

## **MEDICAL HISTORY & MEDICATION LIST FOR BEVERLY THOMASSIAN, RN, MPH, CDE, BC-ADM**

Home: 45 Old Chico Way, Chico, CA 95928 Cell (530) 592-5943

### **Social history**

53-year-old active and vigorous mom, wife, business owner, dancer, avid walker and health advocate.

- Consultant and owner [Diabetes Education Services](#) – a company that provides training and resources for health care professionals seeking to become Certified Diabetes Educator
- Married for 18 years to Pharmacist
- 2 Children age 12 and 14
- Member and lead choreographer of a Bellydance troupe for past 10 years
- Walk on treadmill desk 7-8 miles a day (up to 12/26/2016)



**Since diagnosis of POTS on 12/26/2016 my life has dramatically changed.**

Here is what I can do:

- Light house chores (with frequent lay down breaks)
- Run my business (the sitting down aspects)
- Walk slowly with frequent breaks

Here is what I can't do (heart rate goes too high)

- Dance
- Walk on my treadmill desk while working
- Lift stuff and walk at same time
- Mash bananas while standing (tried making banana bread and HR went to 160s)

Here is what I want to be able to do:

- Stand up and lecture for 8-9 hours (part of my consulting business)
- Dance and walk without shortness of breath

Here is what I am doing to help myself

- Drinking tons of fluids and eating salty foods
- Doing laying down strengthening exercises following a video made by POTS advocate
- Ordered a rowing machine

## My Questions

- What caused the POTS and what category of POTS do you think I have?
- Is there a relationship between my Stroke, Chronic Pain Syndrome and this new diagnosis?
- I am still menstruating. My first episode of POTS was associated while I was menstruating. Do you recommend a progestin IUD to try and stop my period?
- Do you recommend that I get any additional testing?
- Do you think this is an autoimmune condition?

## Diagnosis List

- IBS – 1998
- Stroke in parietal region (cryptogenic) – 3/2016
- Chronic pain syndrome secondary to stroke in right foot and leg
- Hashimoto's Thyroiditis 11/2016
- Degenerative disk disease L 12-S1 (11/16)
- POTS – 12/27

## Surgeries

- Gallbladder 2013
- Tonsillectomy 1968
- Gum Surgery – 2014
- Ectopic pregnancy and salpingectomy 1985

## Medication Bev Thomassian is currently taking as of 1/6/2017 (listed alphabetically)

Medication: **Aspirin chewable** **81 mg oral daily**  
For: blood thinner

Medication: **Cetirizine Hydrochloride Tablet** 10 mg  
For: Allergies, antihistamine

Medication: **Citracel** **Scoop daily**  
For IBS

Medication: **Pravastatin (Pravachol)** **20 mg oral daily**  
For: lipid lowering

Medication: **Progesterone (biosimilar)** a dab a day  
For Chronic Pain and to decrease period

Medication: **Viactiv** **1 a day**  
For: Calcium chew / Vita D

## For Chronic Pain Syndrome have tried the following

- Cymbalta – tried for 2 days, couldn't sleep, felt shaky (stopped on 12/25)
- Pamelor - caused feelings of acute sadness, stopped after one day
- Gabapentin – tried 300-600 mg a day with no improvement in pain, no side effects

## Medications on Hold

Medication: **Levothyroxine** 20 mg (up to 3x a day as needed)  
For: thyroid replacement **Stopped 6/5 due to chest pain arrhythmias**

Medication: **Clopidogrel Bisulfate/Plavix** 75 mg oral daily (on hold – caused heavy periods)  
For: blood thinner

## Friends and Family:

**Emergency contact and Beverly's husband: Chris Thomassian Cell: (530) 514-4667**  
Chris is Bev's health care agent/proxy **E-mail: kthomassian@gmail.com**

## **Bev's kids: Robert (high school), Jackson (junior high school)**

Robert Thomassian (Bev's oldest son) Cell (530) 592-7446  
Jackson Thomassian (Bev's youngest son) No phone. Call Robert.

**Primary Doctor: Ross Nayduch, MD** (internal medicine) Phone: (530) 894-0500  
114 Mission Ranch Blvd, Suite 10, Chico, CA 95926

**Cardiologist: Eugene Moffett, MD** Phone: (530) 343-0200  
185 E. 7th Avenue, Suite A, Chico, CA 95926 (Steve was the tech who helped Bev)

**Neurologist: Joel M. Rothfeld, PhD, MD** Phone: (530) 342-2091  
120 Independence Circle, Suite G, Chico, CA 95973 (affiliated with Enloe Hospital)  
Fax: (530) 342-2094

**UCSF Neurovascular Disease and Stroke Center** - Phone: (415) 353-8897  
400 Parnassus Ave, San Francisco, CA 94143 8th floor (Contact person there is Vanessa)  
Fax: (415) 353-8705

## **Pharmacy for medications:**

**Enloe Outpatient Center Pharmacy** Phone (530) 332-6470  
888 Lakeside Village Commons, Chico, CA 95928

