

Treatment Plan

For: Julie Short

Date: 25/01/24

Current issues/symptoms:

Looking for a proactive, preventative health approach.
Digestive/bowel irritability (intermittent, explosive diarrhoea)
Ongoing muscle/joint stiffness (inflammation)
Energy 7/10, Sleep 5/10, Mood 7/10, Stress 6/10, Libido 7/10

Summary of key issues to look into (at this stage)

No blood tests for 4-5 years.
Sleep onset is good, yet waking in early hours then restless/lighter sleep onwards
History of gallbladder issues, then removal
Bowel sensitive at time; explosive diarrhoea
Query adequate protein for menopause generally and activity level?
Supplements: magnesium 1x day (recently)

Initial steps:

Testing

1. Blood tests - I'd like to assess both your nutritional levels and some metabolic markers to give us more in depth information about your current state of health. With this information we can streamline suggestions specifically for you.

See your doctor and mention its been years since any testing and you're looking to check in on your health, with blood tests being part of this proactive/preventative approach. They'll likely order the basics like Full Blood Count, Liver & Kidney Function, Lipid Studies which are all useful, but I would also like to see the following:

- **Vitamin D**
- **Vitamin B12**
- **Iron Studies**

- **Serum Zinc, Serum Selenium**
- **Full thyroid panel: TSH, T4, T3, Thyroid antibodies, Reverse T3**
- **C-Reactive Protein**

As mentioned, the GP may be reluctant to request all of these but what they don't request, I can. This will be an out of pocket expense, ie. not covered by Medicare.

Mention to your doctor that you're feeling "more tired than usual" and it's been sometime since these were checked, and you're keen to establish a 'baseline' at this age and stage, and moving forward.

Once you have the pathology request form - please do not have the blood test.

Instead, upload your request form to your My Appointments account for me, so I can cross check and request those tests that have been left off. I'll email this to you, with further instructions and my **Blood Test Rules** to factor in before arranging your blood test.

I'll be able to view all the blood results results (those requested by GP and myself) so once they're all through (usually 1-2 weeks after blood draw). I'll let you know so we can then arrange a consult to discuss findings.

2. Comprehensive Digestive Stool Analysis (CDSA)

The function of the gut and the gut microbiome are at the core of our health. We also know that in menopausal women the diversity of the gut microbiota is reduced, and intestinal permeability is increased (compared to premenopausal women). Research also shows that HRT can alter the gut microbiome.

Our gut microbiome (all 2kg of it!) is involved in a myriad of roles in our health eg. It produces our neurotransmitters (e.g serotonin), supports our energy production, programs our immune system and is critical in our detox processes. As well as breaking down and digesting our food, it's involved in producing vitamins and making short chain fatty acids (SCFA). These SCFA have many health benefits; anti-inflammatory, immuno-regulatory, anti-obesity, anti-diabetes, anticancer, cardiovascular protective, hepatoprotective (liver) and neuroprotective activities!

With this in mind, and your digestive (gallbladder) history and sensitive bowel, I would suggest we run a CDSA. This assesses digestive, absorption, metabolic, inflammation and tumour ulcer markers.

It will tell us if you're producing enough digestive enzymes to optimally break down your food, so you can absorb the nutrients. It looks for undigested food in your stool; fats, vegetables fibres, meat fibres which reflects your digestive function. It looks for fermentation of food in the gut and the markers for colonic function and liver detox. It reports on the bacteria involved in keeping our immune system regulated, and any overgrowths of opportunistic bacteria or yeasts (Candida) as well as parasites. All this information allows for specific and personalised treatment.

As the practitioner I order the test at my end then the lab then contacts you via email to arrange payment. The collection kit is then sent to you. Results are typically back within 2 weeks. We then have the First Follow-Up Consultation to discuss the finding and the next steps from here.