

1. Blood pressure - gradually increase your exercise ~~program~~ program & call for any troubles, work on weight loss, avoid caloric beverages, avoid snacks, eat less & a well balanced diet
2. High triglycerides - again work on weight loss & exercise to help with this issue & will recheck in a few months.
3. low thyroid - cont. at current dose of Levoxyel & will check labs.
4. Orthopedic issues - some changes but not bothersome call for any changes
5. Numbness in feet - call for any changes
6. Constipation & hemorrhoids - Start the <sup>tablets</sup> Metamucil 1 time a day & increase to twice a day if needed, also start the Docusate as directed & eat a well balanced high fibre diet & laxatives as needed ~~tablets~~
7. Insomnia - call if it worsens, cont. with Ambian as needed
8. blood & lung clots - premarin increases your risk for clots so be aware & call ASAP for any symptoms or go to the E.R.

July 30 Monday -  
Impromove PC type  
1:40  
my 1st  
early

- 10 Radiation therapy. Fu with dermatologist, do monthly self checks & avoid the sun!
- 11 Stress & urine incontinence - do your Kegel exercises every day more than once a day.
- 12 Memory loss related to CPR, call if symptoms worsen
- 13 Postmenopause - cont. with premarin, calcium & vit D weight bearing exercise & avoid falls.
- 14 Prevention areas - Consider the Hepatitis H Vaccine 1st shot today 2nd 6 mo after, due for mammogram & do monthly self exams. stool cards for colon cancer screening.

## TRACY

1. Diabetes - Stop the insulin, cont with glucophage 500mg 3 @ breakfast 2 @ dinner, Flu with eye doctor & foot doctor every year, do your fingerstick Blood Sugars as Dr. Jensen showed you 2 times a day, Come back fasting for labs,  
If you blood sugars are running over 150 add the prescription (glipizide) if there running normal do not start you take it before breakfast, & will schedule a 1 mo Flu for diabetes with our new computer program so come 45 min - 1 hour early for your appt.
2. High blood pressure - cont to get Bp, check & write them down to bring to your next appt. avoid salt in your diet & cont with meds.
3. Coronary artery disease - will get a copy of your cath report of the heart, cont aspirin everyday. Call for any heart or chest pain
4. Cholesterol - well controlled & will recheck your labs. Cont with Zocor
5. Pulmonary nodules - have not changed in 2 yrs. will list them & check every so often
6. Prostate - Flu with urologist & will check your labs.
7. Insomnia - cont with ambien

8 Rash on legs - Not alarming, use cortisone as needed  
but don't use more than 2 weeks at a time.

9 Weight loss & dizziness - resolved call if it returns.

10 Prevention = Consider Hepatitis A Vaccine  
Stool Cards for colon cancer screening