



Memorial Hematology and Oncology Partners

1340 Broad Ave
Ste 270
Gulfport, MS 39501-2464

Patient: **Helwick, Paula**
DOB/Age/Sex: 3/29/1954 69 years Female
MRN: 0000857597
FIN: 2006305834
Location: HOPE
Admit: 4/22/2021
Disch: 4/22/2021
Admitting: Hightower,Olivia MD
Attending: Hightower,Olivia MD

Document Type: Oncology Office/Clinic Note
Service Date/Time: 4/22/2021 10:49 CDT
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Perform Information: Hightower,Olivia MD (4/23/2021 10:55 CDT)
Sign Information: Hightower,Olivia MD (5/12/2021 12:55 CDT); Merritt,Brittanie L (4/23/2021 10:55 CDT)

Chief Complaint

Follow-up for history of HER2 positive inflammatory breast cancer.

Verbal consent was given by the patient to be recorded for this visit.

History of Present Illness

Paula Helwick presents today for follow-up. She has HER2-positive breast cancer and has deferred treatment with chemotherapy. The patient is cutting out sugar and has been eating healthy. She had a restaging CT of the chest, abdomen, and pelvis on 03/10/2021. The patient has recently lost weight with her dietary changes and currently weighs 129.6 pounds.

Her husband recently had a more significant case of COVID-19, and she fortunately did not contract the virus. [1]

This visit:

The patient has a history of (@0:06) positive inflammatory breast cancer. She states that her pain is almost 0 to 1/10. The patient reports that she sees evidence in the right breast that "it is trying to heal the inflammation". She explains that one of the sections broke off. The patient states some of the areas are "crusty". She notes sensitivity in the breast and is unable to wear a bra at this time. The patient denies any shortness of breath or coughing. She reports that she is not interested in chemotherapy or surgery.

The patient has been dieting and monitoring her sugar intake.

Review of Systems

Constitutional: No fever, No chills. No fatigue. No weight loss.
HEENT: No visual changes, no mouth sores.
Respiratory: No shortness of breath, No cough, No wheezing.
Cardiovascular: No chest pain, No palpitations. No edema.
Gastrointestinal: No nausea, No vomiting, No diarrhea, No heartburn. No abdominal pain.
Genitourinary: No dysuria, No urinary frequency, No urinary urgency.
Musculoskeletal: No joint pain. No muscle pain.
Neurologic: Alert and oriented X4. No focal deficits.
Lymphatics: No lymphadenopathy.
Skin: No rash or lesions.
Psych: No depression or anxiety.

Physical Exam

Vitals & Measurements

T: 36.9 °C (Temporal Artery) HR: 90 (Peripheral) RR: 18 BP: 154/69 SpO2: 98%
HT: 169 cm WT: 57.5 kg (Dosing) WT: 57.5 kg BMI: 20.13

AJCCv7 Staging

No qualifying data available

Problem List/Past Medical History

Ongoing

Breast cancer
Hypertension
Intentional weight loss

Historical

No qualifying data

Procedure/Surgical History

Tonsillectomy

Medications

Zofran ODT 8 mg oral tablet, disintegrating, 8 mg= 1 tab, Oral, TID, PRN, **Not taking**

Allergies

No Known Allergies

Social History

Alcohol

Details: Past

Employment/School

Details: Retired, Work/School description:
Retired from Retail.

Home/Environment

Details: Lives with Spouse.

Substance Abuse

Details: Never

Tobacco

Details: Never (less than 100 in lifetime)
Tobacco Use:.

Family History

Sister: Breast cancer

Lab Results

WBC: 5.22 x10(3)/mCL (04/22/21)
RBC: 4.71 x10(6)/mCL (04/22/21)
Hgb: 13.5 gm/dL (04/22/21)
Hct: 43.8 % (04/22/21)
RDW-CV: 14.2 % (04/22/21)

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Patient Name: **Helwick, Paula**

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Metric Conversions

Conversion Kg to Pounds: 126.77 (04/22/21 16:11:00)

Conversion cm to Inches: 66.54 (04/22/21 16:11:00)

Conversion C to F: 98.96 (02/11/21 14:05:00)

Physical Exam

General: Well developed, well nourished female in no acute distress.

HEENT: Normocephalic, atraumatic. PERRL. Oropharynx is clear.

Neck: Supple. No JVD.

Cardiovascular: Heart regular rate and rhythm. No murmurs.

Respiratory: Lungs clear to auscultation bilaterally.

Gastrointestinal: Soft, nontender, nondistended. Positive bowel sounds.

Genitourinary: Deferred.

Musculoskeletal: No peripheral edema. No calf tenderness.

Skin: No rash or skin lesions.

Neurological: No focal deficits noted.

Psychiatric: Normal Affect.

Lymphatics: No cervical or supraclavicular lymphadenopathy.

Assessment/Plan/Goals

1. Breast cancer (Malignant neoplasm of upper-outer quadrant of right female breast, C50.411) .

Patient is not interested in chemotherapy or surgery. Will obtain new blood labs.

2. Intentional weight loss (Other symptoms and signs concerning food and fluid intake, R63.8) .

Continue adding carbohydrates to her diet.

3. Hypertension (Essential (primary) hypertension, I10) .

Will continue to monitor.

ATTESTATION

I, Stephanie Cockerham, am documenting for Olivia Hightower, MD. Powered by DAX.

I, Dr. Olivia Hightower, agree that the documentation is accurate and complete.

[1] Onc Office Visit Note; Hightower, Olivia MD 03/11/2021 17:51 CST

Electronically Signed on 05/12/2021 12:55 PM CDT

Hightower, Olivia MD

Electronically Signed on 04/23/2021 10:55 AM CDT

Merritt, Brittanie L

RDW-SD: 48.5 fL High (04/22/21)

Lymphocyte %: 27.8 % (04/22/21)

Lymphocyte Ct: 1.45 x10(3)/mcl (04/22/21)

Neutrophil Ct: 3.15 x10(3)/mcl (04/22/21)

MCV: 93 fL (04/22/21)

MCH: 28.7 pg (04/22/21)

MCHC: 30.8 gm/dL Low (04/22/21)

MPV: 11 fL (04/22/21)

Platelet: 207 x10(3)/mcl (04/22/21)

Glucose Lvl: 92 mg/dL (04/22/21)

BUN: 15 mg/dL (04/22/21)

Creatinine Lvl: 0.6 mg/dL (04/22/21)

BUN/Crea: 25.9 ratio High (04/22/21)

Sodium Lvl: 142 mmol/L (04/22/21)

Potassium Level: 3.9 mmol/L (04/22/21)

Chloride: 104 mmol/L (04/22/21)

CO2: 28 mmol/L (04/22/21)

AGAP: 10 mmol/L (04/22/21)

Calcium Lvl: 9.7 mg/dL (04/22/21)

ALT: 31 unit/L (04/22/21)

AST: 30 unit/L (04/22/21)

Alk Phos: 75 unit/L (04/22/21)

Bili Total: 0.3 mg/dL (04/22/21)

Total Protein: 7 gm/dL (04/22/21)

Albumin: 4.1 gm/dL (04/22/21)

A/G Ratio: 1.4 ratio (04/22/21)