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Client Details		Appointment Details	
Name	Cath Howard	Appointment Date	01 Mar 2023
Age	60	Appointment Type	Naturopathic/Nutritional Initial

## Details of PC: (onsent, duration, frequency, triggering factors)

Teacher, retired end of last year - time to focus on health, very busy with ageing parents, unwell husband, 5 grandchildren.  
Health has been not good  
Two broken vertebrae in spine - see Chiro regularly, also a naturopath.  
Migraines occ - nowhere as often as used to

## Medical History

No uterus - hysterectomy 10 yrs ago, still have ovaries  
On HRT  
On Beta blocker ideral - for migraine - stress and exhaustion / hormonal - want to talk to Dr about that  
Various things take if migraine

## Family History

Father - arthritis, terrible asthma, arthritis - rheumatoid? In wheelchair - paraplegic  
Mother: Eating disorder - runs in family, 32kg - osteoporosis/penia. bit of age related arthritis.  
Mother, sister and her niece have eating disorders  
5 grandchildren - one is very very sick - they are the only grandparents - one reason why stopped work

heritage - England, Scotland. Father - dark skin - black hair, dark skin - DNA test - Middle East.  
anglo - celtic, both longest lived of family.

## Current Medications and Supplements

Supps from Migraine: beta-blocker was on 2 daily - 20yrs now on one daily - when getting migraine - eyes were swollen -  
Claratyne every morning  
Adrenoplex, EnergyX  
Bosweillia complex - mediherb  
Immunocare - Metagenics  
FluX - metagenics?  
Vitamin C  
Magnesium - complex solution?  
Oestroclear  
Armaforce - bioceuticals.  
With 5 grandchildren - constantly catching bugs  
Calcium -  
Glucosamine / chondroitin -

## Allergies

hayfever - worse lately - mildly to eucalyptus oil - scratchy throat, worse in spring, windy.  
haven't sought medical advice

facial - eyes swelled up -  
Summer - very itchy all over, if really hot - hives  
shower too hot  
sunburn  
itchy sort of person

## Previous Investigations - Copy provided?

Yes sent in

## Mental/Emotional

Stress - ongoing for ages - being a teacher long term - work load was huge - during lockdown - on zoom all day - was very sedentary during this time - also couldn't got to exercise classes.  
A lot of stress with family issues during lockdown.

Sleeping: varies - too early in retirement - to know. certainly get 8 hrs a night - not waking refreshed - still feel another 8. If stressed won't sleep - that's rare - wake in morning worrying about baby - brain very active.

## Immune

Hayfever - increasingly. - last few years  
Went back to teaching - no vaccines, then partially, but children weren't

## GIT

possible food intolerance?? want to find about that  
Gut all over the place - can go out for dinner sometimes - and goes straight though  
Bowels: varies between type 4 - 6. soft and not well formed sometimes.  
Bloating and discomfort - very occasionally  
Pain in stomach - mainly if eat out - spicy or rich food -  
Indigestion - rarely.  
Teeth: all good, one filling, no root canals

Easter 2020 - Gastro - took long time to get over.  
Travel a lot - Giardia.  
Middle East - a lot of infections. - homeopathic  
21yo - appendix burst - for 10 days! - taken out - A/Bs - first time at 21yo - flatly - horrendous. - did destroy immune system for about 2 years - long time to rebuild health - not well for a long time.  
Chiro - works on ileo-cecal valve.  
A/B - not as a child  
Hx EBV - 25ys ago  
Covid last year - took good 6 weeks to feel good - climbing stairs - felt like an old woman  
Flu - was far sicker with acute infection

Mumps and measles badly as a child - not heart murmur - if got something - got it badly -  
When  
A/Bs on and off over the years - last few years.

## Musculoskeletal

Have arthritis - in spine - but also in hands and feet. - little fingers and sores - very sore - going to go to podiatrist about feet  
Father 91yo - arthritis  
Sister - both shocking arthritis, 58yo  
trouble playing piano and flute  
no tests for rheumatoid arthritis - Have OS - diag from x-ray  
Glucosamine and chondroitin - powder - Metagenics? at night  
Back is always sore - have to work hard to stand up straight - two lowest vertebrae - not diag in 20s. - born that way , other from falling

## Menstrual History

Hysterectomy 47 - 48yo - fibroids - kept ovaries. Perimenopausal at time  
On HRT about 51yo - because of hot flushes - really bad - had to sleep on a towel.  
Surgeon - see once a year - happy to leave on HRT - because no uterus - cancer risk is low.

## Endocrine

Thyroid - on and off again - always test for one yearly - okay last test - has been issue in past.

Mother - Thyroid history

Have put on weight - 62kg - most of life has been 56 - 57kg. lowest 54/55kg.  
body changed a lot during menopause.  
Prior to Sx - lost a lot of weight - year or a permanent migraine - didn't eat - was skin and bone.  
Last 5 - 6 yrs - heaviest have been - sedentary

## Other/Notes

BP - has always been low -

## Exercise

look at exploring options

## Water Intake

6 glasses daily - one litre during the night  
At school - keep water bottle on table -

## Coffee/Tea

a lot of coffee - 2 day, sometimes 3 - 3rd one a decaf  
rarely after 2pm  
one b/fast, one morning tea.  
Hx - enormous amount of coke - not time to eat, high energy, with work. - was a survival thing  
still have it sometimes. - couple of times of week to none. less likely in winter  
orange juice, kombucha.

## Alcohol

very little

## Smoker - Yes, No or Previously

no, never

## Details:

B/F: coffee, lactose free milk, Toast with cheese or a banana - sourdough wholemeal, or vegemite  
Lunch: varies - wrap of some sort - eg chicken, or cold meat on toast, vitawheats, tuna.  
When zoom teaching - daily pie - now once a week.  
Hoikken noodles, apple, coffee, s/wich, sushi  
Dinner: steak and salad or vegetables, steamed fish, roast chicken, pasta once weekly, roast