

## Medical Warning

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### Reminders/Notifications

Position semi-reclined (not supine)

#### Current:

Janumet XR 50/100

Ozempic 1.34mg

Ramipril (Sandoz) 1.25mg

Reandron 1g/4ml

Rosuvastatin (Sandoz) 10mg

Zoloft 100mg

NutraLife Mg complete, Vitamin D, Caltrate, Zinc, Fish Oil

#### Past:

Zoloft, Trulicity, Crestor, Diabex, Trulicity 1.5mg/0.5ml

Reandron - testosterone injection every 3 months

Ozempic

NutraLife Magnesium complete

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### Jasmine Langlands - Canning Healthcare

Sat, 31 May 2025 8:20 am

#### **Subjective:**

Back pain has been about the same; if sits/stands too long.

Some relief from restless legs; revive/revitalise - TENS like machine for feet; helping restless legs.

Last day of work yesterday (retired); expecting calls in future; not planning to return (had previously considered part-time). Looking forward to 'enjoying life' for a while.

Sleep: good

Energy: good; plenty; then mentioned falling asleep if sits too long. Adjusting in next few weeks.

Tired from working.

GIT: a couple of indigestion episodes in last few weeks; otherwise good.

#### Neoclassical

Element: Wood

- front BL alarm -> right PC family
- ST-42 R

Legs: clear

*Left the room. Provided buzzer.*

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