

## CURRENT MEDICATIONS / VITAMINS

Description	Dosage & Frequency	Comments
<b>Medications</b>		
Cartia (aspirin)	100mg per day	Vascular (heart stent)
Crestor (Rosuvostatin)	100mg per day	Vascular (heart stent)
Nexium / Tacidine	Nexium 20mg (discontinued), Tacidine(300mg)	Nexium: Reflux/GERD, Avg. < few times per wk - discontinued in 2023. Now use Tacidine (300mg) as needed (~2 times/wk.)
Gaviscon or QuikEze	Infrequent (not concurrent with Tacidine)	Avg. < 2 times per month
<b>Vitamins</b>		
Immuni	Quercetin(250mg), VitC(250mg), D3(500IU),	Avg. 2 times/wk.
Cal-DK2, & D3	Ca(800mg), D(25mcg),	~few times/wk.
Vit-C	1000mg	Avg. 2 times/wk.
CoEnzyme (CoQ10)	150mg (infrequent)	Avg. 2 times/wk
Vit. B12	2000mcg	Avg. 3 times/wk
Vit. B1	250mg	Avg. 2 times/wk
Vit. B2	100mg	Avg. 2 times/wk
Biotin	10,000mcg	Avg. <1 time/2wks

## PAST MEDICAL CONDITIONS / OPERATIONS / PROCEDURES

Date	Description	Comments
Jan. 2011	Angiogram + 1 x coronary artery stent	No heart attack (running stress test & Angiogram)
Nov. 2011	Angiogram	Check due to slight chest pain - OK
Mar. 2015	BPH indications	PSA increase to >1.9, subsequent yrs up to 3.8
May 2015	Cystoscopy	BPH & bladder assessment
Mar. 2016	Gastroscopy	Hiatus hernia check & Hel.Bact. Pyl. check
Mar. 2016	Colonoscopy + Haemorrhoid ligation	OK
Jul. 2017	Gastroscopy + Haemorrhoid ligation	GORD - OK
Apr. 2018	Septoplasty & turbinoplasty	Nasal/breathing & sinusitis, fair up to 2024.
Jun/Jul 2018	Cataracts (IOL replaced - both eyes)	L + R eyes, & eyesight correction; OK @ 2024
July 2018	Squam. Cell. Carcinoma (left calf)	Hospital - surgically removed, seems OK @ 2024
Sep. 2018	Bowel cancer screening	OK
May 2019	Bilateral GSV RF leg veins removal	Lower leg/ankle swelling – OK, but not fully resolved.
July 2020	“REZUM” procedure for prostate reduction	Success for ~3yrs, much less so over past 2 yrs.
Feb. 2021	Bilateral Inguinal Hernias Repair ("Desada")	Seem OK (to Dec 2024).
Mar-21	2 Hepatic Cysts (7mm & 8mm)	Need to check progress in near future.
Mar-21	Renal cysts (15mm & 6mm)	Need to check progress in near future.
Oct, 2021	Mild degenerative OA	OK - no significant problems.
Nov. 2021	Tennis Elbow	OK
Mar.2024	CT Chest Scan	Scan for followup lung infection/treatment. Also noted extensive coronary artery calcification (left main artery, circumflex, RCA)
Aug. 2024	Gastroscopy	Barrett's Oesphagus, Gastritis, no evidence of intestinal metaplasia identified in GOJ/Gastric.