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New Location

Please note that we have relocated. The address and contact details are given above

17/11/2022

Dr Lara De Souza
Myclinic Prahran
191-193 Commercial Rd
SOUTH YARRA VIC 3141

Review date: 17/11/2022

Dear Lara,

RE:Ms Anne Miles **DOB:**04/12/1964
90 Valley View Lane, MAIN RIDGE VIC 3928

Thank you for referring Ms Anne Miles. The video consultation. And is living away from her usual residence. She would like to get back on Ritalin and I thought we could re-introduce it cautiously.

As you may know, she does have a spiritual side to her beliefs. She has also been to the Alfred in the past as well as St Vincent's Hospital primarily due to anxiety. She has had what we would call hallucinatory experiences, This was felt to be an independent phenomenon and not a psychotic episode, from the Alfred Hospital evaluation.

Anne was keen to restart the ADHD medicine. Hence I have prescribed Ritalin 10 mg tablets, 100 only, and Anne would use no more than one (10 mg) a day. If however there are psychological problems, the medicine needs to be stopped immediately

There continues to be sleep difficulties, which could partly be due to an ADHD overactive brain. In order help with the better nights rest she has been using pharmacy medicine (sleep right - which is essentially an anti histaminic compound). In the past Belsomra has been helpful. However, due to cost I thought of prescribing zopiclone. How do prescription for zopiclone 7.5 mg 30 with one repeat has been issued. The most important aspect is to, have a good sleep routine.

Follow-up:

I would like to review her in the New Year in the latter, part of January or early February.

Kind Regards,

Electronically Sighted & Signed.

Dr. Mahendra Perera
Consultant Psychiatrist
cc Anne Miles (email)