

Dummy file



(mum - BELINDA)

NAME Elyssa Tidswell DATE 21/2/24
ADDRESS 2 Columbia Crescent, Hallett Cove SA 5158
PHONE _____ MOBILE 0411 452 912 (mum - Belinda)
DATE OF BIRTH 8/9/06 MALE / FEMALE EMAIL belandpaul@adam.com.au
OCCUPATION _____ HEALTH FUND AHM
ALLERGIES / INTOLERANCES / REACTIONS Lactose / ? gluten
MEDICATIONS AND/OR SUPPLEMENTS ~~Isotretinoin Gx 20mg~~
OCP - Nopamin
was on 1 year TABLETS - not for 8 months
ALCOHOL / SMOKING / REC. DRUGS None

YOUR HISTORY (injuries/ surgery/past major illnesses/ childbirth) None

Acne - was on medication for SKIN - similar to ROACUTANE
(now gone) + scarring - cyst on cheek 1st year
transmitts heat + better fed last one gone

PAST HISTORY : MOTHER _____ FATHER _____

OTHER _____ OTHER _____

grandma intolerant to lactose

YOUR SYMPTOMS/ REASON FOR VISIT -

Pain in the abdomen relating to lactose intolerance
and possibly gluten. + nausea + vomit

Pain and irregular bleeding during menstrual cycle } before the pill
when ERIS DAILY DURING PERIOD

can't > feverish + drowsy

if BAD - HEADACHES + temp. shift

period lightens 5x's

can go for 3 days

50% diarrhoea

- starts in bloating + gas

Genital is okay when not

can go normally many

times

+ gassy

misses some

DIET Tues 20/2

BREAKFAST

Berry Smoothie (lactose free) - lactose free since 12th June

LUNCH

DINNER

Fried eggs, bacon, gluten free bread, lactose free cheese

WATER INTAKE AND OTHER BEVERAGES

Milk, water 700mls filtered + sparkling water
* Green tea 1 x week

period
* DARK blood on OCP since Sept 2023

x 2mo last year = Sept / Oct

sleep 10-11pm up 7:30 heavy sleeper
on sleep in

Dry - skin ankles

= - itching on legs + bumps + knees

purple spots on arm grass reaction

NAILS good

(B)

24-48hr

Phenology
Mixed

① band ⑤
crypt
SADs
5042
neck
shades

extended Ann
real no reaction

Dorsal
St. Bright

Live

- ES/Aphids
- robust
- color / dyspnoea
- ms /
parente in RBC
parente

Dead

- my
- Bowel
- all bar
- Adrenal

- parente
- letting ms

G
soon