

HEALTH HISTORY REPORT

Eclipse Medical Center

434 NE 3rd Ave, Suite 1
Cape Coral, FL 33909



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Patient Information

Full Name: Beth Arlege I prefer to be called: Beth
 Spouse/Guardian: Kirk Arlege
 Address: 100 Oak Street
 City: Barrington State: IL Postal Code: 60010
 Home Tel: (847)555-1221 Work Tel: (847)555-6846 Cell Tel: (847)555-2563
 E-Mail Address: sales@eclipsecorp.us
 Preferred means of appointment reminders: Text Email If text, enter cellular provider: AT&T
 Date of Birth: 1966-02-27 Age: 49 Sex: Female Married Single Widow(er)

Heart Exam

Date	Checked By	Blood Pressure Medication(s)	Heart Rate	Systolic mm Hg (upper #)	Diastolic mm Hg (lower #)	Blood Pressure Category
2015-02-27	Julie Cox RN	none	82	109	59	Normal
2014-08-16	Julie Cox RN	none	84	119	78	Normal
2014-02-20	Livi Smith	none	80	125	82	Prehypertension
2013-07-04	Livi Smith	none	81	133	84	Prehypertension
2013-01-04	Livi Smith	none	84	145	98	High Blood Pressure (Hypertension) Stage 1
2012-08-12	Julie Cox RN	none	72	160	110	High Blood Pressure (Hypertension) Stage 2
2012-02-14	Julie Cox RN	Lipitor oral Simcor oral niacin-lovastatin oral	69	190	130	Hypertensive Crisis (Emergency care needed)

Heart Exam

Normal

General Exam Notes from Previous Visit(s)

Tonsils	Teeth & Gums	Sinuses	Eyes	Thyroid	Arteries
Normal	Gums bleeding	Mucus drainage likely due to allergies	Red	Swollen	Normal

Abdomen Exam | Liver size, abdominal fluids, bowel sounds and tenderness

Normal

Lung Exam

Wheezing in chest - appears to be asthma related due to allergins.
 Chronic obstructive pulmonary disease (COPD) diagnosed from secondary smoke.
 Prescribed Advair 230 twice a day along with the ProAir rescue inhaler for acute symptoms.
 Patient still has shortness of breath.
 Patient shows signs of Chronic bronchitis based on repeated, frequent episodes of productive cough.
 2014-11-03 Chest X-Rays diagnosed patient with Pneumonia. Infection in both sides of the lungs.
 Prescribed 2 5-day packs of Zithromax to be taken back-to-back.

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Lung Exam

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Patient's Asthma appears to be controlled from the daily steroid inhaler along with the rescue inhaler. Prescribed OTC Zyrtec to be taken daily to control allergy symptoms which trigger asthma symptoms including the lungs' airways (bronchi) which become inflamed and can spasm, causing shortness of breath and wheezing. Allergies, viral infections, or air pollution often trigger asthma symptoms.

Dermatological Exam

Dry, flaky, pale

Neurological Exam: Muscle Strength, reflexes, balance and mental state

Normal - good balance and reflexes

Extremities Exam

Normal

Female Exam

Normal - Pap was negative, breast exam was normal

Laboratory Tests | Attached | Notes from results

Complete Blood Count	Chemistry Panel	Urinalysis (UA)
Hemoglobins LOW @ 9 g/dL RDW: Red Cell Distribution Width LOW @ 8.7 LYM HIGH at 8.56 MONO HIGH @ 10.48 All other Hematology NORMAL	Normal	Lead ELEVATED 10 Proteins TRACE Mercury ELEVATED 6.3 All other Urinalysis NORMAL

Imperial Body Mass Index (BMI) Formula

$$\text{BMI} = \frac{\text{Mass (Pounds)}}{(\text{Height(Inches)})^2} \times 703.06957964$$

Date	Checked By	Medication(s)	Weight	Height	BMI Score	BMI Category
2014-08-16	Julie Cox RN	none	115 lbs	63 "	20	Normal Healthy Weight
2014-08-16	Julie Cox RN	none	128 lbs	63 "	23	Normal Healthy Weight
2014-02-20	Livi Smith	none	145 lbs	63 "	26	Overweight
2013-07-04	Livi Smith	none	170 lbs	63 "	30	Obese
2013-01-04	Livi Smith	none	198 lbs	63 "	35	Obese
2012-08-12	Julie Cox RN	none	243 lbs	63 "	43	Extremely Obese
2012-02-14	Julie Cox RN	Celexa oral Diethyltoluamide Dietex Forte	272 lbs	63 "	48	Extremely Obese