

Treatment Plan

For: Zianna Mullins

Date: 22/03/24

Current issues/symptoms:

Adult acne
Heavy periods, plus various premenstrual symptoms
Difficulty losing weight
Some sleep issues
High stress levels
Preconception prep > 12 mths
Energy 6/10, Sleep 4/10, Mood 5/10, Stress 10/10, Libido 7/10

Other issues to be discussed at a later date: potential food intolerances, gut microbiome health (linked to hormonal health), fasting, diet, preconception care essentials.

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

Some degree of hormone imbalance; oestrogen, progesterone, androgens, DHEA, cortisol, thyroid?
Symptoms of low progesterone levels in luteal phase (ie. PMS symptoms)
Symptoms of low progesterone:oestrogen (a relative progesterone deficiency?)
Potential high/imbalanced androgens affecting skin?
Subclinical hypothyroid results on previous blood test (2023) affecting overall hormone balance
Potential high insulin also contributing to hormonal imbalance and various symptoms?
Symptoms of inflammation
Symptoms of nutrient depletion and/or insufficiencies (also shown on previous blood test results)
High stress levels driving/contributing to various symptoms
5 x 17 hour fasts per week; another potential stressor
Symptoms of inflammation

Initial steps:

1. BLOOD TESTS

Assessing some nutritional, metabolic and hormonal markers gives us more in depth information about what could be driving your symptoms. Once we have these, we can streamline your treatment plan specifically for you.

Blood Tests:

- Iron studies
- Vitamin B12 + Folate
- Vitamin D
- Full thyroid panel: TSH, T4, T3, Thyroid antibodies, Reverse T3
- Fasting glucose
- Fasting insulin
- C-Reactive Protein
- LH, FSH, Oestradiol, Progesterone, Prolactin
- Androgens (ie. Free testosterone, SHBG, Total testosterone, DHEA-S, Androstenedione, FAL)
- Copper, Ceruloplasmin & Zinc (I've requested this from Nutripath - a functional pathology lab, please check your email for the next steps)

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

They'll likely order other basics like **Full Blood Count, Liver & Kidney Function, Lipid Studies** (hopefully) etc which are all useful too.

*Keywords to mention to GP to help get these tests requested:

"I'm tired all the time, especially over last 6+ mths.

I've a history of anaemia, low B12 (as vegetarian for 15 years) and low Vit D (think it may be an issue again, affecting my energy and mood, and I don't get a lot of sun).

I'm very concerned about my weight loss plateau and if my thyroid and/or insulin levels are contributing. And I've been having irregular & heavy periods on and off since ceasing the Pill.

Looking to be pregnant within the next 12 months and really want to uncover any issues now."

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 request form to you, along with instructions and my Blood Test Rules. I'll be able to view all the blood results results (those requested by GP and myself) so once they're all through usually in 1-2 weeks.

Next time

Once all your test results are through, we'll have a Follow Up Consultation to go through all the results. If you have any questions, please let me know.