

Treatment Plan

For: Ashlee Travia

Date: 17/01/24

Summary of consult discussion

1. Results of VAGINAL MICROBIOME PROFILE

- Vaginal pH: **4.7 *H** (3.5 - 4.5)
- Candida albicans: **15.00 *H** (< 1.00)
- Total Lactobacillus (and all species): **< DL** (ie. less than detected level)

The typical vaginal pH is 3.5 - 4.5. Vaginal pH can be elevated by the presence of pathogenic infection, blood, semen, vaginal medications, using certain soaps and douches. In the absence of the latter, an elevated pH may be the result of hormonal changes.

Lactobacillus is the predominant genus in a healthy vaginal microbiota, and functions to inhibit the adhesion and proliferation of opportunistic (eg. Candida spp) and primary pathogens. The presence of different Lactobacillus species is a major factor in the stability of the vaginal microbiome. Total Lactobacillus quantification should be **>1.00** ($\times 10^6$ CFU/ml) in a healthy vaginal microbiome. Production of hydrogen peroxide (H_2O_2) by Lactobacillus species is essential in inhibiting the overgrowth of opportunistic and primary pathogens.

Also consider partner involvement? As Candida can be passed back and forth.

2. Results of BLOOD TESTS

- White Cell Count: 4.9 (**LOW**) (4-11)
- Vitamin D: **55 (LOW)** (Vitamin D deficiency < 50 nmol/L) **Optimal level: 125**
- TSH: 1.13 (0.40 - 4.00) OK
- Free T4: 14.1 (9.0 - 25.0) **Optimal level 16-18**
- Free T3: 4.9 (3.5 - 6.5) **Optimal level 5.5-6**
- RT3 - 298 (OK)
- Antibodies: good
- Fasting glucose, fasting insulin, HBA1C - good
- WCC - 4.9 (4-11)
- Iron markers (good) serum iron 14.2, transferrin 2.35, saturation 24%, ferritin 70
- Other iron markers (good) Haemoglobin (Hb): 149, Red Blood Count (RBC): 4.81, Mean Cell Volume (MCV): 94
- NB. Serum Vitamin B12 was not tested, only the Active B12 (146) **Ensure Serum Vit B12 I tested next time*.*

Prescriptions

Product	Why I've prescribed it	Dosage instructions	How long to take it
Rapid D	An active form of Vitamin D, raises levels up to 3x quicker than standard vitamin D. Essential for breastfeeding/baby, immune health.	Take 1 x day with any meal for 4 weeks. After 4 weeks, reduce to taking 1, 2 x week (e.g Tues & Thurs)	Until Follow-Up blood test in 3-4 months.
Biome Her	3 specific Lactobacillus (LB) probiotic strains to support healthy vaginal microflora	Take 1 x daily, with or without food. These are also to be inserted vaginally. See separate instructions below.	Until advised
Femex	2 additional Lactobacillus (LB) probiotic strains to support healthy vaginal microflora.	Take 1 x day, with or without food. Needs refrigeration, so best to get locally at health store or good pharmacy. These are also to be inserted vaginally. See separate instructions below.	Until advised.
GROW <i>I have created a script for these at Ariya Health. You should receive an email from them to finalise the order.</i>	Green tea and lactulose combination for pH support, microbiome modulation; anti-Candida action, and is also a prebiotic carbohydrate to stimulate the growth of LB.	Week 1: Take 1 x day Week 2: Take 1, 2 x day Week 3: Take 1 in AM, 2 in PM Weeks 4: Take 2, 2 x day until finished These are also to be inserted vaginally. See separate instructions below.	Until advised.
Clinical Lipids (To replace your current omegas)	Quality/tested, high ratio of DHA/EPA omega fats.	Take 1-2 capsules daily with meal/s.	Until advised.
BioHeme	Highly absorbed iron supplement.	Take 1 capsule, every 2nd night before bed. Same dose for your daughter.	Until Follow-Up blood test in 3-4 months.
ThyRestore <i>Breastfeeding-safe</i>	Thyroid specific nutrients and herbs to support thyroid gland function and thyroid hormone production.	Take 2 capsules daily, with a meal.	Until advised.

I have created your prescription for you at vital.ly, my online dispensary. You should receive an email to confirm your account and access your script. Order directly from there and your products are posted to you. As mentioned, I would try to access the Femex Forte from a pharmacy or health store as its a refrigerated probiotic.

3. VAGINAL HEALTH - PESSARY REGIME

a) Using GROW as a pessary

Initially, insert 1 GROW capsule high in the vagina at night. Wait to see how long it takes to degrade, dissolve down and be expelled. You may like to wear a light pad or panty liner. This time frame will help with your dosing plans moving forward.

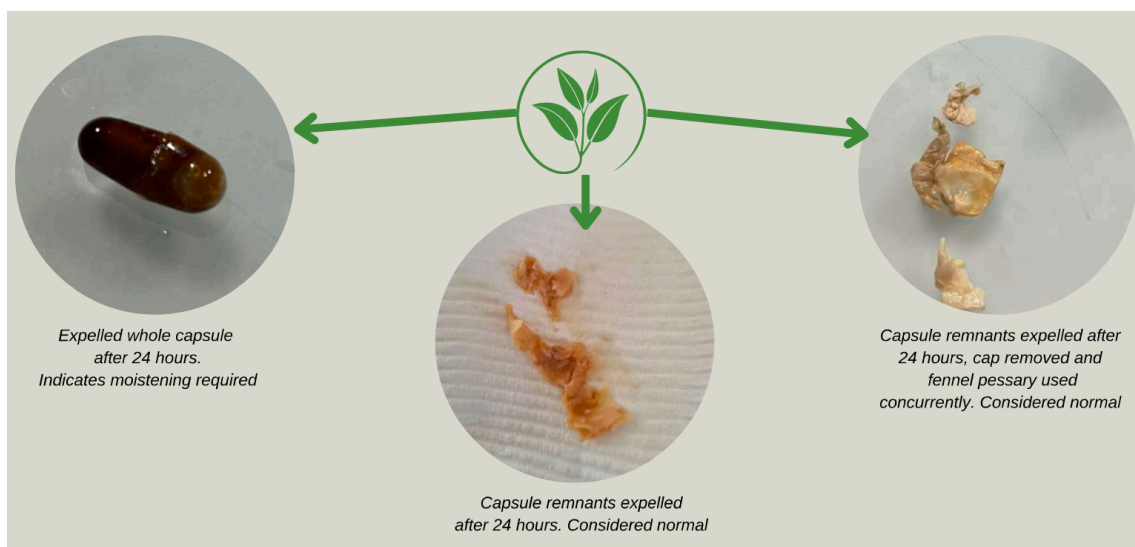
Typically, a 7-10 day course of treatment is recommended every month, for 6 months. This will be affected by how long it takes for the capsule to be expelled for you. So it may look like inserting 1 capsule every 2nd or 3rd day for the 7-10 days.

When to complete: Begin the 7-10 day course in the 2 weeks prior to your period.

What to expect: the capsules contain powdered green tea and lactulose which are not fully absorbed.

The bulk of the green tea will stay as a powder bolus that will moisten and exert therapeutic impacts whilst touching the vaginal mucosa. As this bolus moves down the vaginal canal the contents will attract moisture and may change colour. This can result in an expulsion of a light tan clump which can also have some capsules residue. The green tea and lactulose both have a brown hue when moist. Some environments can lead to the bolus oxidising and therefore appearing darker.

Below are examples of the different ways the extruded capsule can present. Please note, if the capsule is being expelled whole after 24hrs (1st picture) it can be wet under clean water prior to inserting to help encourage it degradation within the vagina. If the capsule is still coming out whole, you may remove the top of the capsule after wetting it prior to insertion.



b) Using FEMEX FORTE and BIOME HER probiotics as pessaries

Do this for 7 days per month, beginning soon after the end of your menstrual bleed.

Insert 1 x FEMEX FORTE high into the vagina at night. (Note: this probiotic needs refrigeration)

The following night, insert 1 x BIOME HER high into the vagina.

Continue this pessary rotation for 7 days.

Intra-vaginal probiotics usually degrade down within 12-24 hours. Some women notice some capsule remnants, whilst others not, it often depends on the environment. You may see a small powdery discharge which is normal. You may like to wear a thin pad or panty liner.

Continue to take your probiotics orally as prescribed throughout this 7-day treatment cycle.

Other notes:

- Up your magnesium to 450-600mg daily for restless legs, split over 2 doses; before dinner, then before bed
- Log your 'hot flushes at night' - if they are worse or more frequent at particular times in your cycle.

Please get in touch if you have any question about your Treatment Plan.

Let's meet again in a Follow-Up Consultation (30min) after you've completed 2 cycles/8 weeks of your treatment.
