

# MyChart™ Report

Patient Name: GOESSERINGER SONJA

Patient DOB: 1954-May-20

## Self Documented Medications

Manage all of your active medications, including inactive ones (e.g. within the last year). Be sure to include anything a doctor or healthcare provider prescribes you and/or any over the counter medications you take such as pain killers, cold medication, vitamins, homeopathic or herbal remedies etc... Remember to update your list often.

Name	Status	Dose	Frequency/Schedule
Folic Acid (Tablets)	Active	400mcg	nightly / Taken routinely
<b>Start Date:</b> Aug 30, 2019			
<b>Stop Date:</b> -			
<b>Route:</b> Mouth			
<b>Note:</b> Taken with B6 to get maximum effect. (See notes under Vitamin B6).			
Vitamin B6 (Tablets)	Active	100mg	nightly / Taken routinely
<b>Start Date:</b> Aug 19, 2019			
<b>Stop Date:</b> -			
<b>Route:</b> Mouth			
<b>Note:</b> As recommended by chiropractor Dr. Katherine O'Hara. // Research shows that people with low blood levels of vitamin B6 have almost double the risk of getting heart disease compared to those with higher B6 levels. One study found that rats deficient in vitamin B6 had higher blood levels of cholesterol and developed lesions that could cause artery blockages after being exposed to homocysteine, compared to rats with adequate B6 levels. // A 30-day study in 36 adults with rheumatoid arthritis found that 50 mg of vitamin B6 daily corrected low blood levels of B6 but did not decrease the production of inflammatory molecules in the body. On the other hand, a study in 43 adults with rheumatoid arthritis that took 5 mg of folic acid alone or 100 mg of vitamin B6 with 5 mg of folic acid daily showed that those who received B6 had significantly lower levels of pro-inflammatory molecules after 12 weeks			
CHLORTHALIDONE (tablets) + Sundown Naturals Herbal Water Pills	Active	12.5mg	daily / Taken routinely

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Patient Name: GOESSERINGER SONJA

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**Start Date:** Aug 14, 2019

**Stop Date:** -

**Route:** Mouth

**Note:**for High Blood Pressure [take the prescribed water pill (above) at night with potassium citrate 99mg and the herbal water pill at breakfast which has 20mg potassium]

NATTOKINASE (soft gels)	Active	36mg	daily / Taken routinely
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**Start Date:** Mar 01, 2019

**Stop Date:** -

**Route:** Mouth

**Note:**Nattokinase is an enzyme (a protein that speeds up reactions in the body) that is extracted from a popular Japanese food called natto. Natto is boiled soybeans that have been fermented with a type of bacteria.// Nattokinase is commonly used orally for CARDIOVASCULAR diseases including HEART DISEASE, HIGH BLOOD PRESSURE, HIGH CHOLESTEROL, STROKE, CHEST PAIN (ANGINA), deep vein thrombosis (DVT), "hardening of the ARTERIES" (atherosclerosis), hemorrhoids, VARICOSE VEINS, poor circulation, and peripheral ARTERY DISEASE (PAD). // Nattokinase "thins the blood" and helps break up blood clots. This might protect against heart disease and conditions caused by blood clots such as STROKE, HEART ATTACK, and others.// ~  
<https://www.webmd.com/vitamins/ai/ingredientmono-1084/nattokinase>

Vitamin E8 (soft gels)	Active	400 IU	Daily / Taken routinely
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**Start Date:** Feb 01, 2019

**Stop Date:** -

**Route:** Mouth

**Note:**Tocotrienols: Vitamin E beyond tocopherols ~ antioxidant, cholesterol-lowering ~  
<https://www.sciencedirect.com/science/article/abs/pii/S0024320505012361>

Magnesium Oxide (tablets)	Active	250mg	Nightly / Taken routinely
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**Start Date:** Jan 01, 2019

**Stop Date:** -

**Route:** Mouth

**Note:**As recommended by Dr. Doukas: Magnesium oxide is frequently used in pill form to prevent migraine, usually at a dose of 250 mg per day. ~

<https://americanmigrainefoundation.org/resource-library/magnesium/> ~ [take a quarter/half tab at bedtime with effervescent magnesium 100mg drink]

Peppermint Oil (softgels)

Active

150mg

Nightly /  
Taken routinely

**Start Date:** Jan 01, 2019

**Stop Date:** -

**Route:** Mouth

**Note:**Clinical evidence suggests that peppermint oil likely can help with symptoms of irritable bowel syndrome. It may also help indigestion and prevent spasms in the GI tract caused by endoscopy or barium enema. Some studies show that used topically it may help sooth tension headaches ~

<https://www.webmd.com/a-to-z-guides/peppermint-oil-uses-benefits-effects#1>

Acetaminophen (Tylenol) tablets

Active

500mg

Daily /  
Taken routinely

**Start Date:** Jan 01, 2019

**Stop Date:** -

**Route:** Mouth

**Note:**Prescribed by Dr Doukas for migraines (take a 500mg otc ULTRA Tylenol + 65mg CAFFEINE with breakfast and prescribed [above] tylenol at bedtime, usu. a half 500mg) ~

<https://www.webmd.com/drugs/2/drug-7076/tylenol-oral/details>

MagPop! Magnesium Glycinate &  
Electrolytes (Effervescent Powder)+ VitC

Active

150mg

nightly /  
Taken routinely

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**Start Date:** Jan 01, 2019

**Stop Date:** -

**Route:** Mouth

**Note:** Magnesium glycinate is a vital nutrient for regulating many body processes, including muscle and nerve function, blood sugar levels, and blood pressure. This mineral also supports the making of protein, bone, and DNA. Electrolytes are essential for: Controlling your fluid balance, Regulating your blood pressure, Helping your muscles contract — including your heart. Maintaining the correct acidity of your blood (pH). // Medicinal ingredients per packet (one nightly): magnesium glycinate blend (magnesium oxide, magnesium glycinate chelate, glycine) 100 mg, Vitamin C (ascorbic acid) 325mg.

Curcumin, Lentils

Active

450mg

daily /  
Taken routinely

**Start Date:** Dec 10, 2018

**Stop Date:** -

**Route:** Mouth

**Note:** As prescribed by Dr. Gupta, Pain Management, Cloud Care Clinic. Curcumin has powerful anti-inflammatory effects and is a very strong antioxidant. Scientists now believe that chronic, low-level inflammation plays a major role in almost every chronic, Western disease. This includes heart disease, cancer, metabolic syndrome, Alzheimer's and various degenerative conditions. ~ <https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric#section1> [Take it sprinkled on food, such as Lentils which Reduce Risk of Heart Attacks and Strokes. Eating a cup lentils every day helps with type 2 diabetes, controls blood sugar and reduces risk of heart attacks and stroke ~ [www.diabetesincontrol.com/beans-or-lentils-reduce-risk-of-heart-attacks-and-strokes/](http://www.diabetesincontrol.com/beans-or-lentils-reduce-risk-of-heart-attacks-and-strokes/)]

Teva-Salbutamol HFA Puffer

Active

100 mcg

As needed /  
As needed

**Start Date:** Oct 11, 2018

**Stop Date:** -

**Route:** Inhalation

**Note:** Inhalation aerosol as prescribed by allergist Dr Eric Leith. Salbutamol belongs to a class of medications called bronchodilators, and more specifically,  $\beta_2$ -adrenergic agonists. This medication is used to treat asthma, chronic bronchitis, and other breathing disorders. (TGH Nov 21, 2018 CT scan showed collapsed lungs. Have been experiencing breathing problems with other resident's spraying of chemicals on bathroom tiles while am bathing/soaking, as well as stress-related lower mid back pain.)

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Rho-Nitro (Nitroglycerin Sublingual Spray) -  
alternative: HAWTHORNE (tincture)

Active

0.4 mg

repeated twice at 5-10  
min intervals /  
As needed

**Start Date:** Aug 05, 2018

**Stop Date:** -

**Route:** Under Tongue

**Note:**[for angina pain]//Hawthorn for arrhythmias, atherosclerosis, circulatory disorders, congestive heart failure (CHF), high blood pressure (hypertension), low blood pressure (hypotension), indigestion, + tapeworm infections.// An increase coronary circulation with use of hawthorn is confirmed by double-blind studies; it is comparable to captopril.// A decrease serum lipids with use of hawthorn has been shown in animal studies.// ~ [https://www.rxlist.com/consumer\\_hawthorn/drugs-condition.htm](https://www.rxlist.com/consumer_hawthorn/drugs-condition.htm) [take the Nitro spray with symptoms and Hawthorn tincture nightly in a drink]

Quercetin (tablets)

Active

400mg

Daily /  
Taken routinely

**Start Date:** Aug 01, 2018

**Stop Date:** -

**Route:** Mouth

**Note:**Quercetin is most commonly taken by mouth to treat conditions of the heart and blood vessels and prevent cancer. It is also used for arthritis, bladder infections, and diabetes. //Quercetin has antioxidant and anti-inflammatory effects which might help reduce inflammation, kill cancer cells, control blood sugar, and help prevent heart disease. ~ <https://www.webmd.com/vitamins/ai/ingredientmono-294/queracetin>

Grape Seed Extract (tincture)

Active

100mg

Daily /  
Taken routinely

**Start Date:** Aug 01, 2018

**Stop Date:** -

**Route:** Mouth

**Note:**There is evidence that grape seed extract is beneficial for a number of cardiovascular conditions. Grape seed extract may help with a type of poor circulation (chronic venous insufficiency) and high cholesterol. Grape seed extract also reduces swelling caused by injury and helps with eye disease related to diabetes. ~ <https://www.webmd.com/diet/grape-seed-extract> [take the tincture drops nightly in

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a drink]

Oscillococcinum Homeopathic Flu Remedy      Active      200c      as needed /  
As needed

**Start Date:** Aug 01, 2018

**Stop Date:** -

**Route:** Under Tongue

**Note:** for nausea, as needed

Spirulina (tablets)      Active      500 mg      Daily /  
Taken routinely

**Start Date:** Aug 01, 2018

**Stop Date:** -

**Route:** Mouth

**Note:** Spirulina has antioxidant and inflammation-fighting properties, as well as the ability to help regulate the immune system. A 2016 systematic review and meta-analysis found to significantly reduce total cholesterol and lower LDL — "bad" — cholesterol while increasing HDL — "good" — cholesterol. // A 2013 study also supports this health claim. Researchers found that taking 1 g of spirulina every day reduced participant's total cholesterol after 3 months. // Reducing blood pressure. A small-scale 2016 study found that eating spirulina regularly for 3 months reduced people's blood pressure when they were overweight and had hypertension. // Preventing heart disease. A 2013 review suggests that these blue-green algae may play a role in preventing heart disease. // Supporting mental health. A 2018 paper highlights the potential role that spirulina could play in treating mood disorders. ~  
<https://www.medicalnewstoday.com/articles/324027.php>

Organic MISO/Tofu      Active      1 cup      as needed /  
As needed

**Start Date:** Aug 01, 2018

**Stop Date:** -

**Route:** Mouth

**Note:** Organic Miso Soup with Tofu for Electromagnetic Hypersensitivity Syndrome (EHS). ~  
<https://www.who.int/peh-emf/publications/facts/fs296/en/> "scientists concluded that the blood must contain a certain concentration of active compounds in miso prior to radiation exposure. ... most people

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are familiar with miso soup and therefore take advantage of the many different strains of probiotics the food offers". ~ <https://www.care2.com/.../does-eating-miso-really-help-protect-against-radiation.html>

Vitamin B2 (tablets) Active 100mg nightly / Taken routinely

**Start Date:** Nov 07, 2017

**Stop Date:** -

**Route:** Mouth

**Note:** as recommended by Dr Doukas, for migraines [take a tab at bedtime] ~ <https://www.ncbi.nlm.nih.gov/pubmed/15257686>

Tagamet (Cimetidine) tablets [alternative: Aloe Vera softgels 50mg.] Active 300mg daily / As needed

**Start Date:** Aug 22, 2017

**Stop Date:** -

**Route:** Mouth

**Note:** For Ulcer pain (was prescribed in mid 80s). Cimetidine (brand name Tagamet®) is a drug historically used to reduce stomach acid production. Published research dating back more than 20 years shows that this drug might make a greater impact in medicine if used as a cancer therapy rather than as a treatment for gastric disorders. [take a tab at bedtime and 1 more if symptoms] ~ [https://www.lifeextension.com/magazine/2002/7/cover\\_cimetidine/Page-01//](https://www.lifeextension.com/magazine/2002/7/cover_cimetidine/Page-01//) aloe vera may also be an effective remedy against stomach ulcers (46, 47, 48, 49). In one study, aloe vera consumption significantly reduced the amount of stomach acid produced in rats suffering from ulcers. [take at breakfast] ~ <https://www.healthline.com/nutrition/stomach-ulcer-remedies>

Daily Multivitamins with Green Tea Extract & 300mg Calcium Active 750mg Daily / Taken routinely

**Start Date:** Aug 01, 2017

**Stop Date:** -

**Route:** Mouth

**Note:** Green tea is taken for depression, inflammatory bowel disease (ulcerative colitis or Crohn's disease), to treat stomach disorders, vomiting, diarrhea, headaches, and bone loss (osteoporosis). //Some people take green tea by mouth to prevent various cancers, including colon cancer, gastric

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cancer, lung cancer, solid tumor cancers, skin cancer related to exposure to sunlight, and cervical cancer. // Green tea is also taken for Parkinson's disease, diseases of the heart and blood vessels, diabetes, low blood pressure, chronic fatigue syndrome (CFS), dental cavities (caries), kidney stones, and skin damage. ~ <https://www.webmd.com/vitamins/ai/ingredientmono-960/green-tea> [N.B. re 300mg calcium + daily req'd balance derived from food - ie. 8+ probiotic yoghurt cups daily for high risk osteoporosis; 2 daily lemon perrier water also contains 147.3mg/L calcium]

Noritate Cream 1%

Active

45g

as needed /  
As needed

**Start Date:** Jul 11, 2017

**Stop Date:** -

**Route:** Topical

**Note:** Metronidazole topical cream, an anti-rosacea agent, as prescribed by dermatologist Dr. Anne Curtis.

Policosanol (soft gel vitamin supplement)

Active

10mg

Daily - with breakfast /  
Taken routinely

**Start Date:** May 20, 2017

**Stop Date:** -

**Route:** Mouth

**Note:** Alternative treatment for high cholesterol (non tolerance to Crestor, Lipitor). Policosanol is a chemical most often obtained from sugar cane. It can also be made from other plants, such as wheat. Policosanol is used for high cholesterol and clogged arteries. Policosanol decreases cholesterol production in the liver and increases the breakdown of LDL (low-density lipoprotein or "bad") cholesterol. It also decreases the stickiness of particles in the blood known as platelets. ~ <https://www.webmd.com/vitamins/ai/ingredientmono-137/policosanol>

VITAMIN B12 (chews)

Active

1000mg

on active (ie. medical appt)  
days /  
As needed

**Start Date:** May 20, 2017

**Stop Date:** -

**Route:** Mouth

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**Note:**Alternative treatment for S.A.D. (seasonal affective disorder), replacing Effexor XR, which caused Accelerated Hypertension.

Opticrom (eye drops)

Active

5ml

as needed /  
As needed

**Start Date:** Oct 13, 2016

**Stop Date:** -

**Route:** Ophthalmic

**Note:**As prescribed by allergist Dr Eric Leith. Sodium cromoglycate eye drops belong to the class of medications called mast cell stabilizers. It is used to help relieve and prevent seasonal allergy eye symptoms such as itching, tearing, and redness, dry eyes. (N.B. right eye laser-corrected glaucoma eye TWH in early/mid 2000s.)

ASPIRIN 81MG QUICK CHEWS (Bayer)

Active

81 mg

Every morning /  
Taken routinely

**Start Date:** May 20, 2016

**Stop Date:** -

**Route:** Mouth

**Note:**Heart attack/stroke prevention (FMD). As recommended by cardiologist Dr Beth Abramson. [take 1 chewie with breakfast and 2 chewies as needed with symptoms]

Potassium Citrate (tablets)

Active

99mg

Daily - with breakfast /  
Taken routinely

**Start Date:** May 20, 2016

**Stop Date:** -

**Route:** Mouth

**Note:**As an alternative to prescribed potassium chloride (not covered with Ontario Drug Plan) for low potassium blood levels. [take 1/2 at night with prescribed 12.5mg water pill hydrochlorothiazide and the herbal water pill tablet at breakfast which has 20mg potassium]

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TARO-CLINDAMYCIN/BENZOYL  
PEROXIDE GEL

Active

45g

as needed /  
As needed

**Start Date:** Apr 06, 2015

**Stop Date:** -

**Route:** Topical

**Note:** As prescribed by dermatologist Dr Paul Adam for acne (stress-related) outbreaks.

Vanilla Chai Soy Protein & Green Tea; Chai  
Tea Latte

Active

250ml

Breakfast Drink /  
Taken routinely

**Start Date:** Aug 18, 2014

**Stop Date:** -

**Route:** Mouth

**Note:** Chai tea improves digestion, alleviates nausea, is anti-inflammatory, increases circulation, supports the immune system, is an antioxidant, and improves heart health. ~  
<https://www.healthline.com/nutrition/chai-tea> ~ <https://www.cupandleaf.com/blog/chai-tea-benefits>  
[Usually have a (Bolthouse Farms) Vanilla Chai Soy Protein & Green Tea drink at breakfast and sometimes have a Starbucks Chai Tea Latte for an energy boost before an early day appointment or for a pick-me-up mid afternoon].

Tetracycline HCL (capsules)

Active

250mg

as needed /  
As needed

**Start Date:** Jun 16, 2014

**Stop Date:** -

**Route:** Mouth

**Note:** As prescribed by dermatologist Dr Paul Adam for acne and other skin outbreaks. Also used for strep throat when necessary (EBV-related swollen glands/lymph nodes).

Baking Soda Toothpaste & Mouthwash

Active

Daily, as  
needed

daily /  
As needed

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**Start Date:** Jan 01, 2014

**Stop Date:** -

**Route:** Mouth

**Note:** Arm & Hammer Baking Soda Toothpaste & Tom's of Maine Baking Soda Mouthwash ~ Research published this month in the Clinical Journal of the American Society of Nephrology found that having balanced baking soda, or bicarbonate, levels in your body could reduce your chances of an early death. ~ <https://thenutritionwatchdog.com/baking-soda-may-reduce-premature-death-risk/>

VITAMIN D (Jamieson); Vitamin D/K (Life Brand tabs); Vit D Orange Drops (Tincture)

Active

1000 mg

daily /  
Taken routinely

**Start Date:** May 20, 2010

**Stop Date:** -

**Route:** Mouth

**Note:** For High Risk Osteoporosis. As an alternative to prescribed bone medications (Actonel, Fosamax, Evista), due to non tolerance. [take a D/DK tab at breakfast and 3 orange D drops in bfast drink]

Estriodol (suppository) [alternative: Black Cohosh 40mg soft gels] + Hydrocortisone Cream 1%

Active

10ua

2x a week /  
Taken routinely

**Start Date:** Mar 22, 2008

**Stop Date:** -

**Route:** Suppository

**Note:** Post menopausal HRT [take the Vagifem suppository twice a week and the black cohosh daily with breakfast]. Hyderm cream 1% used for itching, dryness from hot baths.

FENTANYL (patch) LIMITED USE

Active

50mcg

48 hours /  
Taken routinely

**Start Date:** Feb 12, 2005

**Stop Date:** -

**Route:** Topical

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**Note:**Chronic Pain/Fibromyalgia [change the patch prescribed for every 48hrs instead of the suggested supplier's 76hrs, because of withdrawal symptoms after the 2nd day]

Cranberry Extract (Swiss - soft gels)

Active

1132mg.

Daily - with breakfast /  
Taken routinely

**Start Date:**May 20, 2000

**Stop Date:** -

**Route:** Mouth

**Note:**For urinary tract infections. (Note: family history of kidney disease on maternal side.)

Baclofen (tablets)

Active

10 mg

as needed /  
As needed

**Start Date:**Mar 23, 2000

**Stop Date:** -

**Route:** Mouth

**Note:**As an antidote for withdrawals from fentanyl pain patch when experiencing MS symptoms. Baclofen, sold under the brand name Lioresal among others, is a medication used to treat muscle spasticity such as from a spinal cord injury or multiple sclerosis. It may also be used for hiccups and muscle spasms near the end of life. It is taken by mouth or by delivery into the spinal canal. ~ <https://en.wikipedia.org/wiki/Baclofen> [take as needed, or a half at bedtime]

CLARITIN (tablets) Loratidine

Active

10 mg

Every morning /  
Taken routinely

**Start Date:**Mar 23, 2000

**Stop Date:** -

**Route:** Mouth

**Note:**For Dust, Moulds allergies; as a preventative for CFS/EBV stress-related Hives outbreaks.

APO-ACYCLOVIR - 400MG (tablets)

Exceptional Access Program [alternative:  
Lisine tabs 500mg]

Active

400 mg

as needed /  
As needed

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Patient Name: GOESSERINGER SONJA

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**Start Date:** Mar 23, 1994

**Stop Date:** -

**Route:** Mouth

**Note:** For PTSD/CFIDS/stress-related skin lesion (classic EBV-based shingles) outbreaks on lower back. Refer for Dr. Anne Curtis, dermatologist. ~ REFERENCE:

<https://www.medicalmedium.com/blog/shingles-virus/> Lysine is used for preventing and treating shingles. It is taken by mouth or applied directly to the skin for this use. [take the prescribed acyclovir with symptom outbreaks (starting with halves) and the lysine tablet as a preventative with breakfast]

Coenzyme Q10 (SISU soft gels)

Active

100mg

Daily - with breakfast /  
Taken routinely

**Start Date:** May 20, 1992

**Stop Date:** -

**Route:** Mouth

**Note:** Coenzyme Q10 is a vitamin-like substance found throughout the body, but especially in the heart, liver, kidney, and pancreas. //Coenzyme Q10 is most commonly used for conditions that affect the heart such as heart failure, chest pain, and high blood pressure. It is also used for preventing migraine headache, Parkinson's disease, and many other conditions. //Coenzyme Q10 was first identified in 1957. The "Q10" refers to the chemical make-up of the substance. //Coenzyme Q10 is an important vitamin-like substance required for the proper function of many organs and chemical reactions in the body. It helps provide energy to cells. Coenzyme Q10 also seems to have antioxidant activity. People with certain diseases, such as heart failure, high blood pressure, gum disease, Parkinson's disease, blood infections, certain diseases of the muscles, and EBV infection, might have lower levels of coenzyme Q10. ~ <https://www.webmd.com/vitamins/ai/ingredientmono-938/coenzyme-q10>

Evening Primrose Oil (soft gel vitamin supplement)

Active

500mg

Daily /  
Taken routinely

**Start Date:** May 20, 1990

**Stop Date:** -

**Route:** Mouth

**Note:** Evening primrose oil is the oil from the seed of the evening primrose plant. Evening primrose oil is used for rheumatoid arthritis, weak bones (osteoporosis), multiple sclerosis (MS), cancer, high cholesterol, heart disease, leg pain due to blocked blood vessels (intermittent claudication), Alzheimer's disease, and schizophrenia. Some people use evening primrose oil for chronic fatigue syndrome (CFS); asthma; nerve damage related to diabetes; whooping cough; and gastrointestinal disorders including

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ulcerative colitis, irritable bowel syndrome, and peptic ulcer disease. ~

<https://www.webmd.com/vitamins/ai/ingredientmono-1006/evening-primrose-oil>

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