



Treatment Plan- Cheryl Burton

22/08/2025

The following recommendations aim to address the main focus of our consultation which was to manage and resolve acute, unexplained burning pain on patches of skin on the right side of your body (upper arm, above breast and upper back).

Suggested Topical Treatment:

St John's Wort Oil

St John's Wort is an anodyne (pain reliever) and can be beneficial in relieving nerve pain when applied topically.

Directions for Use: Gently massage a small amount of oil into affected areas of the skin 2-3 times per day.

Suggested Supplement

PEA 600 (by Biomedica)

PEA is a naturally occurring fatty acid which our bodies produce and is useful in reducing pain.

Dosage: 1 capsule daily (for no more than 21 consecutive days).

Other Recommendations

- Prioritise self-care and incorporate an activity you find fun or relaxing into your daily routine (e.g. time in your garden, tai chi, medication, exercise classes).
- Discuss your recent symptoms with your Urologist at your next appointment along with current medications and dosages.

Follow up Appointment- 5 September 2025

At this time, we will review your symptoms and above treatment plan. I also suggest we discuss the following:

- Review current supplements
- Ways to improve and sustain energy levels with good nutrition and lifestyle considerations
- Ways to reduce stress and improve sleep