

Michael Weldon

Birthdate: 10/06/1950

Patient ID: 421891A-99

Patient Health Record

Report Prepared on June 9, 2011



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Summary for June 12, 2011

Dear Michael,







Your lab tests turned out well. Your triglyceride levels were better this time. The low HDL shows you need more exercise and the high LDL needs low fat diet. See page 3 for a full summary and view of your recent blood test.

Your overall health score was an 78 out of 100. That's an 11% increase in health points from this time last year. Great job! Let's work on lowering your cholesterol, more, this year through a basic health plan that includes more vegetables and less meat along with more physical activity. Log your daily results on the medical portal, each day, and I will provide feedback once a month.

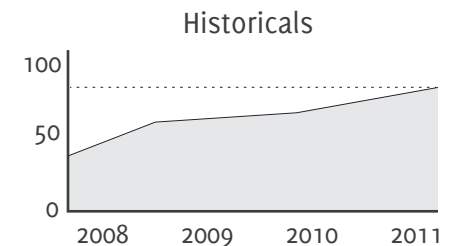
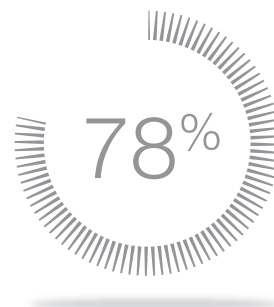
Plan to see me for another basic checkup 6 months from now.

Regards,
Dr. Thomas Walton



 **Patient ID:** 421891A-99
 **Birthdate:** October 6, 1950
 **Address:** 9766 Main St. Irvine, CA 92614
 **Phone:** 310-555-6755
 **Email:** mweldon@gmail.com
 **Profile:** Male, 62 years old, Not Married, English speaking, Caucasian, Non-Denominational

Overall health rating

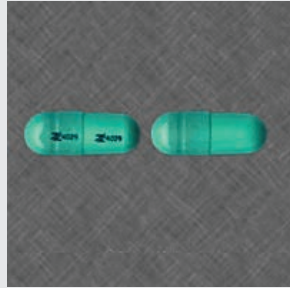


Publix, Store #323 (310) 211-5567
2344 East Main St. Irvine, CA 92614

Publix®

Indomethacin

Capsules, March 28, 2011



Dose Quantity
(value / unit):
25 / mg

Rate Quantity
(value / unit):
2 / day

Instructions: 50mg bid with food

Prescriber: Dr. Walton, Ashby Medical Center; (310) 552-2211

Expires: 7/1/2005

RX #: 1281332

Vicodin

Tablet, March 28, 2011



Dose Quantity
(value / unit):
50 / mg

Rate Quantity
(value / unit):
2 / day

Instructions: 50mg bid with food

Prescriber: Dr. Walton, Ashby Medical Center; (310) 552-2211

Expires: 7/1/2005

RX #: 7671289

Acetaminophen

Tablet, March 28, 2011



Dose Quantity
(value / unit):
50 / mg

Rate Quantity
(value / unit):
1 / day

Instructions: 50mg bid with food

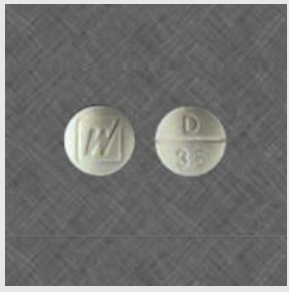
Prescriber: Dr. Walton, Ashby Medical Center; (310) 552-2211

Expires: 7/1/2005

RX #: 8762211

Demerol

Tablet, March 28, 2011



Dose Quantity
(value / unit):
50 / mg

Rate Quantity
(value / unit):
2 / day

Instructions: 50mg bid with food

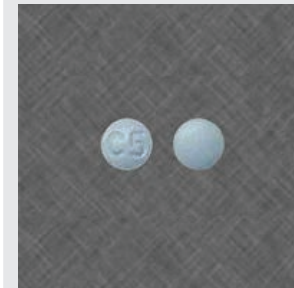
Prescriber: Dr. Walton, Ashby Medical Center; (310) 552-2211

Expires: 7/1/2005

RX #: 8762210

Clarinet

Tablet, November 28, 2010



Dose Quantity
(value / unit):
5 / mg

Rate Quantity
(value / unit):
1 / day

Instructions: 5 mg bid without food

Prescriber: Dr. Walton, Ashby Medical Center; (310) 552-2211

Expires: 7/1/2005

RX #: 3909911

Target, Store #78 (310) 322-9085
56 HWY 20 Clrvine, CA 92614

TARGET Pharmacy



Summary of Your Lab (Lipids) Results, 05/09/2011

Your lab tests turned out well. Your triglyceride was better than your last results in 2010. The low HDL shows you need more exercise and the high LDL needs low fat diet. Your total cholesterol is 212 milligrams per deciliter (mg/dL), but normal ranges for your age and sex are 200 milligrams per deciliter (mg/dL) or less. 201 to 240 mg/dL is borderline. Greater than 240 mg/dL is considered high.

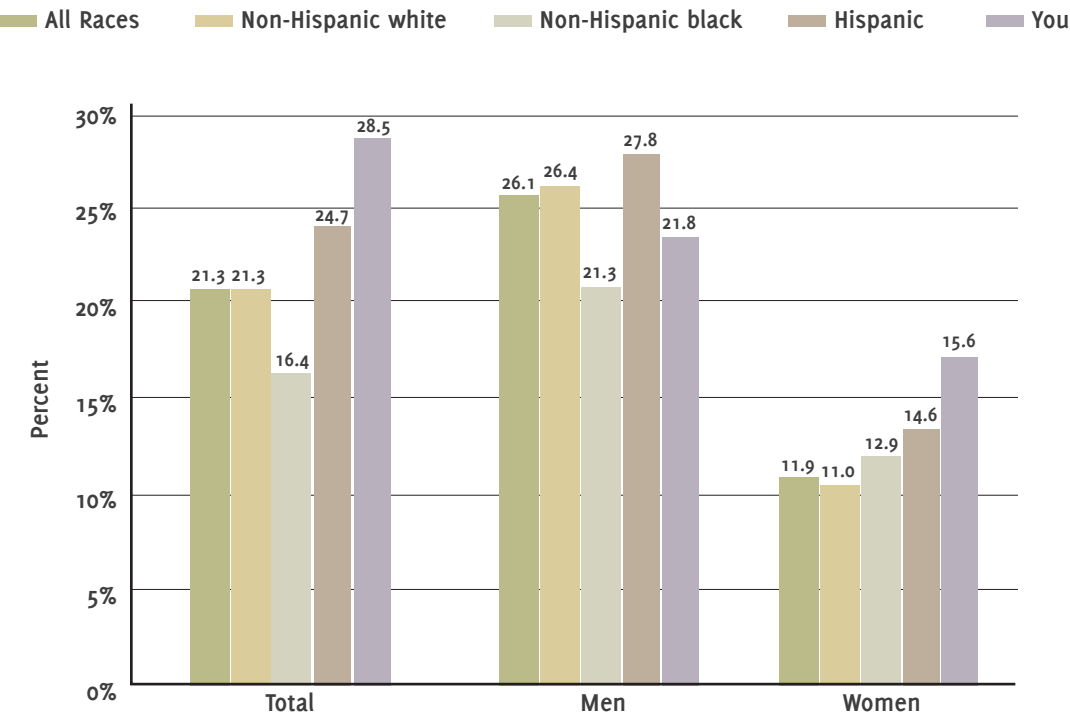
An Overview of Cholesterol Tests

There are multiple forms of cholesterol circulating in the blood. The various forms of cholesterol and other fats in the blood are together called lipids. Doctors measure and diagnose high cholesterol with a simple blood test, often called a lipid profile. It's often done after fasting for nine to 12 hours to eliminate the contribution of any fat you recently ate.

Tests for cholesterol provide results for four different types of lipids.

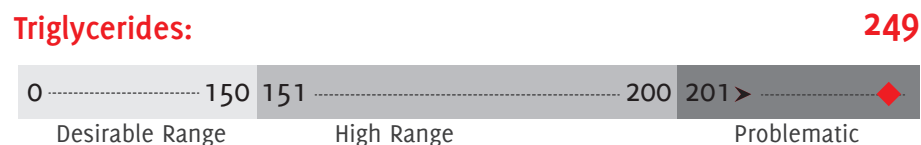
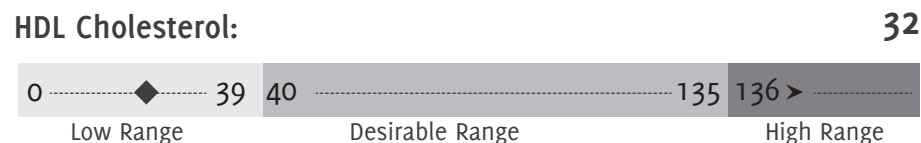
- **Total cholesterol**
- **LDL** (low-density lipoprotein), the "bad cholesterol"
- **HDL** (high-density lipoprotein), the "good cholesterol"
- **Triglycerides**, another form of fat in the blood

Percentage of adults aged 55 and over with high cholesterol, by sex and race and ethnicity: United States, 2009-2010



Fields for Lab Results, 05/09/2011

Lipid Profile



Recommendations For You

Everyone with an abnormal lipid panel blood test should make lifestyle changes to reduce heart disease risk, including:

Increase HDL ("good") cholesterol levels and decrease LDL ("bad") cholesterol by getting regular aerobic exercise. Exercise also helps relax blood vessels and lowers blood pressure.

Lower LDL cholesterol by eating foods low in saturated fat, cholesterol, and trans fat. You can replace these bad fat foods with foods high in monounsaturated and polyunsaturated fats. This includes eating fish with omega-3 fatty acids like salmon. In addition, eating soluble fibers -- such as oats, pectin, and psyllium -- will help reduce LDL cholesterol. So will cholesterol-lowering foods, such as margarines, enriched with plant sterols and stanols.

High triglyceride levels often mean increased risks of cardiovascular disease and stroke. You can lower your triglycerides with diet and lifestyle changes such as reducing unhealthy fats, maintaining your weight, get more omega-3s, limit refined carbs and drink less alcohol.



Allergies

Listed below are your current active allergies as of Oct 10, 2011. If left unchecked, allergies can lead to life threatening situations.



Allergy: Bee Stings
Reaction: Anaphylactic Shock
Severity: Severe **7**



Allergy: Penicillin
Reaction: Hives
Severity: Moderate to Severe **6**



Allergy: Codeine
Reaction: Shortness of Breath
Severity: Moderate **2**



Immunizations

Your latest 2 immunizations are listed below for the year 2011. For 2012, I recommend getting the Pneumonia vaccine in addition to your yearly Influenza vaccine.

May 2001

Immunization: Influenza virus vaccine, IM
Type: Severe
Dose Quantity: 50 / mcg
Instructions: Possible flu-like symptoms for three days

April 2000

Immunization: Tetanus and diphtheria toxoids, IM
Type: Intramuscular injection
Dose Quantity: 50 / mcg
Instructions: Mild pain or soreness in the local area



Procedures

September 28, 2009

Procedure: Laparoscopic Cholecystectomy
Provider: Dr. Bala Venktaraman
Location: Ashby Medical Center

May 22, 2008

Procedure: Cesarian Section
Provider: Dr. Tiffany Martinez
Location: Ashby Medical Center

Encounters

March 28, 2008

Procedure: ED Visit for Ankle Sprain
Provider: Dr. Henry Seven
Location: Community Hospital

June 22, 2007

Procedure: Gall Bladder Surgery
Provider: Dr. Bala Venktaraman
Location: Ashby Medical Center

April 3, 2007

Procedure: Labor and Delivery
Provider: Dr. Tiffany Martinez
Location: Ashby Medical Center

February 26, 2005

Procedure: ED Visit for Acute Cholecystitis
Provider: Dr. Tim Lee
Location: Ashby Medical Center



Problem List

Observation: Lower Back Pain Status: **ACTIVE**
Date: February 28, 2011
Comments: Involved in a hit and run accident on highway. Patient complaining of acute lower back pain, right above pelvis bone. Transferred to hospital via ambulance and given pain medication to subdue his pain. Currently taking vicodin intravenously until surgery on Monday December 3, 2012 @ 7am, Northside Hospital with Dr. Randy Gerber.

Observation: Ankle Sprain Status: **ACTIVE**
Date: March 28, 2005
Comments: Slipped on ice and fell. Patient has complained of pains in right ankle since March 27, 2005.

Observation: Cholecystitis Status: **ON HOLD**
Date: September 28, 2010
Comments: Surgery postponed until after patient completes a full annual physical.

Providers

Provider Name: Dr. Bala Venktaraman
Type of Provider: Ashby Medical Center
Phone Number: 310-552-2211
Email: bala@ashbymedicalcenter.org
Comments: Dr. Bala Venktaraman can be reached on the weekend if needed by leaving a message with the clinic.



Ashby Medical Center

Provider Name: Dr. Henry Seven
Type of Provider: Community Hospital
Phone Number: 310-536-8767
Email: hseven@communityhospital.org
Comments: Dr. Henry Seven should be notified of any changes in my medical condition. Requires a referral from my health insurance company.

