

Treatment Plan

For: Nicole van der Westhuizen

Date: 09/11/23

Your goals:

"Guidance with balancing my hormones, reduce current (mid cycle & premenstrual) symptoms, have more energy"

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

Chronic low energy	2/10
Poor sleep quality	2/10
Low mood	4/10
Moderate-high stress	7/10

Regular mid-cycle symptoms and multiple premenstrual symptoms >7 days before period onset: reflective of hormonal imbalance (involving oestrogen & progesterone)

Query regular, robust ovulatory cycles > and their effect on progesterone levels and therefore PMS symptoms

Query thyroid function > contributing to various symptoms and affecting monthly hormone symptoms

Query healthy oestrogen detoxification and clearance

Suspect multiple nutritional insufficiencies/deficiencies: 2 pregnancies in 2.5 years, minimal prenatal & postnatal supplementation support, no thyroid health assessment post pregnancies

* Suspect some degree of nervous system dysregulation (low mood/high stress) contributing to hormonal imbalance symptoms, sleep issues

* Query adequate amounts of protein, healthy fats and omega 3 throughout daily diet (will discuss further)

* Query healthy blood sugar balance over the day (affecting energy, mood etc)

* Query digestion/bowel health: irregular bowel patterns; digestion/gut function, may be food related and/or triggered. Contributing to hormone imbalance? (will discuss further)

*Will discuss later

Key focus (at this stage):

Initial blood testing to review:

- nutrient status: iron, vitamin B12, folate, vitamin D, zinc
- full thyroid function (including thyroid antibodies)
- hormonal health

Testing

As discussed, please see your doctor* to get a referral for some blood tests, including:

- Hormones
- Iron studies with CRP
- Vitamin B12, Active B12 and Folate
- Vitamin D
- Full thyroid panel: TSH, T4, T3, Thyroid antibodies and Reverse T3 (these last 3 or 4 they often don't requested though)
- Serum Zinc

I wouldn't show the doctor this list, or mention your Naturopath has asked for them, as they don't like "doing tests requested by other practitioners, or being told how to do their job (!?)". So this request needs to come from you, the patient. Using the key words below will help.

***Key words to mention to doctor:**

"Extremely tired all the time; 2 babies in 2.5 years

Hormones feel really off, having severe PMT symptoms & mid-cycle pain, also want an ultrasound to check on cyst

Had low iron in pregnancy (that was never followed up afterwards) suspect its low again

Very low mood (related to iron, B12, Vit D, zinc)

Don't spend a lot of time in outdoor sun, getting run down sick all the time (related to Vit D)"

After you've seen the doctor

Do not get the blood test done. Instead, upload the pathology request form you have to your My Appointments account for me to review. This way I can see what's been requested and what's missing. Those tests left off, I'll request myself and send you a Pathology Request form with my 'Blood Test Rules'. This way you'll go for one blood test with 2 separate request forms. The difference with my Pathology Request is that I'm a private (non-Medicare) practitioner so the lab will send you an invoice after your results are released.

Follow up

When all your blood test results are released to me, I'll let you know so you can book in a First Follow-Up Consultation. Here we'll discuss your results and put in place a plan of action. We will also begin to address the others issues (*) listed under Summary.