

Roni Sharon M.D.

Neurology, Pain & Headache Medicine

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ד"ר רוני שרון

נירולוגיה, כאב, וכאב ראש

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אמייל: ronisharonmd@gmail.com

Name: Bernstein, Avi

DOB: 11/8/1983

ID: 039259379

Date: 8/2/2022

8/3/2022

The patient presents for follow up today with his wife. Patient states he has severe pain, especially during the winter now. Went to rheumatology and was diagnosed with spondyloarthropathy. Pain all over his body. Patient was on prednisone which partially helped but when he stops it the pain returns and is worse. Is also on Attent which did help more in the beginning, less so now.

Cannabis helps dramatically. Decreased his migraines 50-60%. Also helps with pain elsewhere. Helps with sleep. Denies side effects to cannabis. Vaporizes it. With cannabis takes less Percocet. Walks for exercise but not more.

Did a sleep study which he reports as borderline normal.

Due to his chronic conditions he has difficulty functioning. Has disability secondary to his ADHD, Fibromyalgia, Asthma, migraine.

Mood is poor.

8/2/2022

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Chronic conditions

Fibromyalgia

Disability secondary to his ADHD, Fibromyalgia, Asthma, migraine

1. Cannabis - Increased to 1/2 oz twice a day

2. Prednisone - 10 mg daily for 1 week

3. Attent - 10 mg daily for 1 week

4. Percocet - 10 mg daily for 1 week

5. Sleep study - Borderline normal

6. Mood - Poor

7. Pain - Severe

8. Sleep - Poor

9. Function - Poor

10. Disability - Severe

11. Mood - Poor

12. Pain - Severe

13. Sleep - Poor

14. Function - Poor

15. Disability - Severe

16. Mood - Poor

17. Pain - Severe

18. Sleep - Poor

19. Function - Poor

20. Disability - Severe

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Past Medical History:

Epilepsy

Fibromyalgia

Chronic migraine

Spondyloarthropathy

Medications:

Cannabis

Percocet 10/325mg BID

Prednisone

Past Medications and Therapies:

Venlafaxine, Lamictal, Amitriptyline, Opiates, [Acamol, Optalgin, Depalept. Ibufen, Rokacet Plus, relert, alternative therapies, diclofenac 100mg, Tramadex, Emla, Lyrica

Social and Family History: Married no children. Part time deliveries. Grandparents had strokes including grandfather at age 60

Allergies: No known drug allergies

Physical Examination:

I. Gen: Normal development

II. CV: Temporal arteries without tenderness or enlargement. Pulses present and symmetrical. No gross swelling or edema.

III. Neurological

Mental Status – Mentating well. Language, attention, concentration, memory grossly intact.

Cranial Nerves – Pupils round and reactive. Acuity grossly intact. Fields are full. Extraocular movements intact. Sensation symmetric. No facial weakness. Tongue midline. Palate raises symmetrically. Hearing grossly intact. Shoulder shrug normal.

Motor – Normal bulk and tone. Full strength throughout. No focal atrophy or significant tremor, spasticity.

Sensory – Symmetric to all modalities including touch, pin prick, vibration and proprioception.

Reflexes – 2+ and symmetrical throughout.

Coordination – Normal sensory to nose and heel to shin movements.

Gait – narrow, steady. Able to tandem.

Impression/Treatment Plan:

Chronic migraine

Fibromyalgia

Improved on cannabis and using less Percocet but still with severe pain which impacts his mood.

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1-134068
הארבעה 28 ת"א

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1. **Cannabis** – Continue which is helping
2. Trial of **Cymbalta 30mg** twice a day. If not helpful after 3 weeks increase to 60mg in the morning and 30mg at night and if still not helpful after another 3 weeks increase to 60mg twice a day
 - a. If this fails will try Wellbutrin
3. With significant joint pain recommend **Celecoxib 200mg** as needed
4. Trial of **hydrotherapy** which may be very helpful for him
5. Weight loss
6. Increase **Attent** to 30mg
 - a. If not working consider switching to Vyvanse
7. Follow up in 6 months

Roni Sharon M.D.

Board Certified Neurologist

Israeli license # 1-134608

Specialist license # 1-35096

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