



Pt name: A.K Age: 54yo Sex: female Date: 01/06/2015

CC: Anxiety

S:

- Pt reports increasing anxiety X5months. No specific stressors. Mother of 4; ages 10, 16, 18, 22. Japanese-American, 1st generation. Married X35 yrs, happily, husband in attendance. Stay at home parent, has not worked outside the home.
- Been on Zoloft 50mg for approx 10 years, since mid forties when anxiety first started. Was well managed until about 5-6 mo/ago. Insomnia very bad; invasive thoughts all night long. Cannot fall or stay asleep. Will wake feeling shakey and revved up. Racing heart, sweating, throughout the day. Worries revolve around kids and “what ifs”. Will be worse with increased responsibilities, e.g. the holidays made everything exponentially worse. Husband confirms that she is generally a very competent albeit high-strung person. GP increased Zoloft to 100mg in mid-November, sx's have worsened since then, not improved. Was sleeping maybe 2-3hrs a night. Would sleep from 11-1AM, maybe 2 or 3, then be awake and unable to sleep. Given clonazepam 1mg to take qhs (at bedtime) by GP. Patient VERY concerned about this med. Been taking 0.75mg qhs and getting 5-6hrs sleep. Anxiety/panic still uncontrolled through day.
- GI: stool has been loose X 2months. No hx previous issues.
- Menopause X 18mo, some hot flashes, no treatment.
- No hx allergies.
- No appetite; forcing self to eat small amounts a few times/day.
- Diet: Whole foods, rice, chicken, veggies, fruit. No caffeine/alcohol/recreational drugs.
- Christian faith; much counseling with church pastor and praying. Going to CBT counselor this week.
- Gotten massage and chiropractic work; no change.

- No exercise currently.
- Taking:
 - Zoloft 100mg qd
 - Clonazepam 0.75mg qhs
 - Vitamin D3 1000 IU/day
 - B-12 500mcg qd
 - B6 25mg qd
 - Calcium ~1000mg/day.

O: Pt visibly anxious and agitated, hands tremulous, in pajamas, dark circles under eyes. Unable to sit still. Very dependent on husband who is visibly concerned.

- Wt: 122lbs
- Ht: 5'1"
- BP: 110/70mmHg LAS; pulse: 78 bpm.
- Heart: Normal RR, no murmurs/gallops.
- Skin: no rashes; clammy to touch.
- Other systems unremarkable.