

Auburn Montgomery Warhawk Health Services

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

Date: 04/13/23

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: visit #1 of 6 as required for weight loss surgery.

HISTORY OF PRESENT ILLNESS: Mr. Lett is a 38 yo male here today for his first visit for weight loss surgery. His BP is elevated today. He was prescribed Pristiq 2 weeks ago at Gardenia Cove for depression and PTSD. He states he has been having headaches since he started taking it. He went and had his BP checked at the fire department and it was high the other day and elevated here today as well. His next visit with Gardenia Cove is this afternoon.

He states he has started tracking his food intake. He is trying to eat 2k calories per day. He has called around to find a dietician but has not been able to find one in the area as of yet. In regards to exercise, he has started walking for 30 min every other day in which he is walking 2.5 miles. He has lymphedema in his right leg. Since he has started exercising more, his right leg has been swelling more and causing him pain. He states he had to take off work one day because of the swelling.

He has a history of diabetes. His A1C was 5.7% in February. His insurance will not cover ozempic or mounjaro without a prior authorization. He tried calling the local weight loss centers in the area but he could not afford the wegovy injections (he was quoted \$400 a month).

VITALS: BP: 155/82 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 94; **Temp:** 98.4; **Resp:** 18; **Ht:** 71 in.; **Wt:** 349.5 lbs.; **BMI:** 48.74; **Pulse Oximetry:** 96%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Pristiq 25 mg tablet, extended release (daily)
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 PO 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. PTSD. Depression.

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.

HEENT: Head- normocephalic; atraumatic. Eyes- sclera white, conjunctiva pink, EOMI. Ears- tympanic membranes clear.

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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.

ASSESSMENT:

E66.01 - Morbid (severe) obesity due to excess calories (PRIMARY)
I10 - Essential (primary) hypertension
I89.0 - Lymphedema, not elsewhere classified
F32.A - Depression, unspecified

PLAN:

Continue to work on diet- 2k calorie diet and tracking your food intake. Recommended he reach out to the wellness center for a dietician consult on campus. Continue exercise as tolerated with chronic right lymphedema. Follow up with Gardenia Cove regarding pristiq and elevated BP. Follow up in 1 month for recheck.

Electronically signed by Lindsey Barton, CRNP on 04/13/23 9:21 AM

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