

Auburn Montgomery Warhawk Health Services

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

Date: 05/07/26

PATIENT: OWENS, MICKEY **DOB:** 01/23/1968 **Gender:** MALE **MRN:** 5447 **AGE:** 58 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: headache/head pressure, sinus congestion, scratchy throat, and ear fullness for past 3 days

HISTORY OF PRESENT ILLNESS: 58 YO M c/o headache, pressure, sinus congestion, scratchy throat and ears feeling stopped up for past 3 days, pt denies fever, chills, body aches or productive cough. Pt has been taking sudafed daily with little relief. Regularly uses flonase but is not on a daily antihistamine.

VITALS: BP: 126/81 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 71; **Temp:** 96.6; **Resp:** 16; **Ht:** 68 in.; **Wt:** 203.5 lbs.;
BMI: 30.94; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Januvia 100 mg tablet (daily)

Jardiance 25 mg tablet

Plavix 75 mg tablet

Protonix 40 mg tablet, delayed release (daily)

Reglan 5 mg tablet

Symbicort 80 mcg-4.5 mcg/actuation HFA aerosol inhaler (INHALE 2 PUFFS BY INHALATION ROUTE 2 TIMES PER DAY IN THE MORNING AND EVENING)

Toujeo Max U-300 SoloStar 300 unit/mL (3 mL) subcutaneous insulin pen

Zetia 10 mg tablet

albuterol sulfate HFA 90 mcg/actuation aerosol inhaler (INHALE 2 PUFFS (180 MCG) BY INHALATION ROUTE EVERY 4-6 HOURS AS NEEDED for shortness of breath/wheezing)

aspirin 80 mg tablet (daily)

isosorbide mononitrate ER 30 mg tablet, extended release 24 hr

metoprolol succinate ER 100 mg tablet, extended release 24 hr

rosuvastatin 40 mg tablet (daily)

PAST MEDICAL HISTORY: T2DM, HLD, HTN, CAD, diverticulitis, GERD, GAD. Kidney stones. Gastroparesis.

PAST SURGICAL HISTORY: Triple bypass in 2012 by Dr. Kwan. Bilateral shoulder surgery and bilateral elbow surgery.

SOCIAL HISTORY: Works at AUM in maintenance department. Married. Former smoker in which he smoked 1.5 ppd x 20 years. He quit in 2020. Denies alcohol or illicit drug use. Counseled for nutrition. Counseled for physical activity. Counseled for nutrition. Counseled for physical activity.

FAMILY HISTORY:

HEALTH MX HISTORY:

Cardiologist- MCA

CV Surgeon- Kwan

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 erythematous. Ear canals are patent. Nose- septum- midline; Positive maxillary and frontal sinus tenderness. Throat- erythematous 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; 2+ DP and PT pulses bilaterally

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

ASSESSMENT:

J01.41 - Acute recurrent pansinusitis (PRIMARY)

PLAN:

Pt advised to take all meds as directed, stay well hydrated and obtain adequate rest. If issues persist or worsen, RTC or go to ED. Recommend beginning zyrtec or claritin daily, use sudafed sparingly. Pt is T2DM, d/w pt monitoring sugars while on steroid dose pack, pt verbalized understanding, last A1c in 7/s.

Zithromax Z-Pak 250 mg tablet

Refills: 0 Qty: 6 TABLET(S)

Instructions: TAKE 2 TABLETS (500 MG) BY ORAL ROUTE ONCE DAILY FOR 1 DAY THEN 1 TABLET (250 MG) BY ORAL ROUTE ONCE DAILY FOR 4 DAYS

Medrol (Pak) 4 mg tablets in a dose pack

Refills: 0 Qty: 21 TABLET(S)

Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

Electronically signed by Breena Till, CRNP on 05/07/26 9:58 AM

