

## Medical Warning

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### Reminders/Notifications

Position semi-reclined (not supine)

#### Current:

Janumet XR 50/100  
Ozempic 1.34mg  
Ramipril (Sandoz) 1.25mg  
Reandron 1g/4ml  
Rosuvastatin (Sandoz) 10mg  
Zoloft 100mg

NutraLife Mg complete, Vitamin D, Caltrate, Zinc, Fish Oil

#### Past:

Zoloft, Trulicity, Crestor, Diabex, Trulicity 1.5mg/0.5ml  
Reandron - testosterone injection every 3 months  
Ozempic  
NutraLife Magnesium complete

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### Jasmine Langlands - Canning Healthcare

Thu, 31 Jul 2025 10:45 am

#### **Subjective:**

Lower back becomes painful with sitting or standing long periods.  
Had to pace self with prepping barn door - taking breaks to manage.  
Shingles vaccination this morning - upper left deltoid.  
Testosterone injection - painful for next few days; notices change to energy (slight).  
Blood test last week - BSL elevated; drinking 2-3 cans ginger beer/night. Since Tuesday - no drinks.  
Drinks a lot of sparkling mineral water as well.  
Bourbon occasionally.  
Restless legs worse at night recently; using machine - helps; one night - 3hr episode.

#### **Neoclassical**

Element: none

Branches:

- GB-43 L

Legs: clear

Ear press tacks - Ear Shenmen bilaterally; retain up to 7 days, remove with any discomfort or in event of MRI.

*Left the room. Provided buzzer.*

Prescribed: future - Sleepatonin?

#### **Right Branches**

SJ

#### **Left Branches**

LR, PC

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