

Treatment Plan

For: Kylie Whybird

Date: 06/04/23

Current issues/symptoms:

10 months postpartum, breastfeeding
Fatigue, exhaustion
Joint and muscle pain
Difficulty losing weight (> 10kg)
Heavy periods, plus various premenstrual symptoms
Difficulty losing weight (> 10kg)
Low mood, worse premenstrually
Easily overwhelmed
Poor memory/word recall
Longstanding constipation/digestive issues
Likely perimenopausal > contributing to premenstrual/menstrual symptoms

Energy 5/10, Sleep 5/10, Mood 7/10, Stress 6/10, Libido 3/10
History/diagnosis of autoimmune conditions (SLE, Vitiligo)
History/diagnosis of chronic inflammatory condition Fibromyalgia

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

- Some degree of postpartum depletion (nutritional, metabolic, hormonal)
- Hormone imbalance; oestrogen, progesterone, cortisol, insulin, thyroid?
- Symptoms of low progesterone levels in luteal phase (ie. PMS symptoms+ +) and heavy periods
- Symptoms of low progesterone to oestrogen (a relative progesterone deficiency/perimenopause)
- Symptoms of chronic constipation > contributing to hormone imbalance, inflammation
- Symptoms of chronic inflammation
- Symptoms of nutrient depletion and/or insufficiencies (also shown on previous [incomplete] blood test results)
- Symptoms of poor digestive function, gut dysbiosis, food intolerances (gluten?), increased intestinal permeability (leaky gut)

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 (TPO + TGAB), Reverse T3
- Fasting glucose, fasting insulin, HBA1C
- Red cell magnesium + Zinc
- C-Reactive Protein
- Anti-nuclear antibodies (ANA) for SLE

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.

Close pregnancies, still breastfeeding now - want to check nutritional levels

I've a history of low iron affecting my energy and mood, and I don't get a lot of sun (due to sensitive skin)

I'm also having heavier periods lately - contributing to more iron loss.

As I have a history of autoimmune disease I'd like to get my thyroid function + thyroid antibodies checked to rule out any autoimmune thyroid condition.

I'm very concerned about my weight loss plateau and if my thyroid and/or insulin levels are contributing.

Also want to check on the autoimmune antibodies for my previous diagnosed conditions."

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.