

08/07/2025

Dr Lesley Likens
Balanced Health Osteopathy
19 Walker St
Castlemaine. 3450
Phone: Fax:
Email: lesleylikens@gmail.com

Re: Helen LEHMANN
43 Adelaide Street
Chewton. 3451
DoB 31/07/1942 Ph: 0491 104 598

Dear Lesley,

Thank you for seeing Helen LEHMANN under her new care plan. She has lumbar and thoracic back ache, worsened since having her right hip replaced late last year. She has had recent xrays with no crush fractures identified and would benefit from manual therapy.

Thank you for keep me in the loop.

Best wishes



Dr. Hugo STEPHENSON
MBBS
2237115W

Medical History

	Arthritis of the lumbosacral spine
	Hypercholesterolaemia
	Irritable bowel disease
	Osteoporosis
26/10/2016	Non toxic multinodular goitre
27/08/2021	Right Osteoarthritis of hip
26/04/2022	Right Bursitis, trochanteric
02/08/2024	Oesophageal stricture
26/08/2024	Thyroid nodule
28/10/2024	Right Total hip replacement

mild on scope 8/2024. high dose PPI. consider dilation if dysphagia becomes progressive
TR4 - FNA benign colloid nodule. Multinodular goitre

Current Treatment

Aristocort 0.02% Cream
Celebrex 100mg Capsule
Diprosone 0.05% Cream
Fenofibrate 145mg Tablet
Glucosamine 750mg Capsule

apply tds for short periods of time.
1 tab BD PRN.
1 appl bd for 1-2w.
1 Tablet In the evening Lipidil please.
1 daily.

Mirtazapine 30mg Tablet
Nexium 40mg Tablet
Ostelin Vitamin D & Calcium 500IU;1500mg Gel Capsule
Panadol Osteo 665mg Tablet
Prednisolone 25mg Tablet

Prolia 60mg/mL Injection
Xalatan 0.005% 50mcg/mL Eye Drops

1/2 Before bed Must be Apx brand.
1 Tablet In the evening before meals.
1 daily.
2 tabs 3x daily.
2 tablets for 2 days, the 1 tablet for 3 days then 1/2 tablet
for 3 days then cease.
SCI every 6/12.
1 drop In the evening both eyes.

Allergies

Raloxifene	cramps
Meloxicam	Disorientation, Mild
HMG CoA Reductase Inhibitors	Muscle pains
Stemetil	Abdominal pain, Moderate