

Treatment Plan

For: Heather Witts

Date: 19/10/24

Initial steps - TESTING

1. GI-MAP

To investigate potential root causes of your skin issues, mild constipation, iron deficiency, hormone migraines, and take proactive steps for your GI health.

You will receive an email from Designs for Health to finalise this test order/make payment. Please check your junk if nothing is received in 24-48hrs. Once paid, the collection kit is posted you. The results are back to me in 3-4 weeks after sample is posted. I will email some more info about the GI-Map to you also.

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 lots of brain fog - even though I'm getting decent sleep"

"I've had low Vitamin D in the past and I know this is linked to low mood."

"I have a history of iron deficiency so would like to check in again on my levels as I feel they could be contributing to my symptoms"

"I have a family history of thyroid disorders, and I know perimenopause can be a time when this can develop for some women. Mention these symptoms: "hair loss, fatigue, brain fog, constipation, very dry skin, feel the cold easily"

"I feel I'm having some symptoms of perimenopause, I'd like to check my hormones to get a baseline of where I'm, so I can be proactive with my approach going forward."

(As you're still having regular cycles we can pin point the best time of your cycle to do this blood test).

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 (under Documents) or email it, 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.
