

CAYUGA MEDICAL CENTER AT ITHACA  
101 DATES DRIVE, ITHACA, NY 14850

CONSULTATION NOTE

ACCT #41446428  
MR #0597460

SAUNDERS, KEVIN E                      ROOM# 213-01                      04/30/02  
DOB: 05/01/56  
Fredric Kardon, MD.

DATE OF BIRTH: 05/01/56

This 45-year-old man was admitted with delusional thinking and acute psychosis. He had an episode 5 years ago when he was hospitalized in Rochester. He really was not in any condition to give much history and none was available. He was not on any medications as an outpatient. He was given Zyprexa here. He has improved markedly. I was asked to see him because of his elevated blood pressure.

The patient was taking no prescriptions at home. He was able to give me quite an accurate and complete history today. His thinking seemed quite well ordered.

He does smoke cigarettes. He drinks very lightly. The most he has ever drunk is 4 to 6 beers a week. He uses marijuana up to once a week and no more. Twenty years ago he used cocaine, but not since. He has never used needles.

He has no really significant medical history. He had a lipoma removed from his abdominal wall once, but has not really had any other significant illnesses. He was diagnosed as either bipolar disorder or borderline personality in the past.

He said he got a little foggy from the Zyprexa and has refused it the last 24 hours, and is generally feeling rather well.

He lives with a friend. He works by selling computer software on the internet. This is software he developed while working for Cornell about 7 or 8 years ago.

FAMILY HISTORY: Is unremarkable. His father died of a CVA at 60. Mother is living at 80 with macular degeneration and irritable bowel syndrome. He has some siblings who are well.

Blood pressure on April 28, 2002, was 158/84, on April 29, 2002, 158/90. Today it was 158/120 with a repeat of 160/102 about an hour later.

Patient says he has gained about 15 or 20 pounds over the past couple of years, although he has lost 5 pounds in the last few months.

EXAMINATION: He is a slightly obese young man. He is alert, cooperative, quite friendly, and maintains good eye contact. HEENT is unremarkable. Carotids are 2+ without bruits. Heart and lungs are clear to auscultation and percussion. Abdomen is soft. There is no organomegaly, mass or tenderness. There is an old surgical scar from his lipoma resection. Extremities are warm and dry. Peripheral pulses are normal and symmetric. There is no pedal edema. Skin is intact.

The patient has had elevated blood pressure for a day or so. I would not

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rush in and treat it right now but observe him as it was normal a few days ago. He should have an EKG to look for evidence of long-term hypertension. I note his lab work showed normal electrolytes and creatinine. White count was slightly elevated at 11.0. Differential was unremarkable. Hemoglobin was 14.4. Glucose was 116, which is really minimally elevated.

At the conclusion of the interview, the patient did mention that he sees Dr. Breiman as a physician when he needs to and saw him perhaps a few weeks ago. Dr. Breiman would be an excellent choice for followup for the patient's blood pressure as an outpatient.

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Fredric Kardon, MD.  
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