

Initial Appointment

How find out - through acupuncturist Alice at Chi Medicine at Moonee Ponds

Ever seen Nat before? Cousin is a naturopath - uses Vega machine and have seen her

Details of presenting complaint

Periods have become quite irregular.

9 months have had stages of periods being really irregular. Has previously been 26-28 day cycle.

Now 19-31 days

Has coincided with starting to take medication (fluconazole)

No noticable change in quality - has become slightly lighter and shorter over past 10 years.

3 day bleed - 2 tampons during the day period undies at night. No clotting

Pain starts on bleed - take pain killers, lasts first day.

No PMS noticed. Occasionally sore boobs or headache but not consistent.

Bowel changes with period - often looser.

RVVthrush (not candidiasis)

No candida present, itchy red skin, worse for sex. Gynaecologist - did visual inspection, swab came back clear.

Gynae expects to resolve - thinking might need to take forever. No further investigations done.

Recurrent UTI's since started having sex - now will take preventative antibiotic prior to having sex. 20 years.

Work with Alice - more cosmetic acupuncture but for past 6 months hormone regulation points. No herbs.

Medical history

Childhood - asthma (grew out of)

Teenager - mild wheat allergy presenting as eczema

20s - chronic fatigue 2009-11. Recovered using CBT and meditation structured program

UTI's - direct link with having intercourse. Started after first time had sex.

Started preventative regime (macrodanton), then Alprin which broke through

infection, then switched medications a few years ago to seflex. Saw urologist and did scope with camera - did fructose malabsorption test. Not had since new medication. Previously pain, extreme urgency even when bladder was empty. No blood in urine. Urine was tested when went to GP and was always positive and treated with antibiotics.

Family history

Mum - poor bone density, breast cancer in 40's

Sister. - food allergies growing up. (younger)

Dad - prostate cancer.

Current meds/supplements

Fluconazole - 18 months ago diagnosed with recurrent vulval thrush - skin only, no discharge

Nortriptyline - nerve pain associated with recurrent vulval thrush

Seflexin

Antibiotic

Blackmores PPMP

Blackmores Zinc Immunity

Bioceuticals Mega B Q10 complex

Vitamin C

Liquid vitamin D

Allergies/Intolerances

Wheat

Don't do great with heaps of dairy - no milk but fine with cheese, yoghurt.

Investigations

Bloods

Sleep

Bed 10pm, sleep onset 10min

Phases where might wake up but mostly sleep through.

Might be stress related but that's more about getting back to sleep.

Wake 6:15-7am, 8 on weekends. Not as energised as would like to be but is easy to get out of bed.

Mental health

Stress - feel like it's become overwhelming but settled now 3-4/10. When previous long term relationship broke down (3 years ago) feel like never really

recovered. Opened up some questions about life - shifted gears into more negative frame. Working to unpick that again.

Work - public servant (ongoing) - peaks and troughs, hard when stressful at work as well as stress in personal life. Enjoy job, boss, team, happy place to be.

Meditation and mindfulness - meditation going well, daily when get up 10-25 min

Yoga a few times each week. Rewiring thinking patterns long term goal and have chronic fatigue toolkit to pull out if needed

Immune

Childhood asthma

Current hayfever - sneezing, runny nose, itchy eyes. Have medication but not taking regularly.

GIT

Bowel motions - occasionally skip a day. Know medications are messing with it. Fluconazole made looser then nerve medication doing opposite.

Sometimes feel a bit constipated sometimes loose. Type 2-5 stool.

No pain, no urgency. Some mild blood if harder stool - internal haemorrhoid assessment by GP.

Some wind, sometimes smelly.

No burping, no reflux.

Would like to get off meds.

Urinate - 5-6 times, no urgency, no pain, no blood.

MSK

No

Menstrual history

See presentign complaint

Any irritation in the vagina - feel like the medication is sporadic. Upped dosage of nortriptaline as vaginal pain has increased.

Pelvic Floor physio - once had done that and given exercises then just wanted to come back to check in and felt like it plateaued. Training muscles to relax. Do feel like exercises help (vaginismus).
Don't feel like get egg white mucous regularly. No recent pelvic ultrasound.
Did have one a few years ago when having lower pelvic pain and said bowel looked a little blocked but didnt seem it was a problem.

Do have regular partner. No symptoms.

Endocrine

Increased hair loss for past 2.5 years.
No skin/nails changes.

Exercise

Yoga weekly at home
Jog 3x week
Walking occasionally
Weights at home weekly

Water

2litres +

Coffee/tea/softdrink/energy drink/juice

1x coffee, occasional tea.

Alcohol/Drugs

Couple of times a week if out - gin and tonic, wine

Smoker

No
No drug use.

Diet recall

Water
Breakfast - with coffee if at home. Porridge with banana soy milk, toast with avocado
Coffee when get to work if in the office.
Lunch - salad in summer, soup in winter (veggie/lentil etc)
Fruit in afternoon
Dinner - less meat for climate change reasons for past few months.
Fried bean taco, stirfry, pasta, tofu and veg.

Mostly vegetarian at home.

Confirm Goals

Cycle regularity

Remove medications - vulval thrush.

Full iron, TSH, T4, T3, day 3 hormones, day 21 prog, electrolytes, vit D, B12,
RBC/WBC, kidney, liver,
zinc, copper, homocysteine,

Juno Bio

Verbal whats going on

What to do next