Date/Time:	06 Apr 2022 @ 1301
Note Title:	PRIMARY CARE
Location:	MANCHESTER NH VAMC
Signed By:	PANESAR,GUNJAN
Co-signed By:	PANESAR,GUNJAN
Date/Time Signed:	06 Apr 2022 @ 1328

Note

LOCAL TITLE: PRIMARY CARE
STANDARD TITLE: PRIMARY CARE NOTE
DATE OF NOTE: APR 06, 2022@13:01 ENTRY DATE: APR 06, 2022@13:01:21
AUTHOR: PANESAR,GUNJAN EXP COSIGNER:
URGENCY: STATUS: COMPLETED

43 y/o patient is here for follow-up on medical issues as listed below in problem list.

CHIEF COMPLAINT: I am frustrated

HPI:
Pt is trying to put a claim and prove to the VA that his weight gain is aggravated by the escitalopram and that his Meniere's disease makes it hard to exercise to keep his weight down and anxiety and depression also aggravate his weight gain. States he has Sleep Apnea due to wt gain.

Pt was upset that va pcp is unable to write a note for a service connection claim in regards to weight gain from a medication and/or anxiety/depression. he was informed that pcp is not involved in claim process.

Pt was advised to schedule f/u with MH to discuss change in medication to one that does not cause weight gain.
states he has been tried on different meds in the past but lexapro is the only med which has helped him.

Pt was advised by sleep medicine to reach out to Mark Collins, Administrative Officer for C&P for the evaluation for service connected disabilities. States he
did talk to him and was told ?"there is nothing he can do." pt is frustrated.
States he will see a provider in private sector to help with a letter.

He was referred to PT for Meniere's disease and referred to massage therapy per
our PT recommendations.Pl see their notes for detail.

Missed PCMHI appt 3/29.

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