

Visit Summary for TIFFANY ANDERSON

We would like to thank you for allowing us to assist you with your healthcare needs. Our entire staff strives to provide an excellent experience for our patients and their families. The following includes information regarding your visit.

Age: 46 years **Gender:** Female **DOB:** 08/22/1970 **MRN:** 8300711
Address: 1900 LAKESHORE DR LODI, CA 952424232
Home: (209) 331-0208 **Work:** -- **Mobile:** --
Primary Care Provider: UNABLE TO OBTAIN PROVIDER, MD
Language: English
Health Plan: 1°SELF PAY UNINSURED

Visit Information

UrgentCare-LH
1235 West Vine Street Suite 20 Lodi, CA, 952405109
Phone: 2093397600 **Fax:** 2093397509

Visit Date: --
Scheduled Provider: --
Referring Provider: --

Vitals and Measurements this Visit (last charted value for your 02/15/2017 visit)

Temperature (C): 36.2 DegC
Temp site: Oral
Pulse rate: 93 bpm
Pulse site: Monitor
Respiratory rate: 16 br/min
Systolic BP: 166 mmHg
Diastolic BP: 98 mmHg
BP position: Sitting
Pulse oximetry: 97 %
Height/Length (in): 64 inch(es)
Height/Length (cm): 162.56 cm
Weight (lbs): 129.8 lb
Weight (kg): 58.88 kg
Body Mass Index: 22.28 kg/m2

Orders this Visit

No visit orders documented

With:

Follow up with primary care provider

Address:**When:****Comments:**

Follow-up and establish with a primary care provider within the next 3-5 days if possible. It is also recommended that you discuss your blood pressure with your doctor. Take medication as prescribed. Do not use alcohol with this medication. The urgent care clinic will not refill this medication. Monitor for increased pain, shortness of breath or difficulty breathing, fever over 102F not going down with motrin or tylenol, headache not going away, or a new rash. If any of these develop, return to the ER.

Orders for the Future

No future orders documented

Diagnoses this Visit

1 Anxiety (F41.9)

Allergies

NKA

TODAYS IMMUNIZATONS**Immunizations**

No Immunizations Documented This Visit

PATIENT PHARMACY

Walgreens #02961
75 N HAM LN
LODI, CA 952422700
(209) 369-8575

ALL KNOWN CURRENT PRESCRIPTIONS and REPORTED MEDICATIONS**A LIST OF MEDICATIONS THAT YOU SHOULD BE TAKING AT HOME**

This list is based on the information obtained from the patient and/or family member as well as additional medications that may have been prescribed during your visit/stay.

Medication and Strength	How to Take	Purpose, Comments, Special Instructions	Medication Changes Prescription Location
ALPRAZolam (Xanax 1 mg oral tablet)	1 Tabs, Oral, THREE TIMES A DAY as needed for for anxiety	Do not share this medication with anyone. Do not use alcohol with this medication.	New Pick up at Walgreens 75 N HAM LN LODI, CA 952422700 (209) 369-8575

Medication list as of 02-15-17 05:40 pm

Stop Taking the Following Medications:

- Please keep a copy of this medication list with you at all times in the event of an emergency.
- Please update this medication list whenever there are any changes.
- Please give your doctor(s) a copy of your current medication list.

Problems and Health Issues

No Problems/Health issues documented

Future Appointments

Appt. Date: 02/15/2017 04:45:00 pm

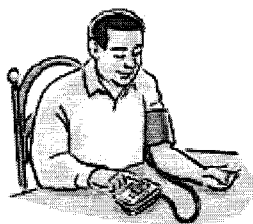
Scheduled Provider: Lodi Urgent Care Generic Provider

Location: UrgentCare-LH

Additional Comments:

High Blood Pressure, To Be Confirmed, No Treatment

Your blood pressure today was higher than normal. Sometimes anxiety or pain can cause a temporary rise in blood pressure. It later returns to normal. Blood pressure that is high only one time doesn't mean that you have high blood pressure (hypertension). High blood pressure is a chronic illness. But you should have your blood pressure measured again within the next few days to find out if it's still high.



A blood pressure reading is made up of two numbers: a higher number over a lower number. The top number is the systolic pressure. The bottom number is the diastolic pressure. A normal blood pressure is less than 120 over less than 80. High blood pressure is

when either the top number is 140 or higher, or the bottom number is 90 or higher. This must be the result when taking your blood pressure a number of times.

The blood pressures between normal and high are called prehypertension. This is systolic pressure of 120 to 140 or diastolic pressure of 80 to 89. Prehypertension means you are at risk of getting high blood pressure. You should have your blood pressure checked regularly to be sure it isn't rising.

Home care

Measure your blood pressure on 3 different days and write down the results. This can be done at your health care provider's office or at this facility. Some pharmacies and grocery stores have automated blood pressure machines that you can use.

Follow-up care

If your blood pressure is high (more than 120 over 80) on 2 out of 3 days, you will need to follow up with your health care provider for more evaluation and treatment.

Don't put this off! High blood pressure can be treated. High blood pressure that's not treated raises your risk for heart attack and stroke.

When to seek medical advice

Call your health care provider right away if any of these occur:

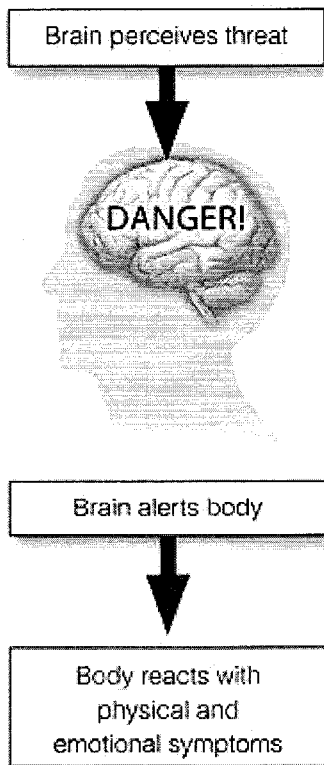
- Chest pain or shortness of breath
- Severe headache
- Throbbing or rushing sound in the ears
- Nosebleed
- Sudden severe pain in your belly (abdomen)
- Extreme drowsiness, confusion, or fainting
- Dizziness or dizziness with spinning sensation (vertigo)
- Weakness of an arm or leg or one side of the face
- You have problems speaking or seeing

© 2000-2016 The StayWell Company, LLC. 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.

Your Body's Response to Anxiety

Normal anxiety is part of the body's natural defense system. It's an alert to a threat that is unknown, vague, or comes from your own internal fears. While you're in this state, your feelings can range from a vague sense of worry to physical sensations such as a pounding heartbeat. These feelings make you want to react to the threat. An anxiety response is normal in many situations. But when you have an anxiety disorder, the same response can occur at

the wrong times.



Anxiety can be helpful

Normal anxiety is a signal from your brain that warns you of a threat and is a normal response to help you prevent something or decrease the bad effects of something you can't control. For example, anxiety is a normal response to situations that might damage your body, separate you from a loved one, or lose your job. The symptoms of anxiety can be physical and mental.

How does it feel?

At certain times, people with anxiety may have:

- Dizziness
- Muscle tension or pain
- Restlessness
- Sleeplessness
- Difficulty concentrating
- Racing heartbeat
- Fast breathing
- Shaking or trembling
- Stomachache
- Diarrhea

- Loss of energy
- Sweating
- Cold, clammy hands
- Chest pain
- Dry mouth

Anxiety can also be a problem

Anxiety can become a problem when it is difficult to control, occurs for months, and interferes with important parts of your life. With an anxiety disorder, your body has the response described above, but in inappropriate ways. The response a person has depends on the anxiety disorder he or she has. With some disorders, the anxiety is way out of proportion to the threat that triggers it. With others, anxiety may occur even when there isn't a clear threat or trigger.

Who does it affect?

Some people are more prone to persistent anxiety than others. It tends to run in families, and it affects more younger people than older people. But no age, race, or gender is immune to anxiety problems.

Anxiety can be treated

The good news is that the anxiety that's disrupting your life can be treated. Working with your doctor or other healthcare provider, you can develop skills to help you cope with anxiety. You can also gain the perspective you need to overcome your fears. **Note:** Good sources of support or guidance can be found at your local hospital, mental health clinic, or an employee assistance program.

If anxiety is wearing you down, here are some things you can do to cope:

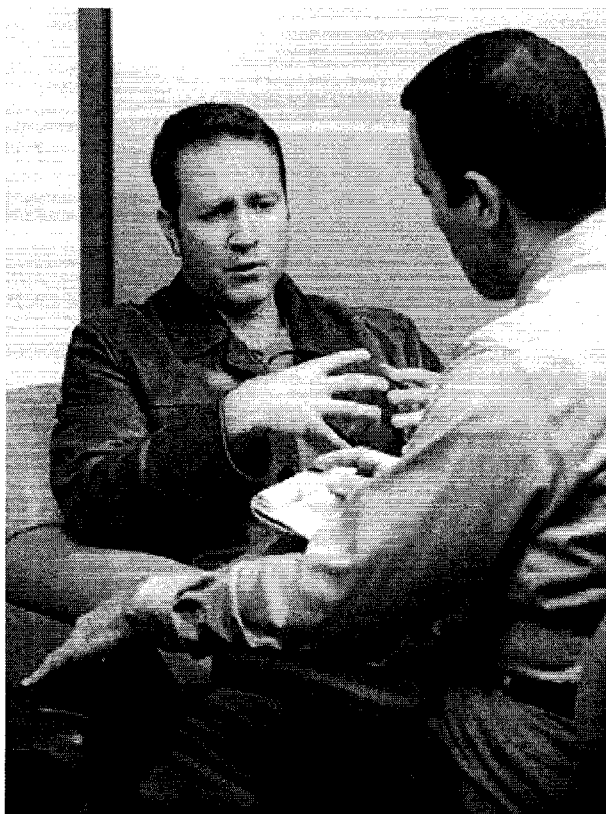
- Keep in mind that you can't control everything about a situation. Change what you can and let the rest take its course.
- Exercise—it's a great way to relieve tension and help your body feel relaxed.
- Avoid caffeine and nicotine, which can make anxiety symptoms worse.
- Fight the temptation to turn to alcohol or unprescribed drugs for relief. They only make things worse in the long run.

© 2000-2016 The StayWell Company, LLC. 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.

Treating Anxiety Disorders with Therapy

If you have an anxiety disorder, you don't have to suffer anymore. Treatment is available. Therapy (also called counseling) is often a helpful treatment for anxiety disorders. With

therapy, a specially trained professional (therapist) helps you face and learn to manage your anxiety. Therapy can be short-term or long-term depending on your needs. In some cases, medication may also be prescribed with therapy. It may take time before you notice how much therapy is helping, but stick with it. With therapy, you can feel better.



Cognitive behavioral therapy (CBT)

Cognitive behavioral therapy (CBT) teaches you to manage anxiety. It does this by helping you understand how you think and act when you're anxious. Research has shown CBT to be a very effective treatment for anxiety disorders. How CBT is run is almost like a class. It involves homework and activities to build skills that teach you to cope with anxiety step by step. It can be done in a group or one-on-one, and often takes place for a set number of sessions. CBT has two main parts:

- Cognitive therapy helps you identify the negative, irrational thoughts that occur with your anxiety. You'll learn to replace these with more positive, realistic thoughts.
- Behavioral therapy helps you change how you react to anxiety. You'll learn coping skills and methods for relaxing to help you better deal with anxiety.

Other forms of therapy

Other therapy methods may work better for you than CBT. Or, you may move from CBT to another form of therapy as your treatment needs change. This may mean meeting with a therapist by yourself or in a group. Therapy can also help you work through problems in your life, such as drug or alcohol dependence, that may be making your anxiety worse.

Getting better takes time

Therapy will help you feel better and teach you skills to help manage anxiety long term. But change doesn't happen right away. It takes a commitment from you. And treatment only works if you learn to face the causes of your anxiety. So, you might feel worse before you feel better. This can sometimes make it hard to stick with it. But remember: Therapy is a very effective treatment. The results will be well worth it.

Helping yourself

If anxiety is wearing you down, here are some things you can do to cope:

- Don't fight your feelings. Anxiety feeds itself. The more you worry about it, the worse it gets. Instead, try to identify what might have triggered your anxiety. Then try to put this threat in perspective.
- Keep in mind that you can't control everything about a situation. Change what you can and let the rest take its course.
- Exercise — it's a great way to relieve tension and help your body feel relaxed.
- Examine your life for stress, and try to find ways to reduce it.
- Avoid caffeine and nicotine, which can make anxiety symptoms worse.
- Fight the temptation to turn to alcohol or unprescribed drugs for relief. They only make things worse in the long run.

© 2000-2016 The StayWell Company, LLC. 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.

Treating Anxiety Disorders with Medication

An anxiety disorder can make you feel nervous or apprehensive, even without a clear reason. Certain anxiety disorders can cause intense feelings of fear or panic. You may even have physical symptoms, such as a racing heartbeat or dizziness. If you have these feelings, you don't have to suffer anymore. Treatment to help you overcome your fears will likely include therapy (also called counseling). Medication may also be prescribed to help control your symptoms.

away.

- **Antidepressant medication:** This kind of medication is often used to treat anxiety, even if you aren't depressed. An antidepressant helps balance out brain chemicals. This helps keep anxiety under control. This medication is taken on a schedule. It takes a few weeks to start working. If you don't notice a change at first, you may just need more time. But if you don't notice results after the first few weeks, tell your provider.

Keep taking medications as prescribed

Never change your dosage or stop taking your medications without talking to your health care provider first. Keep the following in mind:

- Some medications must be taken on a schedule. Make this part of your daily routine. For instance, always take your pill before brushing your teeth. A pillbox can help you remember if you've taken your medication each day.
- Medications are often taken for 6 to 12 months. Your health care provider will then evaluate whether you need to stay on them. Many people who have also had therapy may no longer need medication to manage anxiety.
- You may need to stop taking medication slowly to give your body time to adjust. When it's time to stop, your health care provider will tell you more. Remember: Never stop taking your medication without talking to your provider first.
- If symptoms return, you may need to start taking medications again. This isn't your fault. It's just the nature of your anxiety disorder.

Special concerns

- **Side effects:** Medications may cause side effects. Ask your health care provider or pharmacist what you can expect. They may have ideas for avoiding some side effects.
- **Sexual problems:** Some antidepressants can affect your desire for sex or your ability to have an orgasm. A change in dosage or medication often solves the problem. If you have a sexual side effect that concerns you, tell your health care provider.
- **Addiction:** Antidepressants are not addictive. And if you've never had a problem with drugs or alcohol, you likely won't have a problem with anti-anxiety medication. But if you have history of addiction, you may need to avoid this medication.

© 2000-2016 The StayWell Company, LLC. 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.

Anxiety Reaction

Anxiety is the feeling we all get when we think something bad might happen. It is a normal response to stress and usually causes only a mild reaction. When anxiety becomes more severe, it can interfere with daily life. In some cases, you may not even be aware of what it is you're anxious about. There may also be a genetic link or it may be a learned behavior in the home.

Both psychological and physical triggers cause stress reaction. It's often a response to fear or

emotional stress, real or imagined. This stress may come from home, family, work, or social relationships.

During an anxiety reaction, you may feel:

- Helpless
- Nervous
- Depressed
- Irritable

Your body may show signs of anxiety in many ways. You may experience:

- Dry mouth
- Shakiness
- Dizziness
- Weakness
- Trouble breathing
- Breathing fast (hyperventilating)
- Chest pressure
- Sweating
- Headache
- Nausea
- Diarrhea
- Tiredness
- Inability to sleep
- Sexual problems

Home care

- Try to locate the sources of stress in your life. They may not be obvious. These may include:
 - Daily hassles of life (traffic jams, missed appointments, car troubles, etc.)
 - Major life changes, both good (new baby, job promotion) and bad (loss of job, loss of loved one)
 - Overload: feeling that you have too many responsibilities and can't take care of all of them at once
 - Feeling helpless, feeling that your problems are beyond what you're able to solve
- Notice how your body reacts to stress. Learn to listen to your body signals. This will help

you take action before the stress becomes severe.

- When you can, do something about the source of your stress. (Avoid hassles, limit the amount of change that happens in your life at one time and take a break when you feel overloaded).
- Unfortunately, many stressful situations can't be avoided. It is necessary to learn how to better manage stress. There are many proven methods that will reduce your anxiety. These include simple things like exercise, good nutrition and adequate rest. Also, there are certain techniques that are helpful:
 - Relaxation
 - Breathing exercises
 - Visualization
 - Biofeedback
 - Meditation

For more information about this, consult your doctor or go to a local bookstore and review the many books and tapes available on this subject.

Follow-up care

If you feel that your anxiety is not responding to self-help measures, contact your doctor or make an appointment with a counselor. You may need short-term psychological counseling and temporary medicine to help you manage stress.

Call 911

Call your healthcare provider right away if any of these occur:

- Trouble breathing
- Confusion
- Drowsiness or trouble waking
- Fainting or loss of consciousness
- Rapid heart rate
- Seizure
- New chest pain that becomes more severe, lasts longer, or spreads into your shoulder, arm, neck, jaw, or back

When to seek medical advice

Call your healthcare provider right away if any of these occur:

- Your symptoms get worse
- Severe headache not relieved by rest and mild pain reliever

