

April 2, 2004

SAMPLE

ADDENDUM TO CASE FILE

Patient: Ms. M
Pt. ID: #S-1968 (DOB: 10/9/50)
RE: MRI Conversation

I spoke with Ms. M patient today on the phone at length concerning her MRI results. She is obviously very concerned with her situation with Tx and the diagnostic procedures. I informed her that the scan was relatively normal and that there were no disc herniations as suggested by the orthopedic findings during my clinical examination of her. As such, I reiterated the obvious fact that she is literally 100 pounds overweight and that the continual pain she is suffering from is, in my opinion, the result of years of stress and strain on her low back from both work and her obesity. I also reiterated what I had spoken to her about before concerning peripheral resistance on her heart; that is to say, for every pound of extra fat we carry around, the body creates approximately 2 miles of capillary beds to feed that tissue. Thus, in her case, with 100 pounds of extra weight, on each and every heart beat, the heart has to push blood an extra 200 miles. Heart disease is epidemic in this country. Obesity is now considered one of the leading causes of early death in the United States and as far as I am concerned, her heart is of far more concern at this point than her LBP.

She understood what I said and accepted the conversation well. She vowed to get serious with her weight loss project. Currently, the manipulative reductions that I have rendered to her have helped such that much of her pain is temporarily gone. We'll continue with therapeutics on a PRN basis henceforth.

Subscribed and sworn to under the pains and penalties of perjury.

Sincerely,

Dr. H

JH/mm