

Treatment Plan

For: Monika Frkovic

Date: 07/10/23

Your goals:

"Improving fatigue levels, reviewing bloods and thyroid count, getting back to past consistent weight range."

Main symptoms you're experiencing:

"Fatigue, weight gain, low energy. With gradual onset. History of low iron in past. Curious if thyroid function is contributing to some symptoms. Sister has hypothyroidism, 1st cousin also had both hyper & hypothyroidism after baby. Query recent iron studies test results/haemochromatosis"

Summary of key issues suspected or identified (at this stage):

No remarkable health history or conditions noted
Experienced a prolonged recovery from eye infection/hospitalisation in 2022 - related?
Weight gain of ~4kg this year: could be increase in muscle mass from strength training or related to metabolism?
(body composition also to be considered)
Digestion/bowel: Bristol chart stool #6 - not ideal; may be digestion/gut, and/or food related
Noted multiple premenstrual symptoms >5 days before period onset
Query enough protein, healthy fats and omega 3 throughout diet
Query macros/calories sufficient for output, especially on workout days
Query current iron status given history and 09/23 results

Key focus areas (at this stage):

Test/review thyroid function
Test for underlying nutritional deficiencies/insufficiencies contributing to symptoms
Review digestion/gut function ('mild diarrhoea')
Review blood sugar balance over day that may be contributing to symptoms
Look to support premenstrual hormone phase
Address potential macro and nutrient imbalance

Testing

As discussed, please see your doctor* to obtain blood test referrals for the following:

- Iron studies, Vitamin B12, Active B12, Folate and Vitamin D
- Full thyroid panel: TSH, T4, T3, Thyroid antibodies (Thyroid peroxidase, Thyroglobulin) and Reverse T3
- Haematology (Haemoglobin, Red + White cells counts)
- Liver function
- Fasting Insulin, Fasting Blood glucose, HbA1c
- Zinc

* See your doctor (using some keywords below) and for the tests they won't request, I can request for you. The difference is you'll be out of pocket as it's a private (non-Medicare) request. Please upload a copy of your pathology request form to your My Appointments account for me to review. I can then arrange an additional request form for you to take to your blood test.

Key words to mention: *tired all the time, history of low - then high - iron, sister diagnosed with hypothyroidism, work indoors, some weight gain concern, energy up and down throughout the day, seeking review of blood nutrient levels before looking to supplement/change to diet*

Blood test rules:

- Always ask your doctor for a copy of all results to also be sent to you
- Stop taking any iron, zinc, selenium, biotin or multivitamin supplement at least 3 days prior to test
- Stop intensive exercise (eg. HIIT, high cardio) for 2 days prior to test
- No alcohol at least 24hrs before test
- No food or drinks (besides plain water) for 10-12 hours prior to the test (ie. overnight fast) Every time.
- Do not fast for longer than 12 hours (NB: 10 hours is ideal when testing iron studies)
- Aim for a good nights sleep, if possible
- Do not do test if feeling unwell or getting over a recent illness
- Do not test whilst you're on your period
- Do not test between Day 10-20 of menstrual cycle (if applicable)
- The morning of your test, drink a full glass of water (no tea, coffee, juice etc)
- No chewing gum or smoking the morning of the test
- If on thyroid medication, take this after you've had your blood test
- Hormones: For FSH, LH, Oestrogen - test on Day 3 of cycle. For progesterone - test on Day 21 (if you have a 28 day cycle, otherwise if it's shorter or longer test 7 days before your expected period).
- Always attend the same pathology collection centre so results are run through the same lab for greater accuracy.
- Please upload results to your My Appointments account so I can see them prior to your next appointment

Prescription

No prescription at this stage - waiting on test results.

Dietary changes

To come - waiting on test results.

Next time

We'll review your test results and make an overall plan based on the findings. We'll also aim to discuss the other key focus areas noted (at this stage).

Once you have all blood test results, please log in to your My Appointments account to upload these and book your next appt.

Select FIRST FOLLOW-UP CONSULTATION