

AFTER VISIT SUMMARY

Karen Titus MRN: 2563203

1/18/2023 9:00 AM Unity Family Medicine at Chili Center 585-889-0750

Instructions from Wendy Cody, PA-C

Your personalized instructions can be found at the end of this document.



Referrals made today

XR CERVICAL SPINE AP LATERAL ODONTOID AND FLEXION AND EXTENSION

Expires: 1/18/2024 (requested)

XR THORACIC SPINE AP AND LATERAL

Expires: 1/18/2024 (requested)

Ambulatory Referral to Sleep Medicine

Where: UH Sleep Disorders Center West

Address: 1561 LONG POND RD SUITE 408 ROCHESTER NY 14626-4117

Phone: 585-723-7575

Expires: 1/18/2024 (requested)

Today's Visit

You saw Wendy Cody, PA-C on Wednesday January 18, 2023. The following issues were addressed:

- Sleep apnea, unspecified type
- Osteoporosis, unspecified osteoporosis type, unspecified pathological fracture presence
- Trisomy 21 syndrome
- Elevated hemoglobin A1c
- Acquired hypothyroidism
- Screening for lipid disorders
- Back pain, unspecified back location, unspecified back pain laterality, unspecified chronicity



Labs ordered today

Basic Metabolic Panel

Please complete by 1/18/2023

CBC And Differential

Please complete by 1/18/2023

Hemoglobin A1C

Please complete by 1/18/2023

Lipid Panel reflex to Direct LDL if trig>400 and <1201

Please complete by 1/18/2023

TSH (Thyroid Stimulating Hormone)

Please complete by 1/18/2023

Vitamin D 25-OH

Please complete by 1/18/2023

fasting



Blood Pressure
126/76



BMI
36.76



Weight
182 lb



Temperature (Tympanic)
97.7 °F



Pulse
87



Oxygen Saturation
98%

Access Code

M5XV8

VJ6KW

7QH2Z



Return in about 4 weeks

(around 2/15/2023).

MyCare

View your After Visit Summary and more online at [https://](https://mycare.rochesterregional.org)

mycare.rochesterregional.org

What's Next

JAN 26 2023 **OFFICE VISIT with Matthew Allen Smith, PA**
Thursday January 26 11:20 AM (Arrive by 11:05 AM)

For the safety of our patients and our staff, we have strict safety precautions in place from screening staff to universal masking. Please remember to wear a mask or face covering when you go to your appointment. Children under the age of 2 are not required to mask.

Please bring a copy of current insurance card, a list of medications as well as any forms that need to be filled out.

FEB 16 2023 **OFFICE VISIT with Yoshiko Tamura, MD**
Thursday February 16 1:30 PM (Arrive by 1:15 PM)

For the safety of our patients and our staff, we have strict safety precautions in place from screening staff to universal masking. Please remember to wear a mask or face covering when you go to your appointment. Children under the age of 2 are not required to mask.

Please bring a copy of current insurance card, a list of medications as well as any forms that need to be filled out.

MAR 2 2023 **Office Visit with Qi Rui Yang, MD**
Thursday March 2 10:20 AM (Arrive by 10:05 AM)

UH Neurology Ridgeway
2655 RIDGEWAY AVE
STE 420
ROCHESTER NY 14626-4296
585-723-7972

Unity Family Medicine at Chili Center
3379 CHILI AVE STE 100
ROCHESTER NY 14624-5325
585-889-0750

UH Sleep Disorders Center Hagen Dr
10 HAGEN DRIVE
SUITE 200
ROCHESTER NY 14625-2659
585-442-4141

We have temporarily closed some of our Patient Service Center (PSC) locations. Please use the QR Code below to find the most up to date information about where you can go to get your labs drawn and we thank you for your flexibility and patience.



Or go to our Website at <https://www.rochesterregional.org/locations> and select Laboratory Service Center

About your MyCare

Your test results and provider notes are now available to you in MyCare as soon as they are finalized. That means you may receive results even before your provider does. If additional follow-up is needed, either urgent or non-urgent, a member of your health care team will contact you as appropriate. Alternatively, you may contact your provider via MyCare message or telephone during office hours.

Someone you'd like to thank for taking great care of you? Share with us at Gratitude@rochesterregional.org

Your Updated Medication List

i Accurate as of January 18, 2023 10:35 AM.
If you have any questions, ask your nurse or doctor.

CONTINUE taking these medications

acetaminophen 325 MG tablet
Commonly known as: TYLENOL
Take by mouth.

alendronate 70 MG tablet
Commonly known as: FOSAMAX
Take one tablet (70 mg total) by mouth every 7 days - take with a full glass of water, do not eat or lie down for 30 minutes afterwards

calcium carbonate-vitamin D3 600-400 mg-unit Tab
Take 1 tablet by mouth in the morning.

carbamide peroxide 6.5 % otic solution
Commonly known as: DEBROX
Place in ear(s).

chlorhexidine 0.12 % solution
Commonly known as: PERIDEX

cholecalciferol (Vitamin D3) 50 mcg (2,000 unit) Cap
Take 2,000 Units by mouth every evening.

citalopram 20 MG tablet
Commonly known as: CeleXA
Take 1 tablet by mouth in the morning. Take 1 and 1/2 tablet by mouth daily

diphenhydrAMINE 25 mg capsule
Commonly known as: BENADRYL
Take 1 capsule by mouth.

docusate sodium 50 MG capsule
Commonly known as: COLACE
Take by mouth 2 (two) times daily.

donepezil 10 MG tablet
Diagnosis: Late onset Alzheimer's disease without behavioral disturbance
Commonly known as: ARICEPT
Take one tablet by mouth once daily

fluoride (sodium) 0.2 % Soln
Place onto teeth.

GENTEAL MILD OPHT
Apply to eye.

Your Updated Medication List (continued)

CONTINUE taking these medications (continued)

guaifENesin 100 mg/5 mL oral liquid

Commonly known as: ROBITUSSIN

Take 10 mLs by mouth.

* **hydrocortisone** 1 % ointment

Apply topically 2 (two) times daily.

* **hydrocortisone** 1 % cream

Apply 3 g topically in the morning and 3 g before bedtime.

ibuprofen 200 MG tablet

Commonly known as: ADVIL, MOTRIN

Take 2 tablets by mouth every 6 (six) hours if needed.

* **levothyroxine** 112 MCG tablet

Commonly known as: SYNTHROID, LEVOTHROID

Take 1 tablet by mouth in the morning.

* **levothyroxine** 125 MCG tablet

Commonly known as: SYNTHROID, LEVOTHROID

Take 120 mcg by mouth daily.

lovastatin 20 MG tablet

Commonly known as: MEVACOR

Take 1 tablet by mouth at bedtime.

magnesium hydroxide 400 mg/5 mL suspension

Commonly known as: MILK OF MAGNESIA

Take by mouth.

midodrine 10 MG tablet

Commonly known as: PROAMATINE

Take 1 tablet by mouth in the morning and 1 tablet at noon and 1 tablet before bedtime.

multivitamin-Ca-iron-minerals Tab

Take by mouth.

mupirocin 2 % ointment

Commonly known as: BACTROBAN

nystatin powder

Commonly known as: MYCOSTATIN

Apply topically 4 (four) times daily.

* **QUetiapine** 400 MG tablet

Commonly known as: SEROquel

Take 1 tablet by mouth in the morning and 1 tablet before bedtime.

* **QUetiapine** 300 MG 24 hr EXT REL tab

Commonly known as: SEROquel XR


Take 1 tablet by mouth at bedtime.

Your Updated Medication List (continued)

CONTINUE taking these medications (continued)

VITAMIN B COMPLEX NO.12-NIACIN ORAL

Take 1 tablet by mouth every evening.

 * This list has 6 medication(s) that are the same as other medications prescribed for you. Read the directions carefully, and ask your doctor or other care provider to review them with you.

Instructions from Wendy Cody, PA-C

It was very nice to meet you Brianna and Liz today, welcome to the practice. There are few things that we talked about today so I wanted to make sure to summarize them here.

First, we wanted to order an x-ray of your neck to make sure there are no concerns here. Since you are also having pain in your back with laying down we want to make sure we get x-rays of your upper back also. You did not need an appointment and they should help give you information at checkout on where to go for these x-rays. We will contact you with results.

It sounds like you are having problems with your sleep apnea mask and you may want to use a different mask. Also, it has been more than a few years since we have evaluated your need for your CPAP in your settings. Lets send you for a consultation to the sleep center and they can let you know the pros and cons of all the different masks, and work with your facial structure to see what would be more comfortable for you. They may or may not want to do a new sleep study.

I have ordered lab work for you to have done fasting when you can. You can take all of your medications, water or black coffee prior to your test but cannot have any food for least 8 hours prior to your test. You do not need an appointment for this.

It sounds like you are developing another one of the boils that you get on your left buttock. It is very small and not open. I think soaking it once a day will help and you can do this for a week. It sounds like where you are living has an ice bath that will allow you to sit for at least 10 minutes a day. Please let someone know if this feels worse anytime in the next week or you can come back to see us if this does not go away.

We will have you come back in about 4 weeks and meet Dr. Tamura. Please contact us sooner with any concerns.