

PART 1) PAIN

01:27:00 **DR. STEVENS:** Okay, Taida. How are you today?

TAIDA N: [How are you, Doctor?] I'm fine.

DR. STEVENS: What happened?

TAIDA N: I'm having trouble with the pain in my legs.

DR. STEVENS: Pain in the legs.

TAIDA N: And a pain here. The doctor gave me a paper to have a sonogram done, And what else? And she told me that it didn't show anything, that she had to check something, that she had to see some other exams, I don't know.

DR. STEVENS: Okay. Can you describe the pain?

TAIDA N: Well, the pain is here on this part. When I walk, and if I do any kind of exertion.

DR. STEVENS: Like what?

TAIDA N: Like carrying heavy things, and walking fast. When I get fatigued I get that pain.

And sometimes when I go up the stairs, the pain is stronger. But there are some days that the pain is strong, and other days that I barely feel it.

DR. STEVENS: There are days that you don't feel it.

TAIDA N: I barely feel it. Yes, it's very light.

DR. STEVENS: Okay, but other days --

TAIDA N: But some other days I've had to take Advil.

DR. STEVENS: Okay.

TAIDEN N: Because the pain is too strong for me to work.

01:28:30 DR. STEVENS: Okay. So when you have the pain it's worse when you carry heavy things, when--

TAIDEN N: When walking and --

DR. STEVENS: Going up stairs? Going up the stairs?

TAIDEN N: Mm hm.

DR. STEVENS: And going down?

TAIDEN N: No.

DR. STEVENS: No. Going up.

TAIDEN N: Going up.

DR. STEVENS: And walking fast?

TAIDEN N: Walking.

DR. STEVENS: And sometimes it's bad and you take Advil.

TAIDEN N: Yes.

01:28:49 DR. STEVENS: Okay. When it's bad, would you say, 0 to 10, 10 being the worst, what number--?

TAIDEN N: 10.

DR. STEVENS: 10.

TAIDEN N: 10, because then I can't stand it.

DR. STEVENS: Okay, so 10 is very bad. There are days that you can't ---

TAIDA N: I take three Advils for the pain.

DR. STEVENS: And when you have that pain --When it's strong, are you able to work?

01:29:17 **TAIDA N:** If I take pills yes, if not, not. If I take the Advil --

DR. STEVENS: If you take the Advil --

TAIDA N: It helps me.

DR. STEVENS: It helps you and you can work.

TAIDA N: Yes.

DR. STEVENS: If you don't take the Advil--

TAIDA N: I feel bad.

DR. STEVENS: Okay. Um, can you tell me when this first started?

TAIDA N: It's been around two months, two or three months. But for example,
today it's mild.

DR. STEVENS: Today it's--

TAIDA N: Today I have hardly any pain.

DR. STEVENS: How did it first start? How did you notice it?

TAIDA N: It started with my leg hurting. And going up stairs the same thing.

DR. STEVENS: Uh huh.

TAIDA N: It started hurting me. [?] Like I had no strength. And then the pain
right here.

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01:30:07 **DR. STEVENS:** Do you have any idea why this started?

TAIDA N: I think it's the weight.

DR. STEVENS: You believe it's the weight. Has your weight changed recently?

TAIDA N: Yes.

DR. STEVENS: How?

TAIDA N: Going up.

DR. STEVENS: Going up recently? [100??] Okay. And why do you think it's
your weight?

TAIDA N: I think it's because when I walk my feet hurt. I'm not able to walk like
I use to.

DR. STEVENS: Okay.

01:30:33 **TAIDA N:** I'm not able to, I don't know.

DR. STEVENS: Okay.

01:30:39 **DR. STEVENS:** And your work, what sort of work are you doing now?

TAIDA N: Right now I'm taking care of children.

DR. STEVENS: Okay.

TAIDA N: It's very active with them.

DR. STEVENS: How old are the children?

TAIDA N: I take care of a four – I mean, one who's five and one who's three.

DR. STEVENS: Two? Two.

TAIDA N: Uh huh.

DR. STEVENS: Every day? For how many hours?

TAIDA N: For nine hours.

01:30:58 DR. STEVENS: Nine. Oh, that's a lot of work. And-- so when you have the pain you take Advil and you're able to continue with --

TAIDA N: -- [?]

01:31:07 DR. STEVENS: Are there days when you've needed to leave work because of this?

TAIDA N: One day I left -- one day I couldn't work.

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DR. STEVENS: Are you suffering a lot with this?

TAIDA N: I was, yes.

DR. STEVENS: When you're not at work, when you're at home relaxing, how does the pain feel?

TAIDA N: Worse.

DR. STEVENS: It's worse when you're relaxing?

01:31:30 TAIDA N: It's worse when I rest. When I have my day off, getting out of bed is horrible. The pain in my legs, and the pain in my back. So that's why I say it's my weight, because when I'm working it goes away.

TAIDA N: The day that I rest, the pain is bad.

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PART 2) DEPRESSION

01:31:58 **DR. STEVENS:** How is this affecting your mood?

TAIDEN N: It affects me a lot.

DR. STEVENS: How?

TAIDEN N: It's— It's like, I'm getting depressed, I don't know.

DR. STEVENS: You're--

TAIDEN N: Getting depressed because of the same thing. When I feel tired, when my feet hurt, I don't feel like going out.

01:32:25 **DR. STEVENS:** Uh huh. And you feel depressed.

TAIDEN N: Yes. Two weeks ago I stayed in bed all day.

DR. STEVENS: Two weeks ago, one day you stayed in bed all day?

TAIDEN N: Uh huh.

DR. STEVENS: Because you were depressed, right?

TAIDEN N: Uh huh.

01:32:44 **DR. STEVENS:** The sense of depression that you're feeling, is this recently with the pain, or before that?

TAIDEN N: Well, a few months ago I was mugged, I guess that all has to do with it. I don't know, I guess my mind has something to do with it. I was mugged in October, so I think that ever since then I remember all that, and then the pain arrived, it all piles up. [?]

01:33:24 **DR. STEVENS:** I'd like to know more about that. Can you tell me what happened?

TAIDEN N: I was mugged in October.

DR. STEVENS: Yes. How, what happened?

TAIDEN N: It was at night, they hit me. And I don't know if you remember, I came and I had three stitches here.

DR. STEVENS: Yes.

TAIDEN N: So I still think about that.

[**DR. STEVENS:** Okay.]

TAIDEN N: So I think that has done this to me now, with this depression and anxiety.

[**DR. STEVENS:** Uh huh.]

TAIDEN N: And it's why I'm gaining weight. Gaining weight also makes me more depressed, because one day I'm supposed to start on a diet, I was going to eat healthy, and then the next day no.

01:34:13 DR. STEVENS: Okay. So what you're saying is that since October you're feeling more depressed, and since you're feeling depressed you're having more trouble controlling your weight.

[**TAIDEN N:** Yes.]

DR. STEVENS: When your weight went up the pain got worse, and you felt more depressed. It's a circle.

TAIDEN N: That's it. I'd say that since then I've been feeling like this.

DR. STEVENS: You say you think a lot about what happened.

TAIDEN N: Less now, but I still think about it.

DR. STEVENS: Like what?

01:34:43 **TAIDA N:** The psychologist told me it would go away within months, not to think about the mugging. [??]

[DR. STEVENS: Uh huh.]

TAIDA N: But I still can't be alone at night.

DR. STEVENS: Okay.

TAIDA N: My son comes with me.

DR. STEVENS: Okay.

TAIDA N: Uh huh.

DR. STEVENS: Daytime you can be alone.

TAIDA N: Daytime I can be alone, but not around the place where-- ---I can't go by there alone. I have to take a taxi to get home.

DR. STEVENS: I understand, I understand.

TAIDA N: But not alone.

01:35:18 **DR. STEVENS:** Okay. And you went to the psychologist.

TAIDA N: Yes, I went.

DR. STEVENS: And now?

TAIDA N: No, she told me I didn't need to go back because I didn't have a lot of trauma or anything.

DR. STEVENS: I understand, but--

TAIDA N: That what I had would go away little by little.

DR. STEVENS: Okay. And you're saying that it improved a little--

TAIDEN N: It improved.

DR. STEVENS: But not -- now you're feeling--

TAIDEN N: Not all of it.

DR. STEVENS: It's affecting you in some important ways, that you can't go out at night, it's causing you more anxiety and more trouble controlling your weight.

01:35:54 **TAIDEN N:** Uh huh.

DR. STEVENS: So it is affecting you a lot.

TAIDEN N: Uh huh.

DR. STEVENS: Not completely like before--

TAIDEN N: Uh huh.

DR. STEVENS: but in another way.

TAIDEN N: Yes.

01:36:03 **DR. STEVENS:** You told me that you're feeling depressed. Out of one week, how many days do you feel depressed?

TAIDEN N: Around-- three or four.

DR. STEVENS: Three or four. And during those days, is the depression pretty bad? Like you told me about that day you didn't want to go out.

TAIDEN N: For example, on Monday I didn't want to get up. I didn't want to get out of bed.

On Monday I didn't want to go out. I'm taking English classes and I didn't get up.

[?]

I didn't want to get up. I got up later because I had to go to work and I know that the children are waiting for me.

DR. STEVENS: So you don't feel like doing anything.

TAIDA N: No.

01:37:01 **DR. STEVENS:** Are there days when you feel so bad that you don't want to live?

TAIDA N: In that way no, but... I have told my son that I don't want to get to be old, or older. I mean, not that I don't want to be alive exactly, but I tell him that I hope I don't get to be ancient.

DR. STEVENS: Uh huh.

TAIDA N: Understand? So, but... no...

DR. STEVENS: Okay, let me be sure I understand. You would like to live but not like that.

TAIDA N: Not so old. Not so many years.

DR. STEVENS: Okay. The problem is that you don't like how you are suffering.

01:37:50 **TAIDA N:** Yes, because that's what I tell my son. I tell him, I don't want to be 50 years old and not be able to walk.

DR. STEVENS: I understand, I understand.

TAIDA N: Understand? That's what I tell him. I tell him, I don't want to--

DR. STEVENS: It's important for you to live an active life.

TAIDA N: Uh huh.

DR. STEVENS: I understand.

PART 3) FAMILY

01:38:14 DR. STEVENS: Besides Advil, are you taking any other medication?

TAIDA N: For pain? Just Advil.

DR. STEVENS: Just Advil. Do you drink alcohol?

TAIDA N: No. Very occasionally.

DR. STEVENS: No. Do you take drugs sometimes?

TAIDA N: No.

DR. STEVENS: Okay. And whom do you live with now?

TAIDA N: With my son and my brother.

01:38:32 DR. STEVENS: Okay. And.....how's the relationship with them?

TAIDA N: Good.

DR. STEVENS: Okay.

TAIDA N: Uh huh.

DR. STEVENS: Does he sometimes yell at you, or...?

TAIDA N: Yes.

DR. STEVENS: How?

TAIDA N: Sometimes my son speaks to me, and I answer back in a bad way.

DR. STEVENS: Uh huh.

TAIDA N: I yell at him. I answer back in a bad way.

DR. STEVENS: Okay.

TAIDA N: And sometimes he tells me, “I can’t talk to you”. So, I know.

DR. STEVENS: Okay. So your not feeling well is affecting your relationship with him.

TAIDA N: Uh huh.

DR. STEVENS: And your brother?

01:39:11 **TAIDA N:** Not with him, because we hardly ever talk. Maybe a little. [?] I’m basically locked up in my room. [?]

DR. STEVENS: Okay. In the past, were you able to lose weight?

TAIDA N: Uh huh.

DR. STEVENS: Now it seems the problem is that you don’t have the emotional strength.

TAIDA N: Like I have no strength, I don’t know.

DR. STEVENS: I understand.

TAIDA N: A few years ago, I lost weight with some products. Now I buy them, and I take them one day and not the next.

DR. STEVENS: Okay.

TAIDA N: Like I don’t have the strength, I don’t know. I don’t even understand myself. [?] I keep telling myself, “tomorrow, I’ll start tomorrow.”

01:40:01 **DR. STEVENS:** I understand. Okay, one more question and then I’ll examine your leg. Are you working five days a week?

TAIDA N: Yes.

DR. STEVENS: You told me that sometimes with your son, you yell at him, like you're not able to control your emotions. With the children that you take care of, how is that?

TAIDA N: With the children, no. Almost never. I'm more-- I don't know, I tell the other girl that they help me. [?] Because they're happy, they dance, they sing, and I feel good with them.

DR. STEVENS: You feel better with them. You feel happy and more important.

01:40:48 **DR. STEVENS:** Your work is important for you.

TAIDA N: Yes.

DR. STEVENS: I understand. Okay. So I'm going to examine your legs and the area that's hurting you, and afterwards we can talk about what we're going to do.

TAIDA N: Uh huh.

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PART 4) POST-EXAMINATION

01:41:02 **DR. STEVENS:** I believe that probably it's a problem with the tendon in your knee. It's called tendonitis. It's a common problem, but it's not serious. It may have to do with your weight, but it's also an inflammation. The medicine Advil is good for that.

TAIDA N: Uh huh.

DR. STEVENS: But there are other things that can help that also. Losing weight will help, and also exercise to strengthen the knee.

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01:41:41 Like you said, the problem is bigger than just the knee. The problem is the anxiety, the depression that you're suffering. It's very good that you have that work, because it's helping you, but depression is affecting your life outside of work.

TAIDA N: Uh huh.

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01:42:06 **DR. STEVENS:** You have a condition of anxiety and depression that is related to what happened to you in October.

TAIDA N: Uh huh.

DR. STEVENS: Sometimes after an attack like that there's a change in the body, of the chemicals in the body, that affects your emotional state, and causes a depression that lasts longer.

Sometimes it improves fast, but sometimes it can last months or years.

TAIDA N: Uh huh.

DR. STEVENS: But medicine is effective in fixing that problem, in returning the chemicals that control your emotions to their normal state.

TAIDA N: Normal.

01:43:01 **DR. STEVENS:** How do you feel about taking medication for this?

TAIDA N: [pause] Um, I don't like it too much, but [laughs], if I need it I'll take it. I don't like it because I thought there were side effects, [?] and I've also heard that medications for depression caused dependency. I don't know, that's what I heard. So I -- [?]

01:43:22 **DR. STEVENS:** Okay. Two things are important. One is about dependency. This is not the kind of medicine that your body will need for life. Usually you need to take it for six months or a year to have a good effect that lasts. And you can't stop taking it before six months or a year. ut it's not something you'll need for life. There are other medicines that we used in the past, more --

TAIDA N: A few years ago, I don't know if you remember that I used – Prozac, I think? [?]

DR. STEVENS: Yes. It's similar.

TAIDA N: I used it only for a few months, no more. Not for long.

01:44:11 **DR. STEVENS:** Okay, so what I'd like you to take is similar to that. It doesn't have a lot of side effects, like dependency.

TAIDA N: Uh huh.

DR. STEVENS: There's -- all medicines have side effects, but it's important to look for a kind of medicine that doesn't have many side effects. So you need to let me know if you feel bad with it. Sometimes the first few weeks you feel a little stomach ache, but that isn't dangerous. Usually it passes.

TAIDA N: Uh huh.

DR. STEVENS: But if you feel other bad symptoms, let me know and we can change to another one. It's important to find one that doesn't bother you a lot.

TAIDA N: Uh huh. Okay.

DR. STEVENS: But I think it's important to treat the knee, the leg, together with your emotional state, and also at the same time, try to lose some weight.

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If you'd like I could send you to the psychologist. What do you think?

01:45:44 **TAIDEN N:** [pause] What would that be for?

DR. STEVENS: To talk about the problems that you're having. Like, what you can do so you don't yell at your son. To help you get better.

01:45:36 **TAIDEN N:** Yes, because I've also noticed that, that my state of mind is very – sometimes I yell. But my Papa was diabetic and he would be like that sometimes, and he would say it was because of his sugar level.

DR. STEVENS: Uh uh. I don't believe that. I believe it's all related to the depression, because of the effect of the mugging. But that's something that can get better.

TAIDEN N: Okay.

DR. STEVENS: I'm confident that you're not going to live your whole life, the rest of your life like that.

TAIDEN N: I hope not.

DR. STEVENS: Because you have the desire to get better.

TAIDEN N: Uh huh.

01:46:25 **DR. STEVENS:** The other option is, if you'd like physical therapy for your knee, or if you'd like, maybe you can try the medication and come back in two weeks, and we can talk about that some more.

TAIDEN N: That's fine. Because I'd like to lose weight, but I don't know how.

DR. STEVENS: But you—

TAIDEN N: I don't know how I'm going to do it.

DR. STEVENS: Yes, but you understand how to lose weight. The problem is you don't have the strength.

TAIDEN N: Yes.

DR. STEVENS: Okay, so we can try – I'll give you a prescription for Advil – stronger than that, Ibuprofen.

TAIDEN N: Uh huh.

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01:46:55 DR. STEVENS: I'm going to give you a pill called Sertraline. [??] Take 100mg. Take half a pill every day. That's for the depression.

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And I can see you in two weeks to see how you're doing. And if you have any problems, call me.

TAIDEN N: Okay.

DR. STEVENS: Do you have my card? [?]

TAIDEN N: Uh huh.

01:47:18 DR. STEVENS: Do you have any questions?

TAIDEN N: The Advil, the Ibuprofen is what's going to help me with my leg, with the pain?

DR. STEVENS: Uh huh.

TAIDEN N: Okay.

DR. STEVENS: And Sertraline is for the depression.

TAIDA N: Uh huh. Okay.

DR. STEVENS: Okay?

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TAIDA N: Uh huh. Thanks very much.