

Patient Name: Miricim Bear

Date 11/3/24

<input checked="" type="checkbox"/>	What	Why	What you must do
Imaging			
	DEXA Scan	Assesses for osteopenia or osteoporosis; important if you have hypermobile tissue	<ol style="list-style-type: none"> 1. Find a radiology facility. 2. Send the facility name, phone, and fax. 3. Have results faxed: 310-747-5908.
	ECHOCardiogram	Checks the size of the aortic root that can be dilated if you have hypermobile tissue.	<ol style="list-style-type: none"> 1. Find a cardiology/vascular testing. 2. Send us the name, phone, and fax of the facility you plan on using. 3. Notify us the test is complete.
	Nuclear Medicine Lymphoscintigraphy Scan	To assess the lymphatic vessels of the legs and/or arms.	<ol style="list-style-type: none"> 1. Find a nuclear medicine facility. Usually hospital/University. 2. Send the facility name, phone, and fax. 3. Notify us the test is complete.
	Pelvic Ultrasound	To assess pelvic veins for enlargement (varicosities) and leaks (venous insufficiency; pelvic congestion).	<ol style="list-style-type: none"> 1. Find a vascular lab for the test. 2. Send us the name, phone, and fax of the facility you plan on using. <p>Notify us the test is complete so we can call and get the results.</p>
	Right upper quadrant ultrasound	To look for fatty liver	Any radiology facility.
	Soft tissue ultrasound	To look for masses, lymph nodes and other tissue findings.	Any radiology facility.
	Venous duplex ultrasound	To assess the veins of your legs for enlargement (varicosities) and leaks (venous insufficiency) that may require treatment	<ol style="list-style-type: none"> 1. Find a vascular lab for the test. 2. Send us the name, phone, and fax of the facility you plan on using. 3. Notify us the test is complete.
	Tilt Table Test	You may have autonomic dysfunction.	<ol style="list-style-type: none"> 1. Find a cardiology or neurology lab for the test. Search online for your city and "tilt table". 2. Send us the name, phone, and fax of the facility you plan on using. 3. Notify us the test is complete.
Labs			
	Labs	To find out information on you.	Typical labs are Labcorp, Quest Diagnostics, Sonora Quest You can also take the order to a hospital lab or doctor's office.
	FM/a test	To check if you have fibromyalgia.	<p>Fill out this form online: https://www.fmtest.com/ https://fmtest.com/sign-up/</p> <p>You will be contacted, sent a kit which you take to a lab and get your blood drawn. If not covered by insurance, you will need to decide if you want to pay the cost.</p>



Dr. Herbst's Treatment Plans and Recommendations

Genetic Testing	We use Invitae, Prevention Genetics and other to evaluate genetic variations	<ol style="list-style-type: none"> 1. Sign the genetics consent form. 2. Complete the blood or saliva kit and send in after you receive it.
Therapy/Therapist Orders		
✓ Deep tissue therapy	To improve your fascia and reduce fibrosis.	Search for a PT that does myofascial release, Astym therapy astym.com or Graston technique grastontechnique.com , negative pressure therapy (like cupping).
Functional Capacity Exam (FCE)	To assess your functional capacity prior to surgery or for disability.	Healthline in California does FCEs. Call PT services near you to see if they have a provider that has been trained in this testing.
Manual lymphatic drainage therapy	To improve your tissue and lymphatic flow.	Find a physical or occupational therapist, or licensed massage therapist (not covered by insurance) on one of these websites: <ul style="list-style-type: none"> • klosetraining.com/therapist-directory/ • lymphnet.org/find-treatment • www.clt-lana.org/
Other Orders		
✓ Compression Garment Order	To help you get compression garments that work well for you.	Find a medical supply store near you. You can also use online services such as Bio-Concepts: https://www.bio-con.com/
Referral	We want to send you to a specialist to help you with your health.	Find a specialist by searching online for the specialty and your city/town. Your PCP may be able to help.
Referral to surgery	To reduce the burden of lipedema or Dercum's disease tissue.	Please contact our office if you are interested in seeing Dr Jaime Schwartz. His office will also reach out to you.
Sequential / intermittent pneumatic compression pump	To empower you to take care of your tissue at home.	We prescribe Lympha Press, Tactile Medical Flexitouch, Koya, or basic pumps. We place an order and send your note and demographic information to a representative who will contact you. Getting insurance to cover the pump may take time so be patient.
Transcutaneous oxygen measurement	To make sure you are getting enough oxygen in your legs especially before surgery.	Arizona St. Mary's Wound Healing Center 1802 W. St. Mary's Road Tucson, Arizona 85745 (520) 205-7520 California UCLA Hyperbaric Medicine 200 UCLA Medical Plaza, Suite B270 Los Angeles, CA 90095 (310) 794-1031 phone
Vasculera Prescription	To reduce vein inflammation	Blink pharmacy will contact you.
Follow Up	Reason:	Time Period: