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CEDARS SINAI
KERLAN-JOBE INSTITUTE

Facsimile Transmittal

Re:	Regelin Castillo	Date:	February 21, 2022
To:	Natalia Foley	Fax:	310-626-9632
From:	John Minoru Itamura, MD		

Comments:

IMPORTANT WARNING:

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February 21, 2022

Natalia Foley

Patient: Regelin Castillo
MR Number: 201036807
Date of Birth: 7/23/1965
Age: 56 year old

Dear Ms. Foley

I am sending you a copy of patient's visit report from today. I have renewed her acupuncture since these have helped her pain.

Please do not hesitate to call should you have questions or concerns regarding this patient. I appreciate the opportunity to participate in her care and have attached the progress note from her visit. Thank you.

Sincerely,
John Minoru Itamura, MD

As a result of the coronavirus pandemic, CSKJI has made an effort to limit outpatient office visits to those that are urgent/emergent only. In an effort to continue to provide patient care, the following visit was conducted as a telephone visit.

Visit conducted virtually on 2/21/2022 using audio & video on the MyCSLink platform. The video portion was conducted via Epic Haiku App while documentation was conducted via CSLink on a PC.

Patient verbalized informed consent to proceed with the video visit.

Follow Up VIDEO Evaluation

Date: 2/21/2022

Chief Complaint: Left shoulder pain

Interim history:

Regelin Castillo is a 56 year old female who was contacted today for follow-up of left shoulder pain. The patient reports these symptoms have improved since their previous office visit, which she attributes to her acupuncture visits. They give her over 30% improvement. So far she has had 5 visit. At night her sleep is improved due to assistive pillows. Her pain is made worse with prolonged periods of driving. She has AC joint pain that travels down her forearm. She only takes NSAID's when she is in more severe pain.



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She has not yet returned to work and is working on rehabilitating her right knee. She rates herself a SANE score of 65% of normal with her left shoulder. Her HTN is well-managed with Losartan per Dr. Susie Lau, MD. She monitors her BP at home with an at-home reader.

Social History: She is a non-smoker.

Review of Systems:

She denies numbness.

She denies rashes.

Physical Examination

No physical examination was performed today. Time was spent reviewing interval history, discussing treatment recommendations/progress, identifying appropriate goals of treatment, and counseling regarding operative and non-operative treatments. Over half of the appointment was spent in these counseling endeavors.

Assessment: Regelin Castillo is a 56 year old female who presents to clinic today for re-evaluation of:

1. Calcific tendinitis of left shoulder
2. Chronic left shoulder pain
3. Osteoarthritis of cervical spine, unspecified spinal osteoarthritis complication status

Plan:

I would recommend she continue with acupuncture therapy since this improves and manages her pain. Recommend she ice and alternate between Ibuprofen and Tylenol for pain relief if needed.

I do not believe at this point she will require surgery but instead should manage her pain conservatively.

I renew her acupuncture therapy.

All questions were answered with stated understanding. Patient will follow up prn

I, Nicholas Alvidrez, am scribing for, and in the presence of, Dr. John Itamura, MD.

Cc'd Natalia Foley
Fax: 310-626-9632

Progress Note Addendum

I, Itamura, John, MD, personally performed the services described in this documentation, as scribed by Nicholas Alvidrez in my presence, and it is both accurate and complete.



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Signed:
2/21/2022
5:31 PM