

From: [REDACTED]
To: [REDACTED]
Subject: Re: Health history for Jeff
Date: Saturday, May 18, 2019 8:32:01 PM

Dear Mike,

Unfortunately, I was not able to locate Jeff's last report for his blood work, which was done prior to his annual physical done earlier this year (if my memory serves me right). I do remember that everything, including blood pressure and cholesterol, checked out as normal. Jeff had two different doctors, one who performed his aviation medical examination and Dr. Leslie Norwitz, his PCP who performed his annual physical. I don't have the name of physician who performed his aviation medical, but can find this if you need it or you can find this on his aviation medical card.

With respects to Jeff's health, I think he was in good shape physically, emotionally and psychologically. We normally go to bed around 9:00-10:00 PM, and would wake up at 6:00-7:00 AM, depending on the day. Jeff would weigh himself every morning before his shower, and would also keep track of this on his computer. When I met him in 2013, he was about 210 lbs. In the last 20-21 months, his weight fluctuated from 185-190.

Jeff regularly exercised (2-3 times per week) by rowing on a stationary rower or riding his bike around the neighborhood. He also walked with me and my dog 1-3 times per week.

Jeff had back surgery in 2007, when Harrington rods were used to fuse 9 vertebrae (T9-S1). He's also had knee and neck surgeries after his 50th birthday, but I don't have much detail about these surgeries. Also, he's had some inflammation (tendonitis/bursitis/arthritis) in his left shoulder and had steroid injections sometimes last year. The rods kept his back tight, and he would take Aleve or have me stretch him whenever this happens.

Jeff also suffered from seasonal allergies and took fexofenadine/Allegra whenever needed.

Emotionally and psychologically, he was happy at home and at work. [REDACTED]
[REDACTED] We entertained family, friends and colleagues on a regular basis. Jeff was in AA for 20+ years, and was sober for over 8 years and would have celebrated his 9th AA birthday on 6/24. He regularly attended AA meetings on Thursdays and Sundays. I don't think and am not aware if he did any recreational drugs. At work, he was recognized by his company as being the top three producer in Houston for February/March, and he just got a new assistant about 9 months ago which made his work life so much better.

Jeff had several prescription medications in his medicine cabinet. These include meloxicam, irbesartan, and rosuvastatin/Crestor. He took meloxicam when needed. I

recall that Dr. Norwitz took him off one of the blood pressure/cholesterol medications earlier this year, I just don't remember which one.

I hope this helps you have a better understanding of Jeff's life and health history. I think I've covered everything, so if you have any questions, please let me know.

Finally, thank you again for your help with the headsets!!! I know they are just inanimate objects, but they have lots of sentimental value!

All the best,

Helen Nguyen

[REDACTED]

On Friday, May 17, 2019, 11:52:22 AM CDT, Folkerts Michael [REDACTED] wrote:

Hi Helen,

Thanks for forwarding your perspectives on Jeff's health history, and if you find his last physical.

I'll keep you posted on the headset(s)

Thanks much and best wishes,

Mike

Blue Skies ..

Mike Folkerts

National Transportation Safety Board, Central Region

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]



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