

Medical Warning

Reminders/Notifications

Current Prescription Medications:

Effexor: 150mg; +75mg since June 2021;
Rabeprazole Sodium (Sandoz) (Pariet)
Irbesartan (Angiotensin receptor blocker)

Current Supplements:

Vitamin D, Fish oil, Zn, Vitamin C;
Mg (Nutra Life); also uses Mag Taur Xcell 29/07 - 1 scoop /daily PRN
Caltrate - occasional

Past prescriptions:

Propanolol
Fe, Biotin, Vit B, NeuroCalm

Jasmine Langlands - Canning Healthcare

Sat, 31 May 2025 8:00 am

Subjective:

Press tacks - had to remove the one from LHS; lays on LHS, lasted 7 days; kept the other in up to 2 weeks.
Bone density scan - in range.
Physio fortnightly; increasing challenge; to find out iif/when to finish GLAD program.

Neoclassical

Element: Earth

- front Ht alarm -> right Ht family
- Ht-7 R

Legs: clear

Colleen noted abdominal points much less tender than usual; links to husband's recent reduction in stress (recently retired).

Left the room. Provided buzzer.
