

## AFTER VISIT SUMMARY

Andrew B. Sharp

11/28/2022 3:20 PM PMPA SLEEPLAB SAN CARLOS 650-632-0820

### Instructions from Michelle M Primeau, MD

Sleep logs: <http://sleepeducation.org/docs/default-document-library/sleep-diary.pdf>

Please schedule a sleep study at your convenience. The schedulers can be reached at: (408) 523-3460.



### Read the attached information

Sleep Apnea (ENGLISH)

### Today's Visit

You saw Michelle M Primeau, MD on Monday November 28, 2022. The following issue was addressed: OSA (obstructive sleep apnea).



BMI  
31.60



Weight  
217 lb

### Ordered Today

SLEEP STUDY UNATTENDED for OSA (obstructive sleep apnea)

### What's Next

DEC  
1  
2022

Established Patient Call with Elizabeth Kissling Simmons,  
LCSW  
Thursday December 1 1:30 PM (Arrive by 1:15 PM)

Fremont Oncology  
3200 Kearney St  
Fremont CA 94538  
510-498-2335

## What's Next (continued)

DEC  
13  
2022

Video Visit with Alison Grace Chang, MD

Tuesday December 13 5:00 PM

Thank you for scheduling a Video Visit.

If you have any technical difficulty, call the My Health Online support team at 866-978-8837.

Click Here to Learn How to Connect Using Your Mobile or Tablet  
Download the My Health Online application to your smartphone or tablet via the app store (Apple or Android). If you've already downloaded MHO, make sure you're using the latest version.

Click Here to Learn How to Connect Using Your Computer  
If you have a computer with a webcam, you can connect to your video visit using a computer. Be sure to disable the pop-up blocker, otherwise you will encounter issues when trying to join the video visit.

### Getting Ready

To prepare for your Video Visit, you'll need to:

Complete "EZ Arrival" steps before your visit, including the electronic "Consent to Care by Video" questionnaire. By law, your provider can't proceed with a visit without this consent.

Once you've given consent, the "EZ Arrival" button will disappear.

Find a private spot with good lighting for your video visit. Sign into My Health Online prior to your appointment and click "Begin Video Visit." Your provider will appear when they're ready for your visit.

Electronic Forms for Reference

Conditions of Registration (COR)

Notice of Privacy Practices Acknowledgement

Notice of Privacy Practices Statement

## Release of Results to MHO

Results for tests that were ordered during your visit will be available to you in My Health Online as soon as they are finalized. This means you may see a result before your provider has had a chance to review it. We ask that you wait for your provider or your clinical team to contact you (typically 3-6 business days) to discuss any interpretation of the results.

### My Health Online

View your After Visit Summary and more online at <https://myhealthonline.sutterhealth.org/mho/>.

**i** Always use your most recent med list.

**amphetamine/dextroamphetamine 24Hr-XR** 20mg Cap Take one Cap by mouth every morning

Commonly known as: Adderall XR

For diagnoses: Attention deficit hyperactivity disorder (ADHD), unspecified ADHD type

**Benadryl/Viscous Lidocaine/Sucralfate/Nystatin (1:1:1:1)**

For diagnoses: Squamous cell carcinoma of base of tongue

Take 15 mL orally, swish then spit four times daily as needed

**lisinopril/hydroCHLOROthiazide** 20mg/12.5mg Tab

Commonly known as: PRINZIDE, ZESTORETIC

For diagnoses: Essential hypertension

Take one Tab by mouth daily

**LORazepam** 0.5mg Tab

Commonly known as: ATIVAN

For diagnoses: Oropharynx cancer, Anxiety

Take one tablet by mouth one hour before treatment.

**OLANzapine ODT** 5mg Solutab

Commonly known as: zyPREXA ZYDIS

For diagnoses: Squamous cell carcinoma of base of tongue, Nausea and vomiting, unspecified vomiting type

Take 10 mg by mouth day of chemo followed by 5 mg daily days 2-5.

**ondansetron** 8mg Tab

Commonly known as: ZOFRAN

For diagnoses: Squamous cell carcinoma of base of tongue

Take 1 tablet (8mg) twice a day for three consecutive days - start day after receiving CISplatin.

**oxyCODONE/acetaminophen** 5mg/325mg Tab

Commonly known as: PERCOCET

For diagnoses: Oropharynx cancer, Mucositis

Take one Tab to two Tabs by mouth every 6 hours as needed for Pain

**prochlorperazine** 10mg Tab

Commonly known as: COMPAZINE

For diagnoses: Squamous cell carcinoma of base of tongue

Take one Tab by mouth every 6 hours as needed for Nausea

**traMADol** 50mg Tab

Commonly known as: ULTRAM

For diagnoses: Oropharynx cancer, Pain

Take one Tab by mouth every 4 to 6 hours as needed Maximum of 8 Tablets per day.

**COVID-19 Safety Notice:** If you have an appointment in an outpatient setting or are having a procedure at a surgery center, you may bring up to two people with you to those appointments. As a reminder, face masks are required for all individuals age 2 and above. Rules regarding symptom screening, hand hygiene, physical distancing and masking are still in effect. If you do not have a mask, we will provide one.

## Sleep Apnea

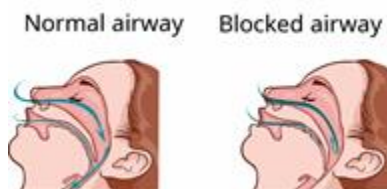
Sleep apnea is a condition in which breathing pauses or becomes shallow during sleep. People with sleep apnea usually snore loudly. They may have times when they gasp and stop breathing for 10 seconds or more during sleep. This may happen many times during the night.

Sleep apnea disrupts your sleep and keeps your body from getting the rest that it needs. This condition can increase your risk of certain health problems, including:

- Heart attack.
- Stroke.
- Obesity.
- Type 2 diabetes.
- Heart failure.
- Irregular heartbeat.
- High blood pressure.

The goal of treatment is to help you breathe normally again.

### What are the causes?



The most common cause of sleep apnea is a collapsed or blocked airway.

There are three kinds of sleep apnea:

- Obstructive sleep apnea. This kind is caused by a blocked or collapsed airway.
- Central sleep apnea. This kind happens when the part of the brain that controls breathing does not send the correct signals to the muscles that control breathing.
- Mixed sleep apnea. This is a combination of obstructive and central sleep apnea.

### What increases the risk?

You are more likely to develop this condition if you:

- Are overweight.
- Smoke.
- Have a smaller than normal airway.
- Are older.
- Are male.
- Drink alcohol.
- Take sedatives or tranquilizers.
- Have a family history of sleep apnea.

- Have a tongue or tonsils that are larger than normal.

## What are the signs or symptoms?

Symptoms of this condition include:

- Trouble staying asleep.
- Loud snoring.
- Morning headaches.
- Waking up gasping.
- Dry mouth or sore throat in the morning.
- Daytime sleepiness and tiredness.

If you have daytime fatigue because of sleep apnea, you may be more likely to have:

- Trouble concentrating.
- Forgetfulness.
- Irritability or mood swings.
- Personality changes.
- Feelings of depression.
- Sexual dysfunction. This may include loss of interest if you are female, or erectile dysfunction if you are male.

## How is this diagnosed?

This condition may be diagnosed with:

- A medical history.
- A physical exam.
- A series of tests that are done while you are sleeping (*sleep study*). These tests are usually done in a sleep lab, but they may also be done at home.

## How is this treated?



Treatment for this condition aims to restore normal breathing and to ease symptoms during sleep. It may involve managing health issues that can affect breathing, such as high blood pressure or obesity. Treatment may include:

- Sleeping on your side.
- Using a decongestant if you have nasal congestion.
- Avoiding the use of depressants, including alcohol, sedatives, and narcotics.
- Losing weight if you are overweight.
- Making changes to your diet.

- Quitting smoking.
- Using a device to open your airway while you sleep, such as:
  - An oral appliance. This is a custom-made mouthpiece that shifts your lower jaw forward.
  - A continuous positive airway pressure (CPAP) device. This device blows air through a mask when you breathe out (*exhale*).
  - A nasal expiratory positive airway pressure (EPAP) device. This device has valves that you put into each nostril.
  - A bi-level positive airway pressure (BIPAP) device. This device blows air through a mask when you breathe in (*inhale*) and breathe out (*exhale*).
- Having surgery if other treatments do not work. During surgery, excess tissue is removed to create a wider airway.

## Follow these instructions at home:

### Lifestyle

- Make any lifestyle changes that your health care provider recommends.
- Eat a healthy, well-balanced diet.
- Take steps to lose weight if you are overweight.
- Avoid using depressants, including alcohol, sedatives, and narcotics.
- **Do not** use any products that contain nicotine or tobacco. These products include cigarettes, chewing tobacco, and vaping devices, such as e-cigarettes. If you need help quitting, ask your health care provider.

### General instructions

- Take over-the-counter and prescription medicines only as told by your health care provider.
- If you were given a device to open your airway while you sleep, use it only as told by your health care provider.
- If you are having surgery, make sure to tell your health care provider you have sleep apnea. You may need to bring your device with you.
- Keep all follow-up visits. This is important.

## Contact a health care provider if:

- The device that you received to open your airway during sleep is uncomfortable or does not seem to be working.
- Your symptoms do not improve.
- Your symptoms get worse.

## Get help right away if:

- You develop:
  - Chest pain.
  - Shortness of breath.
  - Discomfort in your back, arms, or stomach.
- You have:
  - Trouble speaking.
  - Weakness on one side of your body.
  - Drooping in your face.

**These symptoms may represent a serious problem that is an emergency. Do not wait to see if the symptoms will go away. Get medical help right away. Call your local emergency services (911 in the U.S.). Do not drive yourself to the hospital.**

## Summary

- Sleep apnea is a condition in which breathing pauses or becomes shallow during sleep.
- The most common cause is a collapsed or blocked airway.
- The goal of treatment is to restore normal breathing and to ease symptoms during sleep.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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