

Auburn Montgomery Warhawk Health Services

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

Date: 02/21/24

PATIENT: BOGA, BINDU **DOB:** 12/22/1984 **Gender:** FEMALE **MRN:** 5698 **AGE:** 39 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Patient presents to clinic with c/o discoloration of skin to bilateral breasts. She reports a long standing history of extremely dry skin during the winter months occurring on her chest, abdomen and sides. She reports she applied vaseline as she normally does, and also applied castor oil to help moisturize the skin and relieve the discomfort of the extremely dry skin. Approximately 4-5 weeks ago, she began noticing patches of lighter skin on her bilateral breast. She denies itching, burning, tingling or any other change in sensation.

VITALS: BP: 140/94 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 88; **Temp:** 98.7; **Resp:** 18; **Ht:** 64 in.; **Wt:** 190.4 lbs.;
BMI: 32.68; **Pulse Oximetry:** 100%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

No Known Medications

PAST MEDICAL HISTORY: denies

PAST SURGICAL HISTORY: denies

SOCIAL HISTORY: denies tobacco, alcohol, and illicit drug use

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.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted. Areas of lighter pigmentation is noted to bilateral breasts, beginning around areola extending outward. No open wounds, no redness, no swelling or irritation noted.

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

PSYCHIATRIC: Appropriate mood and affect.

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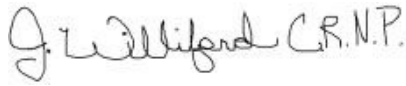
ASSESSMENT:

R23.9 - Unspecified skin changes (PRIMARY)

PLAN:

Patient was instructed to monitor skin coloring and to return to clinic if area worsens, or if new symptoms develop. She is to obtain a OTC lotion of her choosing to use daily. Patient verbalized understanding and agreement to this plan.

Electronically signed by Joyce Williford, CRNP on 02/21/24 9:45 AM

A handwritten signature in black ink that reads "J. Williford CRNP". The signature is written in a cursive style.