

Treatment Plan

For: Shalee Bird

Date: 30/10/24

Summary of discussion

Your Sept 2024 blood test results:

- Prolonged fasted sample 15hrs affecting accuracy
- Incomplete thyroid markers tested
- Thyroid medication taken before test elevating T4 level
- Raised ESR levels affects accuracy of iron studies results
- Low Haemoglobin (115) **optimal 135**
- Low Vitamin B12 (268) **optimal 600**
- Low Active B12 (74) **optimal 100**
- Low Folate (16.3) **optimal 30**
- Low-normal Vitamin D (85) **optimal 125**
- High-normal HbA1C (5.3) **optimal <5.3**
- Low-normal Albumin (42) **optimal 45-50**
- Normal Protein (69) **optimal 69-81**

Considerations beneath symptoms:

- Nutritional deficiencies / insufficiencies
- Compromised digestive capacity affecting absorption of nutrients?
- Assess any thyroid autoimmunity involvement in hypothyroidism, and address
- Test all thyroid markers for complete picture, to help direct specific support needed
- History of digestive/intestinal issues - gluten, high fat, dairy intolerance?
- Current diarrhoea/IBS symptoms - gut dysbiosis, chronic inflammation?
- Lowered immune response - gut related, nutritional?

Initial steps - TESTING

1. GI-MAP - To investigate potential root causes of your long standing digestive and intestinal issues.

You'll receive an email from Designs for Health to finalise this test order and make payment. Please also check your junk /spam folder. Once paid, the collection kit is posted you. The results are back to me in about 3 weeks after you post your sample. I will email you some more info about the GI-Map.

2. BLOOD TESTS - Assessing your current nutritional and metabolic markers helps check 'blind spots' and provide insight into areas that may require optimising. This helps me streamline your treatment plan specifically for you.

Blood Tests:

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

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.

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

"I'm feeling super tired and depleted - want to check for any deficiencies now I've finished breastfeeding"

"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 of low energy and low mood."

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

"Re my thyroid - I want to check for any autoimmunity involvement, and check my levels as I'm having so many symptoms (hair loss, fatigue, brain fog, joint/muscle aches)"

"I get shaky and hangry, headaches easily in between meals - want to check for blood sugar issues?"

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.