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September 22, 2022

Mehmet Oz
[REDACTED]

Re: Check Up

Dear Dr. Oz;

It was a pleasure to see you for a check up on 9/22/22. You report overall excellent health. On exam here, your blood pressure was in the normal range at 102/70. Your weight (182 pounds) is at the upper normal range for your height, giving you a body mass index, BMI or ratio of weight to height, of 25 (ideal BMI range is 19 - 24). The rest of your exam was fine. Your prostate exam is normal. Your electrocardiogram was normal. Urine testing in the office was negative for blood, protein, glucose, and signs of infection.

Enclosed please find copies of recent test results done the morning of your visit. We reviewed these at the time of your visit. The kidney function, liver function and blood counts are all normal. The THYROID function is normal. The fasting blood glucose is in the normal range, and the A1C test for diabetes is normal. You have NO evidence for diabetes . The PSA (screening test for prostate cancer) is in the normal range.

The total CHOLESTEROL is borderline elevated and unchanged for you at 223 (ideal is <200; it was 207 in 2014 and 220 in 2018) with a highly favorable HDL ("good cholesterol") of 94 (ideal is >40; it was 77 in 2014) and a LDL ("bad cholesterol") of 115 (ideal is <130 for you). The triglycerides are normal. Given the highly favorable ratio of good to bad cholesterol and overall low level of LDL cholesterol and historically low lp(a), I would not recommend any medication at this time. I would recommend that you continue to follow a low fat, high fiber diet . I would recommend repeat cholesterol testing in one year. The vitamin and electrolyte levels are normal.

In summary, Mehmet, you are in overall EXCELLENT health. Your examination is healthy, and the blood tests are all favorable. It is a privilege for me to be involved in your care. Please call if you have any questions or concerns. I would like to see you again in one year for a general check up, sooner should a medical concern or problem arise. My best wishes for a healthy year.

Sincerely,



Letter Create Date: 09/22/2022
Rebecca J. Kurth, M.D., P.C.
Patient : Oz, Mehmet 06/11/60

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09/22/2022 Office Visit

Subjective:

Chief Complaint: Annual Check Up

Present Illness: Recent concerns:

1. here for routine check up. no concerns. feels healthy and fit.
2. sleeping great. exercising regularly. wt is stable. running for political office.
3. covid vaccinated, last booster 12/21. no h/o covid infection.

Meds:

MVI one daily.

Omega 3 600mg daily

Allergies: nkda

Problem List

1. mild elevation of PTH in 2011 and 2013 with normal calcium and low normal vitamin D. Normal baseline BMD in 2011. .
2. subclinical hypothyroidism with mildly elevated TSH (4.4-7.7 range) with normal T4 since 2010.
3. hep C negative in 2013
4. tchol -= 189, HDL = 69, LDL = 110 in 2013. Tchol - 207 in 2014;
5. uric acid = 8.5 in 2013 but it was 6.3 in 2011
6. mumps, rubella, and polio immune in 2010
7. Avulsion fracture of the right 3rd digit in 6/13.
8. COLON POLYPS: 5mm distal sigmoid colon adenomatous polyp in 8/10 on initial colonoscopy. f/u in 2011 hyperplastic lesion removed. (Dr. LaPook). f/u in 2018 - 2 hyperplastic polyps removed. f/u in 10 years.
9. LUMBAR Spine problems. MRI in 2005 1. Broad disc bulge with left lateral disc herniation and possible small right-sided disc protrusion at the L4-L5 level. 2. Bilateral neural foraminal stenosis, left greater than right, as well as moderate to moderately severe canal stenosis at the L4-L5 level.
3. Bilateral facet joint degeneration at the L4-L5 level, with adjacent paraspinous soft tissue cystic change, probably reactive. 4. Mild canal stenosis is noted at the L3-L4 and L5-S1 levels, with annular tear and possible tiny central disc protrusion at the L5-S1 level, and slight left neural foraminal stenosis at the L3-L4 level.
10. left knee MRI in 2000 showed a tear of the posterior horn of the left medial meniscus
11. right knee MRI in 2017: Tricompartmental cartilage wear, as detailed above, that is most notable within the medial femorotibial compartment. Complex tear of the posterior horn and body segments of the medial meniscus. Moderate joint effusion.

Social History

Married. 4 grown children. former CT surgeon at Columbia and host of the Dr. Oz Show; now running for US Senate in PA. . no tobacco. minimal alcohol.

FMHX

Patient: Oz, Mehmet 06/11/60 PMS ID: OZME0000

Date of Service: 09/22/2022
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parents born in Turkey. patient born in Cleveland, OHIO. raised in Delaware

M - born in 1938 - lifelong asthma. on steroids (5mg); osteoporosis. elbow fracture (consult with Dr. Siris); sinus infections; Alzheimer's disease.

F born in 1925 DIED AGE 93. thoracic surgeon. HTN, atrial fibrillation. one of 11 children (5 died young; 6 lived to adult hood); small stroke last year

S - Seval born in 1961 healthy.

S Nazlim - born in 1967 healthy

Review of Systems: Exercise:running twice a week. yoga regularly.

Energy: ok.

Diet: healthy. rare alcohol. plenty of water

Weight: stable

Sleep: gets 7 - 8 hours. sleeps right through.

MOOD: no issues. happy marriage. kids are great. 4 grandchildren.

General: no fever or chills. no hot flashes or nt sweats.

HEENT: no sx

PULM: no sx

CV: no sx

GI: no sx

GU: no sx

MUSCULO-SKEL: joints are great. no back pain

DERM: no sx

ENDO: no sx

HEME: no sx

NEURO: memory is great.

VACCINES: reviewed and updated

PREVENTIVE: discussed importance of diet and exercise. reviewed vaccines and screening tests.

dental: no issues.

vision screening: reading glasses. no issues. no issues in the family.

hearing testing:no issues.

colonoscopy: 2010 - one adenomatous polyp removed. f/u in 2011 hyperplastic polyp; 2018 - 2 hyperplastic polyps (no concern benign) removed. f/u in 10 years. Dr. LaPook.

DERM exam: no concerns

BONE DENSITY: normal 2010

Objective:

Vitals: Temp: 97.0F HR: 65 Resp: 12 BP: 102/70

oxy sat 97%

MP1

GENERAL: well developed, well nourished, alert, in no apparent distress Oriented to person, place, and time. HEAD: normocephalic, atraumatic EYES : Eyes and lids appear symmetrical. No exudate. Sclera clear. PERRLA, EOMI. Discs sharp. EARS: External auditory canals and TMs normal. NOSE: no lesions. MOUTH/THROAT: no lesions. NECK: no abn LN. normal thyroid. no carotid bruits. CHEST: clear lungs. CV: slow regular rate. nls1s2. no m, r, g. ABDOMEN: benign. normal bs. non-tender. no masses. PROSTATE: No mass palpable, prostate normal, guaiac negative. NEURO: no tremor. non-focal.

Assessment:

Diagnosis :

Well Adult Z00.00

Plan:

Other Treatment:

Customary discussion of prescribed medication. Reviewed OTC medications and supplements. Advised about healthy lifestyle including guidelines of diet, exercise, and sleep.


Follow-Up:

fasting labs sent this morning at Columbia
RTO one year.

Date Created: 09/22/2022

Date of Service: 09/22/2022

Patient Number: no Patient reference Chart ID: not Charted



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