barton" is written in a standard cursive, and "CRNP" is written in a slightly more upright, blocky cursive style.