

Medical Warning

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

Jasmine Langlands - Canning Healthcare

Sat, 14 Jun 2025 9:30 am

Subjective:

Physio every few weeks; has been working on knee; plantar fasciitis right heel - physio has provided tape and heel lift. Rolls foot on spiky ball and frozen bottle of water.

Foot pain - started/worsened in last fortnight. Exercises from podiatrist at home.

Magnesium with curcumin at home; has noticed knee pain not as bad; hands not as bad.

Right shoulder pain over GB-21; left GB-21 also sore occasionally.

Neoclassical

Element: Wood

- back KI -> right PC family
- PC-7 R

Legs: clear

Left the room. Provided buzzer.
