

PATIENT		FACILITY		ENCOUNTER	
Tami Ahmad		PRO MED		Office or other outpatient visit for the evaluation and management of a new patient, which requires ...	
DOB	10/22/1961	T	(334) 382-0530	NOTE TYPE	SOAP Note
AGE	62 yrs	F	(334) 382-0498	SEEN BY	Chandra Shekar
SEX	Female	302 paul stabler dr			INTERNAL
PRN	TA360129	Greenville, AL 36037			MEDICINE/PEDIATRIC
				DATE	02/03/2024
				AGE AT DOS	62 yrs
				Electronically signed by Chandra Shekar	
				INTERNAL MEDICINE/PEDIATRIC at	
				02/04/2024 05:51 pm	

Chief complaint

Chronic leg and arm pain, tenderness and swelling.

Patient identifying details and demographics

FIRST NAME	Tami	SEX	Female	RACE	White
MIDDLE NAME	-	DATE OF BIRTH	10/22/1961	ETHNICITY	-
LAST NAME	Ahmad	DATE OF DEATH	-	PREF. LANGUAGE	-
SSN	-	PRN	TA360129	STATUS	Active patient

CONTACT INFORMATION

ADDRESS LINE 1	318 West 25th Avenue	CONTACT BY	Mobile Phone
ADDRESS LINE 2	-	EMAIL	tsahmad61@yahoo.com
CITY	Covington	HOME PHONE	(985) 892-0726
STATE	LA	MOBILE PHONE	(985) 507-0009
ZIP CODE	70433	OFFICE PHONE	(985) 792-3005
		OFFICE EXTENSION	-

FAMILY INFORMATION

NEXT OF KIN	-	PATIENT'S MOTHER'S MAIDEN NAME	-
RELATION TO PATIENT	-		
PHONE	-		
ADDRESS	-		

Active insurance			
PRIMARY PAYER			
PAYER	Aetna	INSURED ID NUMBER	W237480909
PRIORITY	Primary	GROUP NUMBER	0880794
TYPE	Other	EMPLOYER NAME	-
RELATIONSHIP TO INSURED	Self	INSURANCE PAYMENT TYPE	Copay
START DATE	06/04/2018	PAYMENT TYPE	Fixed
END DATE	-	COPAY AMOUNT	-
		STATUS	Active

Inactive insurance

Payment information			
PAYMENT PREFERENCE	Primary Insurance	DATE OF BIRTH	10/22/1961
PATIENT'S RELATIONSHIP TO GUARANTOR	Self	SEX	Female
GUARANTOR NAME	Tami S Ahmad	SOCIAL SECURITY NUMBER	-
GUARANTOR ADDRESS	318 West 25 th Avenue Covington, LA 70433	PRIMARY PHONE NUMBER	(985) 507-0009
		SECONDARY PHONE NUMBER	(985) 892-0726

Vitals for this encounter	
	02/03/24 3:15 PM
Height	64 in
Weight	214 lb
Pulse	80 bpm
Temperature	98.50 °F
BMI	36.73
Blood pressure	125/72 mmHg

Subjective

Ms Tami is here for evaluation of chronic bilateral lower extremity pain, tenderness and swelling with cuffing at the ankles. Bilateral upper extremity swelling and pain. Persistent rash and skin irritation in skin folds of abdomen. Her mother also had these types of problems.

She has lost approximately 105 pounds and has excess skin, but also has bulging around the knees and hips. She has used tried conservative treatments with manual lymphatic drainage with physical therapy, use of compression garments, diuretics, and use of pneumatic compression pumps. Conservative treatment has shown limited response.

Review of systems:

General: No fever or chills. c/o easy fatigability. **She has lost approximately 105**, but this is intentional[Had gastric bypass surgery.

Eyes: No blurred or double vision.

Head: No headaches or migraines.

Breast: No noted lumps, no tenderness, no swelling, no nipple discharge.

Chest: No cough or shortness of breath..

Heart: Has high blood pressure, heart attack, or irregular heart beat.. She is taking low dose blood pressure medications with **blood pressure under good control. She has had an extensive cardiac workup which was negative for any heart disease or heart failure.** Calcium score was **0.**

Gastrointestinal: No abdominal pain, nausea, diarrhea, or constipation..

GU: No kidney stones, urinary tract infections, or other urinary tract problems..

Gyn: No dysmenorrhea, no vaginal discharge, no pelvic pain..

Musculoskeletal: Patient complains of **low back pain and muscle spasms.** She has **seropositive rheumatoid arthritis**, so has some complaints of joint discomfort, but is mostly controlled with Orenica infusions. **Patient had vascular workup on the lower extremities with ultrasound which revealed no reflux or abnormalities.**

Skin: **Patient has persistent rash and skin irritation under the skin folds around the abdomen and pelvic area.** She has **excessive bruising on legs, hands and arms.**

Neurologic: No weakness, no stroke, no seizures, no numbness or tingling..

Psychiatric: No anxiety or depression..

Endocrine: Hypothyroidism

Immunologic: No tuberculosis, hepatitis, or recurrent infections..

Hematologic: No anemia or easy bleeding. **Patient has excessive and persistent bruising.**

Current Medications:

Orenica Infusion - every 4 weeks

Mounjaro 15 - once a week

Reclast Infusion - once a year

Synthroid - .075 mcg

Cipro - 250 mg bid

Plaquenil - 200 mg bid

Aldactone - 25 mg qd

Toprol - 25 mg bid

Savella - 25 mg bid

Prednisone - 2.5 mg qd

Multivitamin - qd

Calcium + D - 2 per day

Vitamin D3

Objective

General: Normotensive, in no acute distress.

Head: Normocephalic, no lesions.

Eyes: PERRLA, EOM's full, conjunctivae clear, fundi grossly normal.

Ears: EAC's clear, TM's normal.

Nose: Mucosa normal, no obstruction.

Throat: Clear, no exudates, no lesions.

Neck: Supple, no masses, no thyromegaly, no bruits. Chest: Lungs clear, no rales, no rhonchi, no wheezes.

Heart: RR, no murmurs, no rubs, no gallops.

Abdomen: Soft, tenderness to the touch with lumps under the skin. Rash under the folds of the lower abdomen.

GU: Normal, no lesions, no discharge, no hernias noted.

Pelvic: deferred

Rectal: deferred

Back: Normal curvature, some tenderness and spasm

Extremities: Legs with swelling and tenderness. Multiple Lumps and nodules under the skin and visible on examination. Arms with tenderness and nodules under the skin

Neuro: Physiological, no localizing findings.

Skin: soft tissue contusions with purplish discoloration on arms, hands and legs. Moist irritative skin rash under skin folds of lower abdomen. Multiple subcutaneous fatty lumps noted in the extremities and around the trunk.

Labs: reviewed -unremarkable .

Assessment

Rheumatoid Arthritis/Polyarthritis - under control

Lipedema bilateral legs, bilateral arms, trunk and abdomen

Secondary Lymphedema.

Hypertension controlled with medication

Lower abdominal interagio

Increased abdominal adiposity, Lower back pain-

Plan

Current medications reviewed, continue current medications unchanged.

Preventive counseling: Diet and exercise reviewed. Low fat low cal diet regular exercise lose wt.

Advised patient to consider abdominal

- Panniculectomy
- Suction assisted lipectomy of upper & lower extremities.
- Suction assisted lipectomy of abdomen[Circumferential lipectomy}
- Suction assisted lipectomy of trunk
- Circumferential abdominoplasty
- Dietary counseling and surveillance

Will refer to plastic surgeon Dr. Jaime Schwartz for complete evaluation and further management. Phone - 888.547.3336.