

HEALTH HISTORY REPORT



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Patient Information

Full Name: Beth Arlege I prefer to be called: Beth

Spouse/Guardian: Kirk Arlege

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Preferred means of appointment reminders: Text Email If text, enter cellular provider: AT&T

Date of Birth: 1966-02-27 Age: 51 Sex: Female Married Single Widow(er)

Heart Exam

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

Heart Exam
Normal

General Exam Notes from Previous Visit(s)

Tonsils	Thyroid	Arteries	Other
Normal	Swollen	Normal	None

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HEALTH HISTORY REPORT (continued)

Eye Exam

Red

Home Remedies For Red, Itchy Eyes
Cold compresses or warm compresses (whichever feels best) can be used. Over-the-counter and prescription medications can give short-term relief of some eye allergy symptoms. Sterile saline rinses and eye lubricants can soothe irritated eyes and help flush out allergens.



Clear Eyes™ - Relieves redness of the eye due to minor eye irritations. For use as a protectant against further irritation or to relieve dryness of the eye. Temporarily relieves burning and irritation due to dryness of the eye. Removes redness. Soothes and moisturizes. Fast acting.

Teeth & Gums Exam

Gums bleeding

General Tips for Bleeding Gums: The best way to reduce plaque buildup and your risk for bleeding gums is to amp up your oral care routine. Remember to brush twice a day using a fluoride toothpaste. Floss at least once a day as well; gums can sometimes stop bleeding with regular flossing.



Parodontax™ - #1 recommended toothpaste for bleeding gums by reducing plaque when used twice-daily.

Sinuses Exam

Irritated throat, nasal drainage, sneezing, allergies

Stay Away From Triggers
You can ease your allergy symptoms by avoiding or reducing your exposure to triggers. For seasonal allergies, you should:

- Stay indoors as much as possible during peak pollen counts and windy days. Ragweed is highest in the morning. Tree and grass pollens peak in the early evening.
- Close windows and use your air conditioner.
- Wear glasses or sunglasses to keep pollen out of your eyes.
- Wear a mask when you work outdoors.



Claritin® 24 Hour Non-Drowsy Allergy Relief Tablets
Relieve your seasonal allergies with Claritin 24-hour tablets. Claritin works on indoor and outdoor allergies, plus it won't make you drowsy or hyper. Adults can relieve allergy symptoms like sneezing, runny nose, itchy and watery eyes and itchy throat and nose with one tablet. Each 10-mg. antihistamine tablet provides 24 hours of relief.

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.
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

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HEALTH HISTORY REPORT (continued)

Lung Exam

(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
Eczema

Prevent dry skin by taking lukewarm (not hot) showers or baths for no longer than 10-15 minutes. Use a mild soap or body cleanser. Dry yourself very carefully (pat yourself dry, instead of rubbing vigorously) and apply moisturizing skin lotions all over your body. Avoid lotions with fragrances or other irritating substances. Avoid wool/mohair and other irritating fibers

**See Full Recommendations at the end of this report*



Lubriderm® Advanced Therapy Formula Deeply Hydrates Extra Dry Skin. Restore extra-dry skin · Intensely hydrates · Clinically shown · Vitamin B5 · Absorbs in seconds

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 Test Notes

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

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Imperial Body Mass Index (BMI) Formula

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

BMI Category	Date	Checked By	Medication(s)	Weight	Height	BMI Score
Normal Healthy Weight	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
Overweight	2014-02-20	Livi Smith	none	145 lbs	63 "	26
Obese	2013-07-04	Livi Smith	none	170 lbs	63 "	30
Obese	2013-01-04	Livi Smith	none	198 lbs	63 "	35
Extremely 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



One A Day Women's 50+ Advantage - A complete multivitamin with more of what matters to women 50+.

Formulated to support:

- Cell health with antioxidants: vitamins A, C, E, zinc, manganese, copper and selenium
- Bone health with a high level of calcium, vitamin D and magnesium
- Joint health with 200% DV of vitamin C to support collagen formation
- Heart health with vitamins B6, B12, C, E and folic acid
- Eye health with vitamins A, C, E and zinc
- Immune health with vitamins A, C, E, selenium and zinc
- Physical energy with B vitamins and chromium to help convert food to energy

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Overall Recommendations and Sponsored Ad(s)

Patient is in great shape overall. Following regular exercise routine. Follows a proper diet. Recommend vitamin supplements.

Nutrition Tips for Women Over 50

Want a simple recipe to fight aging? The ingredients are easy to find. The right mix of nutrients -- and some regular exercise -- will let you feel and look your best. When you eat right, you'll help get your weight under control, keep your bones strong, and prevent heart disease. It's all about making smart choices.

Nutrition Basics

Boost calcium and vitamin D. That means three to four 8-ounce servings of low-fat dairy every day. If you are lactose-intolerant, eat hard cheese, yogurt, or kefir; canned salmon; broccoli; and legumes. You can also try food or drinks, like orange juice, that have the nutrients added in by the manufacturer. They'll say "fortified" on the label. If your doctor says you don't get enough calcium in your diet, he may suggest you take supplements that have 1,000 to 1,500 milligrams of the nutrient.

Eat more fruits, veggies, whole grains, and legumes. These will give you plenty of disease-fighting antioxidants. Focus on variety every day, including vegetables with different colors.

Get enough fiber. You don't have to look far. Some good sources are:• Legumes• Whole wheat pasta• Whole-grain cereals and breads• Oatmeal• Brown rice• Popcorn• Fresh fruits and veggies

Take a daily multivitamin. It will fill any gaps in your nutrition picture. But make sure it's tailored for your age group. When you're over 50, you need less iron than younger women.

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<http://www.webmd.com/women/guide/women-over-50-tips-for-good-nutrition>