

Hello Sundren,

I will be seeing you at 1030 on Monday September 29 for a private medical history / physical. To save you time and make the best use of the visit, here are notes about current problems:

1. Right hip: There is some instability which disturbs gait and makes running difficult. There is slight stiffness in the morning and mild pain just behind the greater trochanter which goes away with exercise. Occasionally persistent mild pain after sitting for a long period, at which time I take half an Emtec and/or 400 mg ibuprofen.
2. No further sciatic pain in the right leg; numbness lateral right foot resolved. This follows a similar pattern to nerve pains I have had in right arm and leg since 2010. I am sleeping well; no longer awakened by paroxysmal pain.
3. Cataracts create slight 'ghost' images; Dr. Duimering follows annually; I will eventually need intraocular lenses but OK for now; night vision is good.
4. Urine stream is down to about 5 mm diameter; up once per night; no trouble initiating.
5. Fungal infection middle toe L foot requires continuing treatment; I am also using Lamisil for tinea corporis.

Personal:

I have taken up bicycling because it seems to help my right leg pain.

I am currently taking:

- Creatine (monohydrate) 2 grams per day
- Vitamin D 2600 units per day
- Calcium 500 mg per day
- Glucosamine 600 mg / Chondroitin 500 mg twice per day
- Lutein 20 mg per day

"Mediterranean" diet. Lots of sleep. Continue anesthesia practice at Victoria Surgery Ltd. Spouse is aware that all my belongings are in storage and that I want to live on my own. At present I continue to live at home because it would be financially disruptive to do otherwise.

Need prescriptions for:

- Lamisil with three repeats please; using more to treat skin inflammation.
- Another 30 Emtec tablets please; with one repeat if that would be OK. From time to time the right leg pain is bothersome and ibuprofen 400 mg with acetaminophen 650 mg slow release is inadequate.
- The usual lab work — HgbA1C and LDL were slightly elevated in 2024 (FBS was OK); PSA was up slightly from 1.2 in 2022 to 2.0 in 2024.

Thanks. I am not trying to control the narrative; just want to give you a heads up.

John