Care Plan

Mouse, Mickey

Patient ID: 8675309

DOB: 02/02/1943 Age: 75 years Gender: M

Date: 04/22/16 : 01:16pm

Title: Care plan

WEBVIEW IS HERE! You can now access your health information and contact us through our secure online portal. Ask our staff for more information.

**Has your address changed? Please let our staff know if any of the information needs to be updated:**

1410 E OAK ST WEST FRANKFORT, IL

Home phone: (618)867-5309

Cell phone:

E-mail address:

Primary insurance: MEDICARE NGS

Secondary Insurance: BLUE CROSS BLUE SHIELD

Your primary provider is Alicia D. Markley

Your visit today is with Alicia Markley, PA-C

**Our records show that you might be overdue for the following tests or procedures:**

Foot Exam , SHINGLES , Prevnar-13

If you have had any done elsewhere, please write down where and when.

Flu Vaccine Not applicable on 01/15/14 - This was your last Flu vaccine - you need to get one every year!

Pneumonia Vaccine Not applicable on 09/22/11

Prevnar-13 Done on 03/03/16

**Our list of your current medications: Please mark off any you are not taking and add any new ones to the list.**

***Need a refill? Just put a check next to the ones you need refills***. The number of refills listed below is the number of refills that were given with the initial prescription, and does not reflect how many refills you have remaining at the pharmacy. Current Medications:

Rx: COUMADIN 6MG 1 Tablet once each day - days, 90, Ref: 3

Rx: BP MONITOR - days, , Ref: 0 Instructions: Dx: 401.9

Rx: COUMADIN 1MG 1.5 Tablet once each day - days, 145, Ref: 3

Rx: ACTOS 45MG 1 Tablet once each day - days, 90, Ref: 1

Rx: ALLOPURINOL 300MG 1 Tablet once each day - days, 90, Ref: 3

Rx: SIMVASTATIN 20MG 1 Tablet once each day - days, 90, Ref: 3

Rx: ZESTRIL 10MG 1 Tablet daily - days, 90, Ref: 3

Rx: COMTAN 200MG 1 Tablet three times each day - days, 90, Ref: 5

Rx: AMARYL 4MG 1 Tablet twice daily - days, 180, Ref: 3

Rx: ONETOUCH ULTRA BLUE Strip - days, 100, Ref: 5 Instructions: Dx E11.9, test tid and prn

Rx: SINEMET CR 50-200MG Tablet ER - days, 210, Ref: 2 Instructions: 2 tabs am, 2 tab midday, 3 tabs pm

Rx: MIRAPEX 0.125MG 2 Tablet twice daily - days, 120, Ref: 2 Instructions: start 1 tab bid x 2 weeks, then 2 tab bid

Rx: KEFLEX 500MG 1 Capsule twice daily 7 days, 14, Ref: 0

Below are your recent lab results (if applicable):

HGB A1C: 8.5 on 02/23/2016

*If you are diabetic, your goal is for this number to be less than 7*

TRIGLYCERIDE: 186 on 10/14/2015

*This goal is less than 150.*

HDL: 29 on 10/14/2015

*This goal greater than 40 for men, greater than 50 for women.*

LDL-CHOL: 50 on 10/14/2015

*If you are diabetic or have a history of heart disease, your goal less than 70-100, otherwise less than 130.*

CHOL: 116 on 10/14/2015

*For most people this goal is less than 200.*

GLUCOSE: 120 on 02/23/2016

*If you were fasting when this lab was done, this number should be less than 100.*

Kidney Function:

CREATININE: 1.4 on 02/23/2016

*Generally, this number should be less than 1.4, but the normal for you may vary based on body type and age.*

Liver Function:

SGOT (AST): 22 on 02/23/2016

SGPT (ALT): 12 on 02/23/2016

*Generally these numbers should be less than 65*

Thyroid function:

TSH: 2.99 on 10/14/2015

*Generally, this number should be less than 5.5 if you are being treated for hypothyroidism.*

Body Mass Index from last visit: 27.76 kg/m2

Body Mass Index (BMI) is a measure of body fat based on height and weight. BMI 25-30: overweight BMI >30: obese

**Have you had any tests done outside our office? Provide details below**

Have you seen any of the following specialists since your last visit? If you are seeing any other specialists please add them to the list.

Nephrology: Kamran

Neurology: guyton

Please list any questions for your provider below.

Your provider will write any new instructions below.

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Treatment goals: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Education Spotlight: Diabetes awareness: Assess your risk of diabetes**

Did you know that 25 percent of those who have type 2 diabetes don't even know they have it? We'd like to encourage everyone to take their Diabetes Risk Test and share it with your family and friends. It takes me less than a minute!

You can find the test here:

http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/?loc=DropDownDB-RiskTest

Risk factors for prediabetes and diabetes

* Being overweight or obese can keep your body from making and using insulin properly, as well as cause high blood pressure.
* Having a parent or sibling with diabetes more than doubles the risk of getting the disease.
* Being of certain races, such as black, American Indian, Asian American, Pacific Islander or Hispanic.
* Having had gestational diabetes or given birth to at least one baby weighing more than 9 pounds.
* Having high blood pressure measuring 140/90 or higher.
* Having abnormal cholesterol, with a high-density lipoprotein (HDL) or "good cholesterol" of 35 or lower, or triglyceride levels over 250.
* Exercising infrequently — less than three times a week.

**Reduce your risk**

If you're at medium to high risk for type 2 diabetes, talk with your health care provider. Although you can't control all risk factors, early diagnosis and making healthy lifestyle changes can prevent or delay complications from diabetes — such as heart disease, stroke, blindness and death.

If you're at risk of developing diabetes in the future, reduce your risk by making changes such as the following:

* Achieve and maintain a healthy weight. If you're overweight, you can lower your blood glucose and reduce your risk of prediabetes by losing weight — even just 5 to 10 percent of your total weight.
* Reduce fat and calories in your diet. Limit dietary fat to no more than 30 percent of your total calories. Include a fruit or vegetable with each meal, and eat more whole grain foods and fewer foods made of refined flours. For second helpings, choose vegetables, salad or fruit.
* Drink plenty of water, and limit the amount of juice and sugar-sweetened sodas that you drink.
* Get regular physical activity. If you're not currently active, talk with your health care provider about getting started on an exercise program. Your health care provider can help you find physical activities appropriate for you.