

Auburn Montgomery Warhawk Health Services

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

Date: 04/01/25

PATIENT: BETZ, DAVID **DOB:** 06/24/1979 **Gender:** MALE **MRN:** 5348 **AGE:** 45 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: 3 month follow up

HISTORY OF PRESENT ILLNESS: Mr. Betz is a 45 yo male here today for a 3-month diabetes and cholesterol follow up. He is prescribed metformin, januvia, and glipizide. His last A1C in December was 8.7%. He reports he is having family financial issues and is unable to afford the glipizide and Januvia at this time so he stopped taking them about a month ago. He is compliant with the metformin.

He has HLD and is compliant with atorvastatin.

ALLERGIES: Jardiance (Dizziness); Penicillin (substance)

MEDICATIONS:

Contour Next Glucose Meter kit (Check blood sugars once daily and as needed. Dx E11.9)

Contour Next Test Strips (Check glucose once daily and as needed.)

Januvia 100 mg tablet (TAKE 1 TABLET (100 MG) BY ORAL ROUTE ONCE DAILY)

Lancets, Thin 28 gauge (Check blood sugar once daily and as needed. Dx. E11.9)

atorvastatin 40 mg tablet (TAKE 1 TABLET (40 MG) BY ORAL ROUTE ONCE DAILY AT BEDTIME)

glipizide ER 5 mg tablet, extended release 24 hr (TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY WITH BREAKFAST)

metformin 1,000 mg tablet (TAKE 1 TABLET (1,000 MG) BY ORAL ROUTE 2 TIMES PER DAY WITH MORNING AND EVENING MEALS)

PAST MEDICAL HISTORY: Diabetes type 2, Hyperlipidemia

PAST SURGICAL HISTORY: denies

SOCIAL HISTORY: Works on campus. Smokes 3/4 pack per day but quit a couple months ago, occasional alcohol use, denies illicit drug use.

FAMILY HISTORY: Mother- heart disease, T2DM. Father- Heart disease, T2DM. Brother- Blood clot, T2DM.

HEALTH MX HISTORY:

Followed by the Montgomery Cancer Center for Leukocytosis.

Hgb A1C 4/1/2025

Microalbumin- 4/1/2025

Foot Exam- 4/1/2025

Eye Exam- few years ago. Unsure of year. Recommended yearly on 4/1/2025.

PSA screening- no family history of prostate cancer will defer until he is 50.

Colon cancer screening- Offered cologuard on 4/1/2025. No family history of colon cancer. He will check with his insurance to see if covered.

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.

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

PSYCHIATRIC: Appropriate mood and affect.

Foot exam- see uploaded form.

ORDERS:

Hemoglobin A1c (1 unit(s)): LabCorp
CBC With Differential/Platelet (1 unit(s)): LabCorp
Lipid Panel (1 unit(s)): LabCorp
Comp. Metabolic Panel (14) (1 unit(s)): LabCorp
TSH Rfx on Abnormal to Free T4 (1 unit(s)): LabCorp
Albumin/Creatinine Ratio, Random urine (1 unit(s)): LabCorp
Diabetic Foot Exam (1 unit(s)): Office Procedure

ASSESSMENT:

E11.65 - Type 2 diabetes mellitus with hyperglycemia (PRIMARY).
E78.5 - Hyperlipidemia, unspecified.
Z13.29 - Encounter for screening for other suspected endocrine disorder.

PLAN:

Follow up with labs today. Will refill atorvastatin pending lab results. ? need to increase dose? His lipid panel has been high the last few checks.

We discussed Good Rx app for obtaining his glipizide at a cheaper price. Unfortunately, the Januvia is more expensive. I encouraged him to restart his januvia and glipizide as soon as he is financially able. Another option is to check with the AU employee pharmacy.

Offered cologuard screening today- He will check with his insurance to see if covered.

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Defer PSA screening until 50 w/ no family history.

Last eye exam- Few years ago. He is not sure the year. Recommended yearly ophthalmic exams. He verbalized understanding.

Follow up in 3 months for recheck.

glipizide ER 5 mg tablet, extended release 24 hr

Refills: 0 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY WITH BREAKFAST

Januvia 100 mg tablet

Refills: 0 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (100 MG) BY ORAL ROUTE ONCE DAILY

metformin 1,000 mg tablet

Refills: 0 Qty: 180 TABLET(S)

Instructions: TAKE 1 TABLET (1,000 MG) BY ORAL ROUTE 2 TIMES PER DAY WITH MORNING AND EVENING MEALS

Electronically signed by Lindsey Barton, CRNP on 04/01/25 10:28 AM

L. Barton, DNP, CRNP