

**Auburn Montgomery Warhawk Health Services**

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

**Date:** 02/28/23

**PATIENT:** LETT, TODD    **DOB:** 01/15/1985    **Gender:** MALE    **MRN:** 5077    **AGE:** 38 Years

**VISIT TYPE:** Office Visit Established

**CHIEF COMPLAINT:** BP follow up and discuss lab results.

**HISTORY OF PRESENT ILLNESS:** Mr. Lett is a 38 yo male here today for BP follow up. He is on HCTZ once daily. He reports compliance with his medications. He is checking his BP at home and reports its running around 120s/70s.

He has a history of diabetes. He is on metformin. His A1C is 5.7%. He has been on victoza in the past. He would like to try another GLP-1 to help him also lose weight. He has been gaining weight despite trying to watch his diet and portion control. He gained 11 lbs from November to December but has maintain his weight since then. He was prescribed mounjaro at his last office visit but was not covered by his insurance.

He has chronic lymphedema in his right leg. He goes to the lymphedema clinic at Jackson twice a year. He has a lymphedema pump that he wears on both legs for one hour each day and it helps him. He reports his right leg is about 1 in smaller after using it each day. He thinks he has an infection in his right leg as he has noticed increased redness the past 2 days. Denies fever.

**VITALS:** BP: 144/83 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 80; **Temp:** 97.6; **Resp:** 16; **Ht:** 71 in.; **Wt:** 341 lbs.; **BMI:** 47.55; **Pulse Oximetry:** 97%

**ALLERGIES:** No Known Drug Allergies

**MEDICATIONS:**

hydrochlorothiazide 25 mg tablet (TAKE 1 TABLET (25 MG) BY ORAL ROUTE ONCE DAILY)  
metformin ER 500 mg 24 hr tablet, extended release (1 tablet daily)

**PAST MEDICAL HISTORY:** lymphedema RLL secondary to lymph node resection in 2008. H/o HTN and T2DM in 2015 (Lost weight and taken off all meds in 2017). Insomnia related to night shift work (Has tried multiple meds for insomnia but couldn't tolerate them). H/o secondary hypogonadism- resolved with weight loss in 2017.

**PAST SURGICAL HISTORY:** Right groin lymph node resection 2008, appendectomy, tonsillectomy, gallbladder removed

**SOCIAL HISTORY:** Works night shift on campus. Denies smoking or alcohol use.

**HEALTH MX HISTORY:**

PCP: Dr. Elrod- hasn't seen him in several years.

**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.

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

**INTEGUMENTARY:** Warm, dry, intact. No lesions or rash noted. RLL from mid shin down is erythematous, without warmth or drainage.

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

**PSYCHIATRIC:** Appropriate mood and affect.

**ASSESSMENT:**

L03.115 - CELLULITIS OF RIGHT LOWER LIMB (PRIMARY)  
I10 - ESSENTIAL (PRIMARY) HYPERTENSION  
R73.03 - Prediabetes

**PLAN:**

Reviewed most recent labs. He is in the prediabetic range on metformin. Continue to work on weight loss, diet, and exercise. Follow up in 3 months to recheck Hgb A1C and fasting lipid panel.

His BP is improved with HCTZ. Continue to monitor periodically at home. Continue low sodium diet <2gm/day.

Rx for clindamycin for Chronic lymphedema to right leg with acute cellulitis.

hydrochlorothiazide 25 mg tablet

Refills: 0 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (25 MG) BY ORAL ROUTE ONCE DAILY

metformin ER 500 mg 24 hr tablet, extended release

Refills: 0 Qty: 90 TABLET(S)

Instructions: 1 TABLET PO DAILY

clindamycin HCl 300 mg capsule

Refills: 0 Qty: 30 CAPSULE(S)

Instructions: TAKE 1 CAPSULE (300 MG) BY ORAL ROUTE PO TID x 10 days

Electronically signed by Lindsey Barton, CRNP on 02/28/23 9:27 AM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.