

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: 515 YOKUTS DR LODI, CA 952400691
Home: (209) 331-0208 **Work:** -- **Mobile:** --
Primary Care Provider: Freund, MD, Edmund A
Language: English
Health Plan: 1°MediCal Contracted

Visit Information

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

Visit Date: 02/28/2017 05:35:00 pm
Scheduled Provider: Lodi Urgent Care Generic Provider
Referring Provider: --

Vitals and Measurements this Visit (last charted value for your 02/28/2017 visit)

Pulse rate: 80 bpm
Systolic BP/Diastolic BP: 150 mmHg
Pulse rate: 80 bpm
Respiratory rate: 15 br/min
Systolic BP: 150 mmHg
Diastolic BP: 105 mmHg
BP location: Right arm
BP position: Sitting
Pulse oximetry: 99 %
Pulse oximetry method: Intermittent
Height/Length (in): 64 inch(es)
Height/Length (cm): 162.56 cm
Weight (lbs): 132.6 lb
Weight (kg): 60.15 kg
Body Mass Index: 22.76 kg/m²

Orders this Visit

No visit orders documented

With:

Address:

When:

Follow up with PCP in 3 days. If symptoms worsen come back or go to er.

Comments:

Lodi urgent care will no longer be refilling any of the controlled substances. You will need to follow up with your pcp and psychiatrist. Buying controlled substances on the street is illegal. Plus, you will not know how pure the medication. For your safety, do not do that anymore.

Orders for the Future

No future orders documented

Diagnoses this Visit

Allergies

NKA

TODAYS IMMUNIZATONS

Immunizations

No Immunizations Documented This Visit

PATIENT PHARMACY

No preferred pharmacy found.

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
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ALPRAZolam (Xanax 1 mg oral tablet)	1 Tabs, Oral, DAILY as needed for for anxiety x 15 Day(s)		This is a CHANGE Paper prescription given to patient
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.	

Medication list as of 02-28-17 07:18 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

Migraine
Mood disorder of depressed type

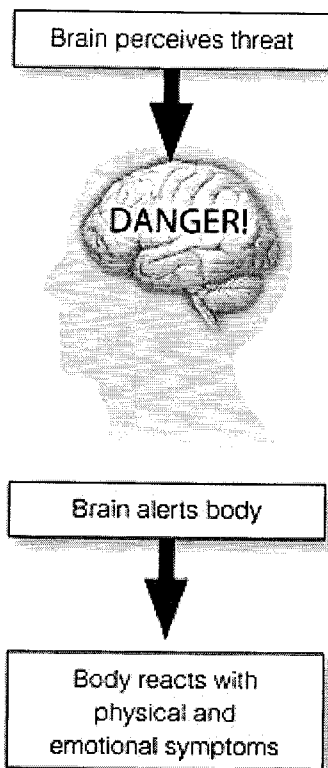
Future Appointments

Appt. Date: 03/15/2017 08:15:00 am
Scheduled Provider: Schmidt, MD, Norman
Location: MillsFamCare-LH

Additional Comments:

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.

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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.



Medications

Certain medications may be prescribed to help control your symptoms. As a result, you may feel less anxious. You may also feel able to move forward with therapy. At first, medications and dosages may need to be adjusted to find what works best for you. Try to be patient. Tell your health care provider how a medication makes you feel. This way, you can work together to find the treatment that's best for you. Keep in mind that medications can have side effects. Talk to your provider about any side effects that are bothering you. Changing the dose or type of medication may help. Don't stop taking medication on your own because it can cause symptoms to come back.

- **Anti-anxiety medication:** This medication eases symptoms and helps you relax. Your health care provider will explain when and how to use it. It may be prescribed for use before situations that makes you anxious. Or, you may be told to take it on a regular schedule. Anti-anxiety medication may make you feel a little sleepy or "out of it." Don't drive a car or operate machinery while on this medication, until you know how it affects you.

Caution

Never use alcohol or other drugs with anti-anxiety medications. This could result in loss of

muscular control, sedation, coma or death. Also, use only the amount of medication prescribed for you. If you think you may have taken too much, get emergency care right 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.

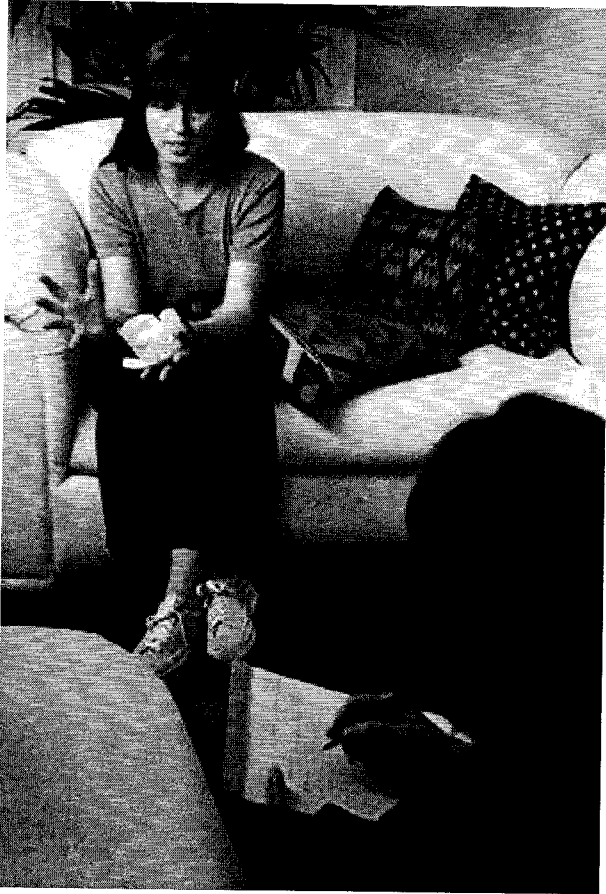
Special concerns

- **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.

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Understanding Anxiety Disorders

Almost everyone gets nervous now and then. It's normal to have knots in your stomach before a test, or for your heart to race on a first date. But an anxiety disorder is much more than a case of nerves. In fact, its symptoms may be overwhelming. But treatment can relieve many of these symptoms. Talking to your doctor is the first step.



What are anxiety disorders?

An anxiety disorder causes intense feelings of panic and fear. These feelings may arise for no apparent reason. And they tend to recur again and again. They may prevent you from coping with life and cause you great distress. As a result, you may avoid anything that triggers your fear. In extreme cases, you may never leave the house. Anxiety disorders may cause other symptoms, such as:

- Obsessive thoughts you can't control
- Constant nightmares or painful thoughts of the past
- Nausea, sweating, and muscle tension
- Difficulty sleeping or concentrating

What causes anxiety disorders?

Anxiety disorders tend to run in families. For some people, childhood abuse or neglect may play a role. For others, stressful life events or trauma may trigger anxiety disorders. Anxiety can trigger low self-esteem and poor coping skills.

Common anxiety disorders

- **Panic disorder:** This causes an intense fear of being in danger.

- **Phobias:** These are extreme fears of certain objects, places, or events.
- **Obsessive-compulsive disorder:** This causes you to have unwanted thoughts. You also may perform certain actions over and over.
- **Posttraumatic stress disorder:** This occurs in people who have survived a terrible ordeal. It can cause nightmares and flashbacks about the event.
- **Generalized anxiety disorder:** This causes constant worry that can greatly disrupt your life.

Getting better

You may believe that nothing can help you. Or, you might fear what others may think. But most anxiety symptoms can be eased. Having an anxiety disorder is nothing to be ashamed of. Most people do best with treatment that combines medication and therapy. Although these aren't cures, they can help you live a healthier life.

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