

Patient History Form

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|---------------------------------------|-------------------------|-----------------------|
| Name: Lacey Evergreen | Age: 26 | Sex: Female |
| Height: 5ft 3in | Weight: 142lb | Allergies: N/A |
| Race: White | Medications: N/A | |
| Address: 5346 Dingleberry Lane | City: Millport | State: Alabama |
| Heart rate: 70 bpm | | |

| | | |
|---|-----|----|
| Do you drink or have a history of drinking? | Yes | No |
| Do you smoke or have a history of smoking? | Yes | No |
| Do you have a history of drug abuse or currently abuse drugs? | Yes | No |
| Does your family have any history of medical issues? | Yes | No |
| Are you pregnant or planning on a pregnancy in the next 6 months? | Yes | No |
| Have you been admitted to the hospital in the last year? | Yes | No |
| If so what for: <u>Sprained Wrist</u> | | |
| Have you ever had a heart issue: | Yes | No |

Medicine Allergies: Penicillin and related medication

Comments: Family has a history of thyroid problems.

Symptoms

- She feels like his breathing is weak, but didn't worry about it, thinking that it was nothing.
 - Collapsed while on a run, which led to her coming to us.
 - Chest pain
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Examinations

We monitored Lacey's Heart. Which showed that it was beating slower than it should.

We have done a physical Exam.

We also ran a echocardiogram, which takes an sonogram of the heart, so we can have an image of the heart.

Diagnosis

We looked at Lacey's physical exam and she was having trouble breathing. We thought that it could be something so simple, but just in case we had a echocardiogram, to take a picture of her heart. We have found that your heart muscles are abnormally thick.

Diagnosis: Hypertrophic Cardiomyopathy

Treatment

Hypertrophic Cardiomyopathy is a condition of the heart that mean you muscle is abnormally thick. This makes it hard for the heart to pump blood.

Non treatable unless you get a transplant.

Limited physical activity to limit the chance of the condition getting worse.
Take a Antihypertensive drug if needed this will help to lower your blood pressure.

Doctor Notes

The best way to treat this for now, is to watch it. I would Recommend to put her on the transplant list. She is still young and had a life ahead of her, lets get her a heart to help her become active again. Till you can receive a heart, she must remain limited to physical activities, and I would like to put her on a Antihypertensive drug (Beta Blockers: Is the most common one) to help her to keep that blood pressure down. Come in regularly to check heart.

Research and Resources

Weinberg, Ido. "Small Aorta Syndrome." *Angiologist*, 24 Dec. 2015, www.angiologist.com/arterial-disease/small-aorta-syndrome/.

An Aorta should be around 2 cm in diameter. One that is too large is usually around 3 cm in diameter. Someone with a large aorta has something called aortic aneurysm. An aorta being between 2 cm and 3 cm would be defined as ectatic.

"Echocardiogram - Echo." Echocardiogram - Echo, 13 Oct. 2017, www.heart.org/HEARTORG/Conditions/HeartAttack/DiagnosingaHeartAttack/Echocardiogram--Echo_UCM_451485_Article.jsp.

An echo uses high frequency sound waves, to take a picture of your heart. This way we can see inside and the outside of the heart and each of its chambers and valves.

"Hypertrophic Cardiomyopathy." *Hypertrophic Cardiomyopathy*, 15 Mar. 2018, www.heart.org/HEARTORG/Conditions/More/Cardiomyopathy/Hypertrophic-Cardiomyopathy_UCM_444317_Article.jsp.

"Heart Disease and Hypertrophic Cardiomyopathy." *WebMD*, WebMD, www.webmd.com/heart-disease/guide/hypertrophic-cardiomyopathy.