

Treatment Plan

For: Bronte Starcevich

Date: 18/12/24

Summary of consult:

- *Symptoms of hormone imbalance and/or perimenopause:* hormonal headaches, premenstrual symptoms, heavy periods, midsection weight gain, breast tenderness, mood changes, brain fog. These relate to oestrogen dominant state and/or alongside a low progesterone state. Our progesterone production steadily declines 75% over the ages 35-50.
- *Symptoms of ADHD:* it's important to consider potential nutrient deficiencies (eg. iron, zinc, B-vitamins, magnesium, omega-3 essential fats), blood sugar control, brain neurotransmitters, neuroinflammation and also the gut-brain connection. Dysbiosis (imbalance in the microbiome) and inflammation in the gut can also translate to neuroinflammation and disrupted communication in the brain.
- *Symptoms of gluten sensitivity*
- *Symptoms of high stress;* high mental/physical load, poor sleep
- *No pathology done for some years;* need to access the nutritional, metabolic and hormonal foundations

Initial steps - TESTING

1. GI-MAP

This comprehensive and functional stool test provides a thorough insight into gut health, digestive function, gut immunity, gut inflammation, 'leaky gut', gluten sensitivity/reactivity, occult blood, oestrogen detoxification, plus the microbiome. The microbiome profiles include pathogens, parasites, viruses, fungi/yeast, protozoa, worms, *Helicobacter pylori*, commensal bacteria (good bacteria) and opportunistic/overgrowths microbes.

I've now ordered this for you. You'll receive an email from Designs for Health to finalise and make payment directly to the lab (\$445). Please check your junk if nothing is received in 24 - 48hrs. Once paid, the collection kit is posted you.

Please note: GI Map stool sample submissions have closed as of 18/12/24, but reopen on **06/01/25**. You can still have your collection kit sent to you but hold off collecting poo sample until 5th or 6th Jan at the earliest.

Results: These come back to me in 3-4 weeks after you post your sample. I'll let you know by email and you'll receive an invoice for the Interpretation of Results (\$160). Once paid, you'll receive your GI Map Results, a personalised video where I interpret your results for you (45min) and written summary within 48hrs (Mon - Fri). After you've received/watched this, look to book an Extended Follow-Up (45min) where we discuss treatment based on your findings.

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.

- **Iron studies with C-Reactive Protein (CRP)**
- **Vitamin B12, Active B12 + Folate**
- **Vitamin D**
- **Full thyroid panel: TSH, T4, T3, Reverse T3, Thyroid antibodies (TPO-Ab, TG-Ab, TRAB)**
- **Fasting insulin**
- **HbA1C**
- **Fasting glucose**
- **Plasma zinc & serum copper**
- **Day 19-21 hormones; oestrogen and progesterone**
- **DHEA, testosterone**

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, running on empty, and having lots of brain fog - even when getting decent sleep"

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

"I'm having heavy periods and feel like I'm losing iron through this"

"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 from here".

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 also request those tests that may have been left off.

Then I'll then email my pathology request form to you, along with instructions and my **Blood Test Rules**.

Once all your blood test results are through - perhaps earlier than your GI Map Results - 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.
