

Initial Consultation- Care Plan

For: Josephine Zagari

Date: 05/03/25

Summary of consult:

- *Symptoms of hormone imbalance and/or potential early stages perimenopause?* heavier periods, hormonal headaches, premenstrual symptoms, breast tenderness, mood changes, brain fog. These may be related to oestrogen dominant state and/or alongside a low progesterone state. Our progesterone production steadily declines 75% over the ages 35-50. Reviewing your thyroid gland function (via blood tests) will reveal any connection (upstream), otherwise this will rule out thyroid involvement and we'll look to support hormones directly.
- RA: discussed potential side effects of medication/s contributing to your various symptoms? Look to investigate your autoimmune link with gut health through comprehensive GI-Map (more info below).
- Discussed blood testing (more info below)
- Some symptoms of digestive/gut sensitivity and irregular stools
- Some symptoms of high stress; high score on questionnaire, discussed ongoing mental/physical load

Initial steps - TESTING

1. 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 B6 (Pyridoxine)**
- **Vitamin D**
- **Full thyroid panel: TSH, T4, T3, Reverse T3, Thyroid antibodies (TPO-Ab, TG-Ab, TRAB)**
- **Fasting insulin**
- **Fasting glucose**
- **HbA1C**
- **Plasma Zinc, Plasma Selenium**

As mentioned, the GP may be reluctant to request all of these (particularly the full thyroid panel and some of the nutrients) but what they don't request, I can request myself. 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.

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

"I understand that those with RA are commonly found to have deficiencies in Vitamins D, B6, B12, Folate, and certain minerals like magnesium, zinc, and selenium, which can contribute to increased inflammation and disease severity - I want to check if any of these need extra support for me."

"I understand there is increased co-existence/development of other autoimmune diseases - so I want to test for other potential autoimmune markers, including those for Hashimotos hypothyroidism and Celiac disease (esp with my long history of iron deficiency)"

(Re: Hashimotos hypothyroidism) "As I'm feeling very tired, having lots of brain fog, hair loss, heavy periods over past several months"

"How long to take phosphorus? Check my iron markers and phosphorus - post infusion"

Once you have the pathology request form - please do not have the blood test.

Instead, upload it to your My Appointments account for me (under Documents) or email it to hello@mamawise.com.au so I can check and then request any tests that may have been left off. I will then email my pathology request form to you, along with **Blood Test Guide**.

Once all your blood test results are through (>14 days from day of blood draw) we'll have your First Follow Up Consultation to go through all the results and begin devising your Treatment Plan. You're welcome to book this consult (2-3 weeks from your blood test) or wait until I let you know when all your blood results are back.

2. GI-MAP

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

Links: [About the GI Map](#) (brief overview)

[GI-Map Info](#) - Page 3 is mostly relevant

<https://www.diagnosticsolutionslab.com/blog/autoimmune-diseases-how-get-bottom-problem>

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.

Results: These come back to me in 3-4 weeks after you post your stool 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).

If you have any questions, please let me know.