

Notes for my next appointment

For Eleanor Whitfield

Generated: August 15, 2026

MY MEDICINES

Lisinopril - 10 mg, Once daily

Lisinopril is used to treat high blood pressure to lower your risk of serious heart problems like strokes and heart attacks.

Amlodipine - 5 mg, Once daily

Amlodipine is used to treat high blood pressure and chest pain (angina).

Atorvastatin - 20 mg, Once daily

Atorvastatin is used to treat high cholesterol and to lower the risk of heart attack, stroke, and other heart-related problems in adults at risk.

Metformin - 500 mg, Twice daily

Metformin is used to treat type 2 diabetes in adults to help control blood sugar.

Levothyroxine - 75 mcg, Once daily

Levothyroxine is used to treat an underactive thyroid and certain types of thyroid cancer.

WHAT I HAVE NOTICED

The dizziness in the morning is better since I started standing up slower, but it is still there on the days I skip breakfast. My right knee has been worse for about three weeks - stairs more than walking. I would like to talk about whether I still need all five of these.

THREE QUESTIONS TO ANSWER BEFORE THE VISIT

Have you fallen in the past year?

☐ Yes ☐ No

Do you feel unsteady when standing or walking?

☐ Yes ☐ No

Do you worry about falling?

☐ Yes ☐ No

The three questions above are from the CDC STEADI (Stopping Elderly Accidents, Deaths & Injuries) pocket guide. SeniorThrive is independently developed and is not affiliated with, endorsed by, or sponsored by the Centers for Disease Control and Prevention or the U.S. Department of Health and Human Services.

MY HOME SAFETY CHECK

3 rooms checked, most recently August 2, 2026.

Bathroom, Main Stairs, Kitchen.

6 fixes still on my list.

QUESTIONS WORTH ASKING

1. Is this still the right list for me?
2. Is there anything here I could take less of, or stop?
3. What should I watch for between now and my next visit?

NOTES FROM THE VISIT

IMPORTANT MEDICAL DISCLAIMER

This report is informational and is not medical advice, diagnosis, or treatment. SeniorThrive is not a medical device. Review this document with a licensed healthcare professional before any change to medication, treatment, or care. In an emergency, call 911.