

Auburn Montgomery Warhawk Health Services

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

Date: 01/16/26

PATIENT: D'ELIA, ASHLEY **DOB:** 05/04/1984 **Gender:** FEMALE **MRN:** 5556 **AGE:** 41 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Healthy Tigers

HISTORY OF PRESENT ILLNESS: 41 YO F PTC for annual Healthy Tigers exam, pt has h/o GAD, vit d Deficiency, B12 deficiency. Pt c/o feeling that she is having hormonal issues, seen by her GYN and had hormone panel, states all was normal but is having thinning hair and adult acne, began spironolactone a few weeks ago. Pt is UTD on mammo and PAP.

VITALS: BP: 122/76 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 83; **Temp:** 98.2; **Resp:** 16; **Ht:** 63 in.; **Wt:** 128.4 lbs.;
BMI: 22.74; **Pulse Oximetry:** 98%

ALLERGIES: cyanocobalamin (vitamin B12) ((Urticaria NOS) or (hives)); naproxen

MEDICATIONS:

Klonopin 0.5 mg tablet (PRN)
Prozac 20 mg capsule (1 capsule PO once daily)
hydroxyzine HCl 10 mg tablet (QHS PRN)
multivitamin tablet (daily)
spironolactone 50 mg tablet (BID)

PAST MEDICAL HISTORY: anxiety, B12 deficiency, Vit D deficiency, left sciatica

PAST SURGICAL HISTORY: partial hysterectomy, tonsillectomy, bilateral salpingectomy

SOCIAL HISTORY: faculty; denies tobacco and illicit drug use- occasional alcohol use

FAMILY HISTORY: Mom- CHF diagnosed in her 30s. Father- CHF requiring AICD- Diagnosed at 62.

HEALTH MX HISTORY:

OBGYN is Dr. Logan- last pap was October 2023 and was normal.

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. 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.

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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.

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

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

TSH (LabCorp) (1 unit(s)): LabCorp
CBC With Differential/Platelet (1 unit(s)): LabCorp
Calcitriol(1 25 di-OH Vit D) (1 unit(s)): LabCorp
Lipid Panel w/ LDL/HDL Ratio (1 unit(s)): LabCorp
Basic Metabolic Panel (8) (1 unit(s)): LabCorp

ASSESSMENT:

E55.9 - VITAMIN D DEFICIENCY, UNSPECIFIED (PRIMARY)
R53.83 - OTHER FATIGUE
Z13.220 - ENCOUNTER FOR SCREENING FOR LIPOID DISORDERS
L98.9 - DISORDER OF THE SKIN AND SUBCU TISSUE USP

PLAN:

Referral: Herron, Dr. Mark (Dermatology)
Instructions: facial lesion, lesion below left eye

Refer to Dr. Herron per pt request for skin lesion of face.

Electronically signed by Breena Till, CRNP on 01/16/26 9:24 AM

