

## Treatment Plan

**For:** Ashlee Travia

**Date:** 19/09/24

### Initial steps

*Testing:*

#### 1. VAGINAL MICROBIOME PROFILE

To investigate your chronic thrush symptoms. The profile involves PCR analysis of vaginal beneficial bacteria, opportunistic/commensal bacteria, fungi/yeasts, STIs and pH. At-home test kit.

You should have received a email from Nutripath to finalise this test order. Once paid, the kit is posted you.

#### 2. BLOOD TESTS

Assessing your current nutritional and metabolic markers helps provide insight into any areas that may require optimising. This helps me streamline your treatment plan specifically for you.

Blood Tests\*:

- Iron studies with C-Reactive Protein (CRP)
- Vitamin B12 + Folate
- Vitamin D
- Full thyroid panel: TSH, T4, T3, Reverse T3, Thyroid antibodies (TPO-Ab, TG-Ab, TRAB)
- Fasting insulin
- HbA1C
- Fasting glucose

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. As mentioned, this will be an out of pocket expense, ie. not covered by Medicare.

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

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

*"I'm feeling super tired and having lot's of brain fog - even though I'm getting decent sleep"*

*"I was iron deficient in pregnancy and would like to check in again on my levels to see whether I may benefit from a supplement - don't want to take unless needed?"*

*"I've had PND before and I know low B12 and vitamin D are linked to healthy mood"*

**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 or email, so I can cross check and request those tests that have been left off.

I'll then email my pathology request form to you, along with instructions and my **Blood Test Rules**. Once all your test results are through, we'll have your First Follow Up Consultation to go through all the results and begin devising your Treatment Plan. If you have any questions, please let me know.

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