



Total Lipedema Care Beverly Hills

TELEMEDICINE PROGRESS NOTE

Patient Name: Bramblette , Sarah

DOB: 1977-09-10

Age: 43

I performed this visit using real-time telehealth tools, including a Panterra Streams live video (or phone) connection between my location and the patient's location. Prior to initiating the services, I obtained the patient's informed verbal consent on Tuesday, July 13th, 2021 to perform this visit using the telehealth tools and answered all the questions the patient had about the telehealth interaction.

Originating Site: Total Lipedema Care, Beverly Hills, CA and Tucson, AZ
Home Distant Site: 9020 NE 8TH AVE APT 1G, MIAMI SHORES, FL, 33138

Physical exam, if recorded, is based on patient reported information or obtained through peripheral.

CC: Lipedema

S: Sarah Bramblette is a 43 year young female with a history of Lipedema, Lymphedema, Acid Reflux, IBS, Sleep Apnea. Past history of DVT (2004), TIA (2004/2005), frequent cellulitis, anemia, Anal fissure/hemorrhoids, a loose connective tissue disease, who presents for care.

I requested custom sleeves from the very start of conversation with LymphaPress...this is what I have and was told custom wouldn't provide any better compression. They're kidding right? And I'm will to pay? Yet they seem to try to talk me out. That's two extenders that do not inflate! So entire top of thigh not being pumped. The extenders do not pump and after her pumping her legs increased a cam. She fell and did not want to try it again until she had an US assessing for a clot which is now negative. Her thighs are the hardest thing to compress.

She started metformin and then changed to Ozempic. She is on 0.5 and then will move up to 1.0.

Weight this AM was 455 lbs.

She has time off in September and she will have time to come see Dr Schwartz. She is concerned about her need for ablation to control her heart rate. Ideally she wants the SVT under control.

She had cellulitis again in March 2021. It had been a while since her last bout of cellulitis.

Her mother is a nurse and showed her how to work with drains.

MEDICAL HISTORY

First Menses: 13

Menopause: NA

0 Pregnancies

0 Live Births

Lipedema, Lymphedema, Acid Reflux, IBS, Sleep Apnea. Past history of DVT (2004), TIA (2004/2005), frequent cellulitis, anemia, Anal fissure/hemorrhoids, SVT.

SURGICAL HISTORY

D&C April 1996 RNY Gastric Bypass w/ gallbladder removal April 2003 PFO closure January 2006

Incisional/Ventral hernia repair w/ panniculectomy December 2006 Hernia repair w/ mesh October 2007

Brachioplasty 1 and Brachioplasty 2 with breast lift and back skin flap removal - 2008 RNY revision w/ hiatal hernia repair - September 2010

MEDICATIONS

Allergies: Cephalosporins, Bactrim, tape/adhesive sensitivity

Medications: Aspirin, iron, Zyrtec, Nexium, Vitamin D, Vitamin C, Selenium, Butchers Broom, Turmeric, Pre-natal

vitamin, B-12 sublingual, Verapamil, Ozempic.

[Medications were reviewed]

O: Reviewed pictures of the lymphapress garment that does not treat the top of the leg.

D-dimer 2.98 (0.50)

Lipid panel

TC 150

HDL 44

TG 63

LDL 91

Non-HDL 106

HS-CRP 8.9 (<1.0)

WBC 6.1

RBC 4.07

MCHC 31.0 LOW otherwise CBC normal

RDW 15.4 (11-15)

Prealbumin low 15 (17-34)

Glucose 83

A1C 4.7%

Iron 71

Ferritin 29

CMP otherwise normal

Insulin 14.6 Fasting

Assessment and Plan:

1. I will contact Robert Martin about your Lymphapress garments.
2. Agree with you doing a virtual consult with Dr Jaime Schwartz. Try and attend his webinar first.
3. Consider a longer treatment time for antibiotics after the liposuction.
4. Consider consulting with Ketan Patel, MD at USC or Alexander Nguyen, MD or Wei Chen at Cleveland Clinic or Jay Granzow, MD in California.
5. You may need a lymphangioscintigraphy.
6. Agree with Ozempic.

ICD-10 codes for this visit

R60.9 Lipedema

I89.0 Lymphedema

M79.605 Pain in the left leg

M79.604 Pain in the right leg

M79.601 Pain in the right arm

M79.602 Pain in the left arm

Q79.62 Hypermobility Ehlers Danlos Syndrome

L90.5 Scar conditions and fibrosis of skin

G89.4 Chronic pain syndrome

R10.9 Unspecified abdominal pain

L98.7: Excessive and redundant skin and subcutaneous tissue

Electronically signed by Karen L. Herbst, MD, PhD Tuesday, July 13th, 2021

Karen L. Herbst, MD, PC

NPI: 1114977840

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Total time spent on medical discussion: I spent 30 minutes with the patient, over half of which was spent in counseling and coordination of care that may help Sarah.