

ITCH Omer 20/10/25

[See all test results]

Rash R-ankle + lower legs
 real bumps, raised, very itchy.
 Started when Omer spread down
 by also other streets.

R-shoulder pain - comes/goes
 this year tried shock therapy
 but didn't help. Bursitis in
 but also calcification + also
 bone inflammation (Costochondritis?)

[Inflamm + Bone Pain +
 Bursitis + Calcification]
 then physio → said muscle atrophy
 R-shoulder. (so so 2/2)
 → pain from neck
 → waiting xray
 C6 + C7
 old yoga injury 21 yrs ago
 History of lower back
 pain]

Also went on to Metformin
 for diabetes - had every side
 effect but stuck to it as was
 lower blood sugar. Lost
 a bit of weight. Endocrinologist
 changed to Glimepiride-ARX.
 → side effect to gain weight (off Metformin now)

[copy new meals to support wear]

During extreme shoulder pain
also after Metformin + alt.
~~also after Metformin + alt.~~

Colonoscopy showed great internal shape
now soft stool + bloating

MRCP Annual from gallbladder

[back to prev. health obsession]

Enlarged liver last 20 yrs since
EBV + cyst on Left adrenal.

Cortisol levels 90 after MRCP.

High cholesterol.

~~Obsession~~ [Spare
Clrs]

[↓ Cortisol.
Rash.
Copy meals]

Enlarged liver, High cholesterol
Health obsession
Rash - inflamed & swollen - (obscure site)
Obsession - one thing - (Oah) - grief & worry.
Coppel beach - know no peace. External threat.
Strength/endurance.