



# Nature Care College

Office Use  
Only

## NUTRITION CLIENT CASE TAKING FORM

Date: 1/5/18 Student's Name: Maeve Beary  
Client's Name: Claire Gordon  
Date of Birth: 1/7/73  
Address: 2 Stewart Ave  
Curl Curl Postcode: 2096  
Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ Mob: 0404466209  
Household Situation: Family - husband child  
Children: Evelyn 10 (4/5) Samson (12)  
↳ deranged!  
Occupation: Mum  
Referred By: Maeve

Age 44

2014

→ age 41

**PRESENTING SYMPTOMS**

(P++/sensation, location, duration, what was happening when presenting symptoms began, better by/worse by, current treatment etc.)

Breast Cancer 4 yrs ago - early  
menopause - fatigue, eat well  
& exercising but not getting anywhere  
- Am I fuelling my body

properly.

6 mths chemo, lump-ectomy R.H.S.

6 weeks radio therapy

Triple Negative - not hormone  
related - Drugs can put into  
menopause.

no medication. 2 yrs w/out period

2016. Period exactly after treatment

4-5 irregular / painful /  
1<sup>st</sup> really heavy - tampons / sanitary

bed linen - Pre menopause

7 mths ago. really painful -

GO TO RELEVANT SYSTEM  felt flu-like symptoms.

→ 8 / day tampons. Because not  
natural - symptoms worse - than if

normally menopause.  
not sleep well.

~~Adrian?~~ Wild Yam Complex.  
Adrian. - Reduced Health

### NUTRITION CASE TAKING SHEET

#### Past history

0-10 years

healthy

10-20 years

Worsen  
teeth

20 - onwards

Breast Cancer.

30's 2 still borns  
(33/34) Sam.  
Canna

#### Family history

Mother:

Bowel Cancer - Perm. Col. Bag.  
60 - Breast Cancer  
lumpectomy - removed.

Father:

Healthy.

Siblings:

35 weeks  
Prem Baby 29 weeks  
C-See.

Grandparents:

45

Grandparents:

70's

sister  
- smoker,  
mammogram.

16 weeks - miscarriage

Heart?

Sleep (how much, any problems, dreams, wake refreshed?)

9-10pm (8 hrs)

not well - 2 times awake - get hot.  
- hot flush - wake - up knackered.

Energy levels (0-10, any slumps, what time?)

4-5 @ AM. Try not to sit

low @ 6pm.

Medications and supplements

cod liver oil, Vit D<sub>3</sub>

Wild Yam (Complex)? - Med herbs

Magnesium - not @ moment

Allergies / intolerances (foods, alcohol, drugs, environmental)

What is the reaction like?

Shellfish / Vomit.

Allergic to aspirin - rash

Upper Endoscopy - after breast treatment 2 yrs  
ago - all ok. Sensitive to gluten. RNS.

mechanical. Generally glt. - Diarrhoea.

Height

164cm.

Weight

54/55kg

Goal weight / dress size

# Measurements

|        | 1st visit | 2nd visit | 3rd visit | 4th visit |
|--------|-----------|-----------|-----------|-----------|
| Weight |           |           |           |           |
| Bust   |           |           |           |           |
| Ribs   |           |           |           |           |
| Waist  |           |           |           |           |
| Hips   |           |           |           |           |
| Bum    |           |           |           |           |
| Thigh  |           |           |           |           |

fruit: apple, banana, pear, berries

## BREAKFAST

Oranges,

Toast / avo / tomato / goats cheese, almond spread  
Bacon Beans, Abbots Glen 5 seeded.  
GLP cereals - Whisk + Pin, Byron Bay.  
fruit, Almond milk, Eggs

## Morning snack

← Hungry since meero - could graze  
crackers, cheese, tangerine, hermanns

## LUNCH

Bread once / day

baking - Ok wt spent in moderate  
rice cakes, avo, turkey, cheese  
tom, - Rice + Quinoa / Tuna / Spanish

## Afternoon snack

nuts - activated mixed, pultanas  
carrot sticks, muesli

## DINNER / dessert

Early 530. meat + fish - twice.  
- Salmon  
chicken, steak, white fish.

## WATER

2L / day.  
green + lemon

## TEA / COFFEE / COLA

none

## ALCOHOL

no

Salad + veggie  
w/ dinner

chocolate - Carmen / lunch.  
every evening.  
no choc. /

CRAVINGS:

chocore, sweet tooth (homemade  
coconut sugar / rice malt syrup)  
maple syrup

AVERSIONS / DISLIKES:

Hot n spicy - hot chili

How often do you eat out and takeaway meals? Which meals?

v. seldom - Asian - 2 / month  
work Bar.

What happens if you skip a meal?

hungry / light headed

What is your energy like after a meal?

Tired after exercise - struggle - weight  
resistant  
not cardio.

Do you eat when under stress / emotional eating (what type of food)?

absolutely

↓  
higher  
osteoporosis risk.

When cooking do you use fresh, canned, frozen and packaged foods?

packages

**GIT**

(Weight loss / gain, appetite, breath, cold sores, bleeding gums, nausea, P? reflux, vomiting, burping, flatulence, bloating, any reaction to fatty foods and what happens if you miss a meal?)

not fatty foods that much.  
bloated - bread? not having period

**Bowels**

(How often, colour, float, sink, constipation/diarrhoea, blood/mucous, laxatives?)

Morixol - every day - pellet  
morning (Type 2) - has helped  
→ 5 weeks - Pellet. @ night.

more noticeable float

IBS - Pre - since we moved here. 1998.  
nervous

**Respiratory**

(Headaches/migraines, dizziness/vertigo, how many colds/flu per year and how long to recover? Do you smoke and how many? Marijuana/other recreational drugs? Swollen glands, hayfever, sinus, post nasal drip, nose bleeds, cough (when/colour/how long), S.O.B., asthma?)

Vertigo - Headaches - dehydrate  
migraines in past.

↓  
Before & after treatment.

→ Period After (2 yrs)

### **Kidneys**

(Thirst, nocturia, P++ on urination, bladder problems [cystitis, incontinence.] Reaction to loud/sudden noises?)

*all good.*

### **Female Reproductive System**

(Menarche/Menopause, Cycle, No. of days bleeding, clots/spotting, PMS, sore breasts, bloating, constipation/diarrhoea, mood changes. Pap smears? Any cervical changes, wart viruses, discharges, thrush? Contraceptive method?)

### **Male Reproductive System**

(Infections, lymph swelling, impotence, hernias?)

### **Cardio-vascular**

(Any heart problems. Chest P++, palpitations, cold hands or feet, varicose veins?)

Left calf. - muscular.  
Sore achy legs.

**Musculo-skeletal**

(Cramps, back P++, stiffness, parasthesia?)

Slight arthritis, <sup>lower</sup> Back Back / dull ache  
Left shoulder. - can't stand up for  
long period.

**Skin**

(Acne, eczema, psoriasis, warts & healing?)

**Lifestyle**

(Exercise, relaxation, job satisfaction, anxiety, depression, mood swings?)

Twice / week - resistance / strength  
Pilates once / week, walk dog 20 mins.

**Physical Examination**

(Observations: dandruff, hair, dark circles, skin, walking, sitting, tremors, smell?)

Nails: Strong. now - took a while

Eyes: (Glasses/contacts, glare, night vision, swollen, infections, black shadows) deteriorated  
Sore left eye, drop. drop, dry /

Ears: (hearing too acute, waxy, noises, infections)

Tongue:

Pink

Blood Pressure:

fine.  
lower.

Pulse:

—

### STUDENT'S SUMMARY

- ① Fatigue —  
gluten —  
Hydration —
- ② Bowel s —

### PROPOSED TREATMENT PROGRAMME

Pro-biotic . ?  
Iberogast . ?  
gluten free ?  
Water

### FINAL TREATMENT PROGRAMME DISCUSSED WITH CLIENT

Include dietary suggestions, handouts given to client, names and dosages of nutritional supplements, lifestyle advice etc.

1 May 18.

Claire  
Gordon

- ① Remove gluten completely  
\* Coeliac Society App \$10  
(masset - gravy / stock cubes)
- ② ↑ water 2-3l/day  
hot water + lemon in morning  
5/10 mins.
- ③ Magnesium - Finish bottle.  
↳ move to Calm X after  
as high level of Taurine - good  
for hot flushes.  
Take in morning.
- ④ Exercise Days:  
Morning Tea for Breakfast  
+ Proper Breakfast after exercising.  
Starchy Carbs once/day.  
within 30 mins exercise  
will ↑ energy levels.
- ⑤ Increase Veggies - 3 times/day.  
non-starchy veggies