

Michael Jack DOB: Dec, 16 1972,

**Visit Date: Apr, 3 2009, Seen by: Dr. V. Lokanathan
Michael Jack DOB: Dec, 16 1972,
Visit For: interview Diagnosis:**

36-year-old intro visit 1120-1140

Here x 9 years

Russia-Israel-Canada

Went to Trent x 6 years - masters

Worked at Trent x 2 years - computer science

Has got citizenship

Work: OPP

Single

MedHx

sometimes gas - not all the time - rarely takes antacid

previous has + UBT and was treated

chronic rhinorrhea - saw Dr. Fuoco, had cryotherapy - more in winter

needs 3rd Recombivax - no problems with first 2 - Oct, Nov,

Meds:none

All: no

prior skin prick testing mild allergy to dust

Smoke - no - long time ago - never heavy

ETOH: rarely

never used substances

OTC: not regularly

Back sprain upper years ago - saw Derek Dotzko - saw last July then few weeks ago for aching preventative reasons

No #/sprains

GA for nasal cryo x 2 - 1999 and 2008

lasix for eyes - no probs with night vision - 2007/11

no other surgeries

circumcision age 17 - re: religious reasons moved to

mom 61 Htn

dad 61 angioplasty x 2 - first age 59

as far as he know grandparents didn't have CAD

brother in Israel - healthy

parents in Israel

Gym 4x/week with cardio

Hx borderline BP - 130/90

blood B-?

A/P: Intro visit - issues:

Healthy, active OPP officer with no concerns

Due for 3rd Hep B vacc

Book electively for CPx after screening labs - do after 3rd b along with titre

Visit Date: Apr, 20 2009, Seen by: Dr. V. Lokanathan

Michael Jack DOB: Dec, 16 1972,

Visit For: shot Diagnosis:

For 3rd Hep Imm

Recombivax 1ml left deltoid

Patient Encounter History

Printed: Jan, 3 2012,

Michael Jack DOB: Dec, 16 1972,

Req for routine labs and book electively for CPx

**** LABORATORY REQUISITION: Glucose - Fasting, TSH, Creatinine (eGFR), Lipid Assessment, Vitamin B12, Ferritin, CBC,****-----**
Visit Date: Sep, 24 2009, Seen by: Dr. V. Lokanathan**Michael Jack DOB: Dec, 16 1972,****Visit For: shoulder pain Diagnosis:******* Signed Off By: Vanita Lokanathan Sep 25, 2009 8:34 AM *******1. Shoulder pain left x 1 1/2 months****Working out - lifting weights****O: Not especially tender at AC joint but more at anterior GH joint****Normal ROM - increasd pain with lifting with elbows flexed and internally rotated - ie weights over head
no impingement****A/P: Rotator strain vs AC joint strain - Xrays and US then consider depo injection****2. Repeat lab req given for screening fasting labs****3. Gassy with lots of flatulence - wonders about extent of lactose intolerance****Wonders if needs to avoid whey****Refer to allergist****-----**
Visit Date: Dec, 21 2009, Seen by: Dr. V. Lokanathan**Michael Jack DOB: Dec, 16 1972,****Visit For: forms for work Diagnosis:******* Signed Off By: Vanita Lokanathan Jan 3, 2010 8:47 PM *******1. Forms for RCMP PAR test****Very active - has completed PAR several times s problems****Only issue is occasional****BP 126/86****Wt 170 Ht 170 BMI 26.7****Chest clear****CVS normal****No concerns****2. Chronic flatulence****Reviewed dietary recommendations with allergist****HE suggested refer to GI re ? malabsorption****Seems unlikely given no other sx, however very concerned with sx****-----**
Visit Date: May, 7 2010, Seen by: Dr. V. Lokanathan**Michael Jack DOB: Dec, 16 1972,****Visit For: phys for work with forms Diagnosis:******* Signed Off By: Vanita Lokanathan May 7, 2010 12:49 PM *******Applying for nuclear security officer****Just Had Physical fitness test and passed****Forced to resign from Police - he alleges discrimination based on ethnicity and has file but is unable to afford a lawyer at this time****Physically well and coped with stress of resignation****No concerns on exam**

Michael Jack **DOB: Dec, 16 1972,****Bp 120/70**

A/P: Fit - no medical or mental health concerns for nuclear security or other job
Needs referral to audiologist for screening
Appt pending with GI re: ? lactose intol

Visit Date: Jun, 16 2010, Seen by: Dr. V. Lokanathan
Michael Jack DOB: Dec, 16 1972,
Visit For: more paperwork Diagnosis:

***** Signed Off By: Vanita Lokanathan Jun 16, 2010 9:23 AM *****

Needs immunization status records for application to TO police
Td in 2008, Recombivax completed in 2009
TB step 1 done today - RTC 2 days read
Serologies for HBV and MMR

OTHER TESTS

Anti HBV serology, MMR serology,

Visit Date: Jun, 18 2010, Seen by: Dr. V. Lokanathan
Michael Jack DOB: Dec, 16 1972,
Visit For: to read tb test Diagnosis:

***** Signed Off By: Vanita Lokanathan Jun 18, 2010 12:55 PM *****

PPD neg
Updated dates Hep B 1& 2 and Td
Awaiting serologies
FU 2 weeks for 2nd step

Visit Date: Jun, 28 2010, Seen by: Dr. V. Lokanathan
Michael Jack DOB: Dec, 16 1972,
Visit For: TB test Diagnosis:

***** Signed Off By: Vanita Lokanathan Jun 28, 2010 9:57 AM *****

1. TB step 2 right arm
2. Sleep disruption, constantly thinking about events leading to dismissal, stress over lack of work
Still planning on filing discrimination suit
Some PTSD sx

P: Trial Zopiclone - if not settling consider SSRI
zopiclone 7.5 mg tablet 1 TAB QHS 1 MO30 30 TAB No Refills

Visit Date: Jun, 30 2010, Seen by: Dr. V. Lokanathan
Michael Jack DOB: Dec, 16 1972,
Visit For: f/u Diagnosis:

***** Signed Off By: Vanita Lokanathan Jul 1, 2010 9:30 PM *****

PPD read neg = Omm
MMR serology positive, forms completed

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Zopiclone 1/2 tab helping with sleep - aware of sx depression - will return prn for rx if needed

Visit Date: Jul, 14 2010, Seen by: Dr. V. Lokanathan
Michael Jack DOB: Dec, 16 1972,
Visit For: bp check, and sign paper Diagnosis:

***** Signed Off By: Vanita Lokanathan Jul 14, 2010 12:18 PM *****

Check up and form for repeat physical activity testing
Feels well - sleep ok with zopiclone
No exertional problems
ROS: poison ivy dermatitis limbs and trunk
BP tru 101/74

- A/P: 1. BP ok - no contraindications to PAR testing**
2. Renew Zopiclone
3. Pred 50mg od x 3-5 days for poison ivy

zopiclone 7.5 mg tablet: 1 TAB QHS 1 MO30
predniSONE 50 mg tablet 1 TAB QD 5 Day 5 TAB No Refills

Visit Date: Aug, 30 2010, Seen by: Dr. V. Lokanathan
Michael Jack DOB: Dec, 16 1972,
Visit For: depression Diagnosis:

***** Signed Off By: Vanita Lokanathan Sep, 27 2010, 12:53 PM *****

Mood Sequelae from loss job as police officer
Feels they ruined his life, unjust
Lawyer advised to keep journal
Presents documents with school marks and police training marks
Came across article re: ecstasy for PTSD
Sx PTSD nightmares, anxiety, all sx other than suicidal tendencies
Came in to extended hours - Rx for Ciprallex - got rash all over - quit and disappeared
Was also stressed + + at the time
Going to Israel tomorrow - would rather not be on any meds
O: Anxious affect

A/P: adjustment disorder post alleged discrimination and dismissal - indeed many sx consistent with PTSD
Resistant to med Rx as he does not want to be on meds and adverse effects
Reasonable to have trial off while visiting his family in Israel, but if sx flare when back may need temporizing
Refer Dr. Anderson consider counselling

Visit Date: Oct, 25 2010, Seen by: Dr. V. Lokanathan
Michael Jack DOB: Dec, 16 1972,
Visit For: referral to nephrologist Diagnosis:

***** Signed Off By: Vanita Lokanathan Oct, 26 2010, 8:33 AM *****

Saw Dr. Rajendran - dx Lactose intolerant
Creat 120 and suggested referral to nephrologist
No FHx of renal problems
No UTIs in childhood, stones

Patient Encounter History

Printed: Jan, 3 2012,

Michael Jack DOB: Dec, 16 1972,**One UTI in adulthood
No urinary sx****A/P: GFRs on low side but over 60****I agree that reasonable to work up and see nephrologist but I think unlikely he has any significant renal disease****Check GU ultrasound and labs****Refer Nephrology****** UltraSound: GU ,****Glucose - Fasting, HbA1C, TSH, Creatinine (eGFR), Uric Acid, Sodium, Potassium, Chloride, CK, ALT,
Alk Phosphatase, Albumin, Lipid Assessment, Vitamin B12, Ferritin, Albumin/Creatinine Ratio -urine,
Urinalysis (chemical), CBC, MICROBIOLOGY Urine, ESR, magnesium, calcium,****-----
Visit Date: Dec, 8 2010, Seen by: Dr. V. Lokanathan****Michael Jack DOB: Dec, 16 1972,****Visit For: more papers Diagnosis:******* Signed Off By: Vanita Lokanathan Dec, 8 2010, 12:51 PM *******Moving to Israel in 20 days****Engaged, found a job - computer tech****Reviewed Gu ultrasound and Labs****Needs Letter from physician that mentally and physically fit****Mood much better with impending life changes****O: Looks well - no concerns****A/P: 1. Renal function sl better than last and even previously GFR was in normal range albeit low normal****No structural problems evident on US****Copies of consults and labs given****Suggested he get renal labs after settling in Israel and consider nephro referral there if GFR continues on low side -
no urgency tho****2. Mood much better - still planning on pursuing complaint tho****Letter written that examined and found to be in good health**