



METZ, Kayla (id #932488, dob: 03/22/1988)

Medical Records - CONFIDENTIAL

FROM: AL - Ascension - Alabama

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TO: MARANDA FAIN CRNP

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Attention: Maranda/Haley Guthrie

Name: METZ, KAYLA

DOB: 03/22/1988

Date Range: 07/01/2025 to 09/17/2025

This document contains the following records of the patient:

- Encounters and Procedures
- Lab Results

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[ID:932488-A-9069]

Reviewed

METZ, Kayla (id #932488, dob: 03/22/1988)

Encounters and Procedures

Clinical Encounter Summaries

METZ, Kayla (id #932488, dob: 03/22/1988)**Encounter Date: 08/04/2025**

Patient

Name

METZ, KAYLA (37yo, F) ID# 932488

Appt. Date/Time

08/04/2025 09:00AM

DOB

03/22/1988

Service Dept.

VPS_EAST ENDOCRINOLOGY

Provider

GRACE ANNE SPENCER CRNP

Insurance

Med Primary: BCBS-AL

Insurance # : QAU870218587

Prescription: PRIME BCBS ALABAMA - Member is eligible. details

Chief Complaint

New patient/ establish care, hyperthyroidism

Patient's Care Team

Ophthalmologist: PIKE ROAD FAMILY EYE CARE: 9427 VAUGHN RD, PIKE ROAD, AL 36064, Ph (334) 593-3994, Fax (334) 593-3256

Patient's Pharmacies

PUBLIX #2010 SHOPPES AT FORT TOULOUSE (ERX): 5039 US HIGHWAY 231, WETUMPKA, AL 36092, Ph (334) 478-6186, Fax (334) 954-1516

Vitals

BP: 112/75 sitting L
arm 08/04/2025
08:55 am**BMI:** 25.9 08/04/2025
09:00 am**Ht:** 5 ft 6 in Stated
08/04/2025 09:00
am**O2Sat:** 99% Room Air with
Oxygen 08/04/2025
08:55 am**Pulse:** 85 bpm regular
08/04/2025 08:55
am**Wt:** 160.6 lbs With
clothes 08/04/2025
08:55 am

Allergies

Reviewed Allergies

Medications

Reviewed Medications

methIMazole 10 mg tablet

Take 3 tablet(s) every day by oral route for 30 days.

08/04/25 prescribed

metoprolol succinate ER 25 mg tablet,extended release 24 hr

TAKE ONE TABLET BY MOUTH ONE TIME DAILY

07/03/25 filled

propranolol 40 mg tablet

Take 1 tablet(s) twice a day by oral route for 30 days, for tremor.

08/04/25 prescribed

Problems

Reviewed Problems

• Hyperthyroidism - Onset: 08/04/2025

Family History

Reviewed Family History

Social History

Reviewed Social History

Substance Use

Do you or have you ever smoked tobacco?: Former smoker

How many years have you smoked tobacco?: 1

At what age did you start smoking tobacco?: 19

What is your current pack years?: Less than or equal to 10 Pack Years

How much tobacco do you smoke?: 1 pack per week

When did you quit smoking?: 16+ years since last cigarette

Do you or have you ever used any other forms of tobacco or nicotine?: No

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What is your level of alcohol consumption?: Occasional
Have you ever been counseled for unhealthy alcohol use?: No
Do you use any illicit or recreational drugs?: No

Relationships and Sexuality

What is your relationship status?: Married

Diet and Exercise

What is your exercise level?: Occasional

SDOH

In the last 12 months did you skip medications to save money?: No
In the last 12 months, was there a time when you needed to see a doctor but could not because of cost?: No
In the last 12 months, have you ever had to go without health care because you didn't have a way to get there?: No
In the last 12 months did you ever eat less than you felt you should because there wasn't enough money for food?: No
In the past 12 months has the electric, gas, oil, or water company threatened to shut off services in your home?: No
Are you worried that in the next 2 months you may not have stable housing?: No
Do you feel physically and emotionally unsafe where you currently live?: No
Do you want help finding or keeping work or a job?: No
Do you want help with school or training? For example, starting or completing job training or getting a high school diploma, GED, or equivalent?: No
Do you often feel lonely?: No

Gender Identity and LGBTQ Identity

Gender identity: Identifies as Female

Assigned sex at birth: Female

Pronouns: she/her

Sexual orientation: Straight or heterosexual

Surgical & Procedure History

Reviewed Surgical & Procedure History

GYN History

(not configured)

Obstetric History

Reviewed Obstetric History

Past Medical History

Reviewed Past Medical History

Screening

None recorded.

HPI**Hyperthyroidism**

Reported by patient.

Symptoms of thyroid dysfunction: tremor; dry eyes

Anti-Thyroid Drug (ATD): beta blocker; Date of last liver function tests: July 25; Date of last complete blood count: July 25; Current TSH <0.005; Current T4 5.95; 7/1/25: Negative TPO ab, TSH <0.005, FT4 5.95,

Positive TSI

Ophthalmopathy: **eye irritation**

Referred for hyperthyroidism.

Her husband noticed her R eye appeared more prominent than usual.

She did consult with an eye dr and they said it may be TED and recommended she have thyroid labs tested.

Thyroid uptake and scan 7/17/25: 6 hour uptake 83.7%, 24 hour uptake 63.9%.

Impression: Homogeneous uptake in both lobes, no hyperfunctioning nodule. Hyperthyroidism as seen in Graves disease.

Her maternal aunt had hypothyroidism.

She has a history

ROS

Patient reports no sore throat and no hoarseness; **no lump in neck**. She reports good appetite, no fever, normal activity level, and no fatigue. She reports no chest pain and normal heart rate. She reports no lumps, no tenderness, and no discharge. She reports no cough, no wheezing, and no pain with respiration. She reports no difficulty swallowing, no nausea, no vomiting, no diarrhea, and no constipation. She reports no pain with urination and no increase in frequency of urination. She reports no joint swelling and no myalgia. She reports no skin dryness and no rash. She reports no numbness, no tingling, no headache, and no dizziness. She reports no depression, no anxiety, no insomnia, and no loss of interest. She reports normal drinking and no temperature intolerance. She reports no sneezing and no runny nose.

Physical Exam

METZ, Kayla (id #932488, dob: 03/22/1988)**Constitutional:** General Appearance: healthy-appearing, well-nourished, and well-developed.**Psychiatric:** Insight: good judgement. Mental Status: normal mood and affect and active and alert. Orientation: to time, place, and person. Memory: recent memory normal and remote memory normal.**Head:** Head: normocephalic and atraumatic.**Eyes:** Lids and Conjunctivae: non-injected and no discharge. Sclerae: non-icteric. Vision: peripheral vision grossly intact and acuity grossly intact.**Neck:** Neck: supple, trachea midline, and no masses. Lymph Nodes: no cervical LAD. Thyroid: no enlargement or nodules and non-tender.**Cardiovascular:** Heart Auscultation: normal S1 and S2; no murmurs, rubs, or gallops; and RRR.**Abdomen:** Inspection and Palpation: no tenderness, masses, or CVA tenderness and soft and non-distended.**Musculoskeletal::** Motor Strength and Tone: normal and normal tone. Joints, Bones, and Muscles: normal movement of all extremities and no bony abnormalities. Extremities: no edema.**Neurologic:** Gait and Station: normal gait and station. Cranial Nerves: grossly intact. Sensation: grossly intact.**Skin:** Eccrine/Apocrine Glands: no hyperhidrosis. Inspection/Palpation: normal hair and eyebrows and no tenderness scalp.**Assessment / Plan****1. Hyperthyroidism**

Discussed the 3 Lx options for hyperthyroid including Thyroidectomy, RAI, and MMZ. For now since it seems that she does have TED will avoid RAI. Will start with MMI for now. She does have a mild rash so counseled to take antihistamine and that it may worsen on MMI before it improves.

E05.90: Thyrotoxicosis, unspecified without thyrotoxic crisis or storm

- methimazole 10 mg tablet - Take 3 tablet(s) every day by oral route for 30 days. Qty: (90) tablet Refills: 5 Pharmacy: PUBLIX #2010 SHOPPES AT FORT TOULOUSE
- propranolol 40 mg tablet - Take 1 tablet(s) twice a day by oral route for 30 days, for tremor. Qty: (60) tablet Refills: 5 Pharmacy: PUBLIX #2010 SHOPPES AT FORT TOULOUSE
- T3F+T4F+TSH - To be performed on or around 09/01/2025

Return to Office

- to see GRACE ANNE SPENCER CRNP at VPS_EAST ENDOCRINOLOGY on or around 11/04/2025

Encounter Sign-Off

Encounter signed-off by GRACE ANNE SPENCER CRNP, 08/04/2025.

Encounter performed and documented by GRACE ANNE SPENCER CRNP

Encounter reviewed & signed by GRACE ANNE SPENCER CRNP on 08/04/2025 at 09:21 AM

Lab Results

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T3F+T4F+TSH 09/09/2025 (#29758972, Final, 09/08/2025 1:47pm)

Note to Patient	Methimazole has worked well to lower thyroid levels and they're now becoming low. Hold methimazole for one week, then take methimazole 10 mg daily until next appointment.						
Ordering Provider	GRACE ANNE SPENCER CRNP			Performing Lab	LABCORP BIRMINGHAM (01) LABCORP BIRMINGHAM STEVEN WANG 1801 FIRST AVENUE SOUTH BIRMINGHAM, AL 352331935 Account ID: 01008580		
Specimen/Accession ID	41047431699			Specimen Source			
Specimen Coll. Date	09/08/2025 13:47			Result Status	Final		
Specimen Rec. Date	09/08/2025 00:00			Report Status			
Specimen Reported Date	09/09/2025 07:09						
Report	Result	Ref. Range	Units		Status	Lab	Date
TRIIODOTHYRONINE (T3), FREE	1.6	2.0-4.4	PG/ML	BELOW LOW NORMAL	Final	01	
T4, FREE (DIRECT)	0.35	0.82-1.77	NG/DL	BELOW LOW NORMAL	Final	01	
TSH	0.110	0.450-4.500	UIU/ML	BELOW LOW NORMAL	Final	01	
RESULT NOTE	FASTING NO						