

New Patient Consultation

Chicago Wellness Center
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Chicago, IL 60604
312-939-3400

Arthur Bach

Tuesday, July 10, 2012

Arthur Bach is a 5 foot 6 inch 160 pound 45 year old male born on 1/23/1967 with a BMI of 25.8 who works as a professional. BMI is meant to be used as a simple means of classifying sedentary (physically inactive) individuals with an average body composition. For these individuals, the current value settings are as follows: a BMI of 18.5 to 25 may indicate optimal weight; a BMI lower than 18.5 suggests the person is underweight while a number above 25 may indicate the person is overweight; a BMI below 17.5 may indicate the person has anorexia nervosa or a related disorder; a number above 30 suggests the person is obese (over 40, morbidly obese).

In general, the patient considers himself to be in very good health. The patient states that he performs moderate exercise on a regular basis. The patient has come to Chicago Wellness Center for examination and treatment of his lower back. The patient scored 40% on a revised Oswestry lower back disability index which means he feels as though he has moderate lower back disability.

The patient presented with pain over the right sacroiliac region. which bothers him frequently meaning it bothers him between 51 and 75% of the time. Arthur described his discomfort as sharp, shooting and stiff. The patient stated that his symptoms appear to be getting worse with time. The patient rated the average intensity of his lower back condition as an 8 with 0 being nothing and 10 being the worst he feels it could be. The patient explained that his symptoms have moderately interfered with his work and extremely interfered with his social activities. Prior to coming in to see me for his condition, Arthur saw Joe Massage a massage therapist and Moore Drugs his primary care physician. The patient stated that he has had his lower back problem for 1 week. Arthur stated that his lower back problem is from lifting heavy furniture. When questioned as to the severity of his symptoms, Arthur responded that he believes it is severe at times. The patient reported that his symptoms are relieved when he uses ice, uses NSAIDS and lies on his back with his knees bent and aggravated when he bends, sits, stands up, works out and runs. The thing that concerns Arthur the most about his lower back is that it is affecting his golf which is an important aspect of his quality of life.

Regarding Arthur's family health history, he does not have an immediate family member with rheumatoid arthritis, heart problems, diabetes, cancer, Lupus, or Amyotrophic Lateral Sclerosis. Therefore, he potentially has a decreased risk for developing those diseases.

The patient informed me that he has had Smoking/Tobacco Use in his past. The patient informed that he has a history of and presently has: Headaches. Also in the past, the patient denies having: Low Back Pain, High Blood Pressure and Dizziness.

The patient informed me that he presently has: Low Back Pain, High Blood Pressure and Dizziness. Arthur denies currently having any of the following: Smoking/Tobacco Use.

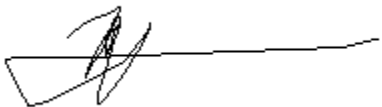
The patient denies both having a history of and currently having: Neck Pain, Upper Back Pain, Mid Back Pain, Shoulder Pain, Elbow/Upper Arm Pain, Wrist Pain, Hand Pain, Hip Pain, Upper Leg Pain, Knee Pain, Ankle/Foot Pain, Jaw Pain, Joint Pain/Stiffness, Arthritis, Rheumatoid Arthritis, Cancer, Tumor, Asthma, Chronic Sinusitis, Heart Attack, Chest Pains, Stroke, Angina, Kidney Stones, Kidney Disorders, Bladder Infection, Painful Urination, Loss of Bladder Control, Prostate Problems, Abnormal Weight Gain/Loss, Loss of Appetite, Abdominal Pain, Ulcer, Hepatitis, Liver/Gall Bladder Disorder, General Fatigue, Muscular Incoordination, Visual Disturbances, Diabetes, Excessive Thirst, Frequent Urination, Drug/Alcohol Dependence, Allergies, Depression, Systemic Lupus, Epilepsy, Dermatitis/Eczema/Rash and HIV/AIDS.

When questioned about medications, the patient stated that he is currently taking Hydrochlorothiazide and Allegra. Hydrochlorothiazide is intended to be used for the treatment of hypertension, and it has the potential side effects of dizziness, fatigue, musculoskeletal pain, and nausea. Allegra is intended to be used for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 6 years of age and older, and it has the potential side effects of headaches, upper respiratory infections, back pain, and coughing. Arthur is fully aware of the risks associated with the drugs. When questioned about supplements, the patient stated that he is currently taking so many supplements that additional paperwork is needed to ensure there are no mistakes. The patient has had the following surgical procedures: Tonsillectomy.

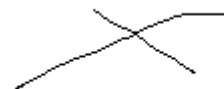
When questioned about his work, Arthur responded he sits most of the day, does computer work most of the day, is on the phone most of the day and performs manual labor. During his free time away from work, Arthur swims, lifts weights and plays golf.

Arthur was also asked if he has ever been hospitalized, and he responded no, he has never had a reason that would require hospitalization. Arthur explained that he has received chiropractic treatment 5 years ago with poor results. The patient denies having any significant past trauma. When questioned if there was anything else I should be aware of, the patient stated that there was nothing pertinent.

The patient has been advised of both the risks and benefits of chiropractic treatment for his condition, and he has consented to receive treatment.



Dr. Michael L. Silbert
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Arthur Bach