

## Medical Warning

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### Reminders/Notifications

#### Current Prescription Medications:

Effexor: 150mg; +75mg since June 2021;  
Rabeprazole Sodium (Sandoz) (Pariet)  
Irbesartan (Angiotensin receptor blocker)

#### Current Supplements:

Vitamin D, Fish oil, Zn, Vitamin C;  
Mg (Nutra Life); also uses Mag Taur Xcell 29/07 - 1 scoop /daily PRN  
Caltrate - occasional

#### Past prescriptions:

Propanolol  
Fe, Biotin, Vit B, NeuroCalm

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### Jasmine Langlands - Canning Healthcare

Thu, 9 Oct 2025 10:15 am

#### **Subjective:**

Sciatica aggravated in last week - both legs. Doesn't usually have right side; usually LHS.  
Woke from pain going down right leg - down into calf.  
Climbing ladders/helping put up lights. Considers may be sitting too much.

D: L2 L, L4/5 R.

#### Neoclassical

Element: Wood

- no alarms
- Ht-7 L

Legs: clear

*Left the room. Provided buzzer.*

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