



INTEGRATIVE NATURAL MEDICINE CLIENT CASE TAKING FORM

Client name: Don Cay

Student Name: Kerry Rayner

Clinic Supervisor: Sulin Sze

DOB: 7/03/55 (65)

Student: #: 96337

Date: 01/11/2020

Clinic Attending: Naturopathy

PRESENTING SYMPTOMS

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

- Don's main concern today is nocturia which he is experiencing from Benign Prostatic Hyperplasia (BPH or enlarged prostate) which was diagnosed in 2016 via ultrasound, MRI and biopsy
- At this time he had the urge to urinate constantly day and night and was experiencing leakage
- He was prescribed Tamsulosin for a short time however, he didn't feel 'normal', it caused dizziness and he therefore decided to stop taking it and just deal with the symptoms
- In 2019/2020 the symptoms were significantly worse with Nocturia causing him to get up 6-7 times per night and adversely affecting his sleep
- After a camera showed the prostate was further enlarged, he commenced on Duodart (containing Tamsulosin) this time without significant side-effects. However, he is still currently getting up 5x per night to urinate
- The frequent night waking is causing a lack of sleep, stress and a lack of vitality. In addition, the urge to urinate frequently is also affecting his ability to work as he is a bus driver
- In addition, there was blood detected in a recent stool sample. Awaiting colonoscopy. Recent bloods showed low Haemoglobin

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PAST HISTORY (Vaccinations, childhood illness, accidents etc)

- After moving to Canberra (age 18) developed severe allergy to uncooked fruit & veg and most nuts (peanuts and cashews ok). Also developed severe Hay fever
- Has Asthma as a child but grew out of it
- History of high BP and high cholesterol (which he tried to manage through diet).
- July 2019- GP decided to put him on BP meds and cholesterol meds and sent him to a cardiologist
- Eco stress test showed anomaly, angiogram showed a total blockage in the left anterior descending artery. He had 3 stents implanted and was placed on further medication

FAMILY HISTORY (CVD, cancer, bowels, diabetes, liver disease)

- Father- high BP, high cholesterol, polyps, type 2 diabetes (later in life), hiatus hernia, has a quadruple bypass and passed from a stroke
- Mother- high BP

SLEEP (How many hours per night, any problems, dreams, wake refreshed?)

- 8.5hrs but waking every 1-1.5 hrs (for about 10mins)
- Wakes tired and cranky
- Previously was getting 8hrs per night. No issues, slept through and woke refreshed

ENERGY (0-10, any slumps, what time?)

- Rates his energy around 4
- Feels it takes a lot for him to get motivated to do anything

ALLERGIES / INTOLERANCES (foods, alcohol, drugs, environmental)

- 2019 they disappeared. He started eating a lot of cooked veg & no meat (as a result of the stents) and fruit (stewing plums, pears, strawberries mangoes). He would try a small amount of raw mango or strawberry through the stewing process. He didn't feel any allergic reaction, so he kept eating a little more each time. He ate a whole mango without a reaction and stopped cooking his fruit

MEDICATIONS & SUPPLEMENTS:

- Aspirin 110mg
- Lipitor 20mg (lowers cholesterol)
- Metoprolol Tartrate 50mg (beta blocker for hypertension)
- Omeprazole 10mg (reduces stomach acid)
- Valsartan 80mg (treatment for high BP & heart failure)
- Vitamin D 1000IU
- Duodart 500/400 (for symptoms of BPH)

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

- Daily exercise of 30mins walking (on treadmill) around 4kms
- Stopped 2 wks. ago due to blood in stool (Dr said take it easy)
- Feels he does get stressed and angry a lot easier these days. Maybe since driving the buses as he feels frustrated at other drivers. He felt nothing use to really phase him
- He also felt he did get a bit moody or depressive. He feels sometimes he just couldn't be bothered doing anything and would rather just sit around
- He doesn't mind his job, but the recent shifts have been difficult (early starts) but he's not ready to retire
- Recent blood test showed low side of normal Ferritin, Haemoglobin (on bottom number), Haematocrit & RBC

DIET

BREAKFAST	<ul style="list-style-type: none">• Uncle toby's plus cereal (1 cup)• Handful of allbran• I T milo
Morning snack	<ul style="list-style-type: none">• 1 cup of oats• Small handful of sultanas• Chia seeds• Macro gentle fibre powder• Whey protein powder
LUNCH (1-2pm)	<ul style="list-style-type: none">• Salad or• Multigrain corn thins and avocado/hummus or• Bread with peanut butter or• Eggs and mushrooms on toast• With a piece of fruit (apple, orange, banana)• Cup of tea
Afternoon snack	N/A
DINNER/DESSERT	<ul style="list-style-type: none">• Bowl of salad (tomato, avocado, capsicum, lettuce, chia seeds) with humus (sometimes) or• Steamed or grilled veg (eggplant, cauliflower, carrot) or• Textured veggie protein in tacos• Handful of nuts after dinner• Cup of tea

Water: Over 3L? (Dr keeps telling him to drink a lot of water)

Tea/Coffee: 3x tea per day

Alcohol (How does it affect you?): _N/A

Cravings/Aversions: Coriander

How often do you eat out or get takeaway meals? Any specific preferences? Rarely

What happens if you skip a meal?: Agitated, cranky, shaky. Likes to eat regularly and considers himself a grazer

What is your energy like after a meal? Much the same

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

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

BOWELS

How often?; Do they feel 'empty' afterwards?; What do they look like/colour?; Is there any blood or mucous

- Usually once per day. Recently it's changed to 2-3x per day
- Darkish brown in colour
- Before the stents, his stools were like rabbit pellets

GIT

- Has a history of acid reflux which he managed for years with Mylanta
- Endoscope has previously shown redness and possible scarring however, recent one showed that had improved and no redness present

PHYSICAL EXAMINATION

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

Nails: Vertical lines on all nails (possible protein or calcium deficiency. Or anaemia/poor circulation or thyroid issues)

Tongue- yellow/brown coating- liver or gall bladder issues?

Skin: Dry

IRIS

Colour: Dark brown (Haematogenic constitution) – Anaemia, mineral and trace element deficiencies, fluctuating blood sugar

Collarette: Unapparent (underactivity in GIT causing poor nutrient absorption, possible digestive enzyme deficiency, low energy reserve)

Lipaemic Ring- Hypercholesterolaemia, cardiovascular risk, atherosclerosis

Venous Circulation Sign (blue border). Congestion in venous circulation

TREATMENT PROGRAMME

- Provide an herbal tincture or similar capsule to decrease Nocturia and therefore improve sleep (Mediherb ProstaCo 60 capsules) Saw Palmetto, Nettle Root?
- Suggest reducing water consumption at night to take pressure off the bladder
- Explore the idea of Acupuncture as along with assisting with a range of ailments, there is research to suggest it's benefit in BPH
- Follow up consultations- improve diet by providing recipe suggestions and further information on nutrient dense food particularly wholegrains and protein sources
- Encourage regular exercise
- Complete DASS questionnaire to gauge emotional wellbeing and ways of providing support in this area.

STUDENT'S SUMMARY

Don is experiencing significant symptoms relating to BPH which are having an adverse effect on his sleep, vitality and ability to do his job. He is currently on medication for this condition however, has still not seen a significant improvement in symptoms. He is also on a number of other medications for heart related issues which needed to be considered when devising a treatment plan.

Don is also committed to improving his diet and believe this is another area to focus on in follow up consultations once his presenting issues are addressed. His diet is lacking protein and he could benefit from other nutrient rich carbohydrate choices.