

Progress Notes

Benavidez, Ysidro

Patient ID: 466663966

DOB: 01/31/1944

Age: 79 years **Gender:** M

06/27/2023

Date: 06/27/23 : 07:40am

Title: Office Visit

Providers: LAD

Vital Signs

Blood Pressure: **136/70**

Pulse: 61

Resp Rate : 18

Temperature 97.1 F

Height 5'11"

Weight:195 lbs

Body Mass Index: 27.20 kg/m2

Clinical Elements: BMI Plan:Y

Patient Education: Y

Health Maintenance: Nutrition Counsel X

Health Maintenance: Activity Counsel X

O2 Sat: 97 %

CC: follow up with Lab results

Obtained by: Jessica Estrada, M.A.

Allergies:

NKDA

Current Medications:

Rx: Vitamin D3 25 mcg (1,000 unit) capsule Ref: 4

Instructions: Take 1 Capsule ORAL once each day.

Rx: amlodipine 5 mg-benzapril 20 mg capsule Ref: 0

Instructions: TAKE ONE (1) CAPSULE(S) BY MOUTH ONCE A DAY.

Rx: vardenafil 20 mg tablet Ref: 3

Instructions: TAKE ONE (1) TABLET(S) BY MOUTH ONCE A DAY AS NEEDED ABOUT 1 HOURS BEFORE SEXUAL ACTIVITY.

Rx: clopidogrel 75 mg tablet Ref: 3

Instructions: TAKE ONE (1) TABLET(S) BY MOUTH DAILY.

Rx: cyanocobalamin (vit B-12) 1,000 mcg tablet Ref: 0

Rx: atenolol 50 mg tablet Ref: 3

Instructions: TAKE ONE (1) TABLET(S) BY MOUTH DAILY.

Rx: pravastatin 40 mg tablet Ref: 3

Instructions: TAKE ONE (1) TABLET(S) BY MOUTH ONCE A DAY AT BEDTIME.

Med list reviewed with patient . Pt did bring medications today.

S: This patient is a 79 year-old male who presents today for evaluation of the following issues:
Follow up for DM , hypertension, and hyperlipidemia

Last HgbA1C:

HEMOGLOBIN A1C: 5.5 on 06/20/2023

Most recent lipid profile:

CHOLESTEROL: 159 on 06/20/2023

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HDL CHOLESTEROL: 43 on 06/20/2023
 LDL CHOLESTEROL: 83 on 06/20/2023
 VLDL CHOLESTEROL: 33 on 06/20/2023
 TRIGLYCERIDES: 195 on 06/20/2023

CREATININE SERUM: 1.41 on 06/20/2023
 EGFR NON AFR AM: 51 on 06/20/2023

ALB/CREAT RATIO: 26 on 06/20/2023

Social History:

Alcohol: weekly 6 beers
 Smoking: 10 cig day now

Exercise:: walks park 2 x week or more and uses a cubic hx 30 pack year
 Diet : portion control

REVIEW OF SYSTEMS

Cardiovascular: negative
 Respiratory: negative
 Genitourinary: negative

Physical Examination

General: Well appearing, well nourished in no distress. Oriented x 3, normal mood and affect.
 Head: Normocephalic, atraumatic.
 Heart: RRR
 Lungs: clear to auscultation , normal chest excursion

Extremities: ;

Amputations: - none
 Deformity: - none
 Cyanosis: - none
 Edema: - none

NO Falls Pt screened 1101F

ASSESSMENT AND PLAN:

Major Problem: Benign essential hypertension : ICD10 = I10 / ICD9 = 401.1 / SNOMED = 1201005
 Well controlled on current therapy

Major Problem: Lung nodules: ICD10 = J98.4 / ICD9 = 518.89 / SNOMED = 19829001

Major Problem: Nicotine dependence with current use: ICD10 = F17.200 / ICD9 = / SNOMED = 724698009
 ct chest yearly has appt

Major Problem: Atherosclerosis of aorta: ICD10 = I70.0 / ICD9 = 440.0 / SNOMED = 81817003
 bp control

Major Problem: Type 2 diabetes mellitus with other circulatory complications : ICD10 = E11.59 / ICD9 = 250.70 / SNOMED = 422166005

Major Problem: Coronary arteriosclerosis: ICD10 = I25.10 / ICD9 = 414.00 / SNOMED = 53741008
 Continue statin

Major Problem: Diabetes mellitus with other specified manifestations, type II or unspecified type, not stated as uncontrolled : ICD9 = 250.80 / ICD10 = E11.69 / SNOMED = 422014003
 Dyslipidemia due to DM Continue Statin

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Major Problem: Mixed hyperlipidemia : ICD9 = 272.2 / ICD10 = E78.2 / SNOMED = 267434003
 Diabetic Dyslipidemia Continue Statin

.Major Problem: Type 2 diabetes mellitus with diabetic chronic kidney disease : ICD10 = E11.22 / ICD9 = 250.40 / SNOMED = 420279001
 CKD due to DM
 Recd BP and HGAIC control

Major Problem: Chronic kidney disease, stage 3a : ICD10 = N18.31 / SNOMED = 700378005
 Bp control
 Avoid nephrotic drugs

Major Problem: Type 2 diabetes mellitus with diabetic polyneuropathy : ICD10 = E11.42 / ICD9 = 357.2 / SNOMED = 421707005
 Pt reminded of need for impeccable foot care as well as need for tight control of blood sugars, blood pressure, and lipids

Major Problem: Type 2 diabetes mellitus with diabetic peripheral angiopathy without gangrene : ICD9 = 250.70 / ICD10 = E11.51 / SNOMED = 314902007
 Pt reminded of need for impeccable foot care as well as need for tight control of blood sugars, blood pressure and lipid

Major Problem: Peripheral vascular disease, unspecified : ICD9 = 443.9 / ICD10 = I73.9 / SNOMED = 400047006
 Foot care and exercise

Major Problem: Immunodeficiency due to conditions classified elsewhere : ICD10 = D84.81 / SNOMED = 33286000
 due to *copd
 Recommend take Covid vaccine and yearly flu vaccine

Major Problem: Chronic obstructive lung disease : ICD9 = 496 / ICD10 = J44.9 / SNOMED = 13645005
 dc smoking

DIAGNOSTIC STUDIES : The patient was given orders for the following:

LAB TESTS : fasting To be drawn before next appointment

XRAYs : CT

Follow-up: 6 months

Procedure: Office Visit E/M :99214 _

#Orders: DM SHOES [Do in Routine days]
 #Orders: Complete Metabolic Panel [Do in 180 days]
 #Orders: PHOSPHORUS, SERUM [Do in 180 days]
 #Orders: Lipid Panel [Do in 180 days]
 #Orders: URINALYSIS, COMPLETE [Do in 180 days]
 #Orders: MICROALBUMIN, RAN UR W/CREAT [Do in 180 days]
 #Orders: CBC [Do in 180 days]
 #Orders: HEMOGLOBIN A1C [Do in 180 days]
 #Orders: VIT D, 25-OH, TOTAL [Do in 180 days]
 #Orders: PSA [Do in 1 days]

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Patient Education Handouts given to patient:

Senior Health Advisor 2010.1: Smoking: Ways to Quit, 08:14AM, Printed Handout: sha_wytoquit_crs.htm

SIGNED BY LISA A DAVIS, MD FACP (LAD) 06/27/2023 08:13A