

Medical Warning

6 monthly prolia injections since 2018
Left hip replacement June '23
Right hip replacement Dec '23

Cortisone injection left hip Jun/Jul '24.
Cortisone injection right elbow 20/09/24

MRI (04/08/24): disc bulge L3/4; contact on traversing L4 nerve roots; contact left L5 and exiting L4 nerve root at L4/5 level; no nerve compression. Multilevel facet arthropathy most pronounced at left L4/5 and L5/S1 facet joints.

Reminders/Notifications

Current:

Prednisolone 5mg: 3am +2pm for 3 days; then 3am, 1pm for 3 days;

Hydroxychlorquine 200mg twice daily.

Puralin EN sulfasalazine: 1/day 1st wk; 1am, 1pm 2nd wk; 2am, 2pm 3rd wk; 2am, 2pm 4th wk.

Supplements:

- Berberis Sillymarin 1 bid (Oct '25)
- Metibol Xcell
- Bioactivated Mg
- AdvaCal
- Probiotic - Chemist - SB
- NAC - from Tasmania

Current (05/07/25):

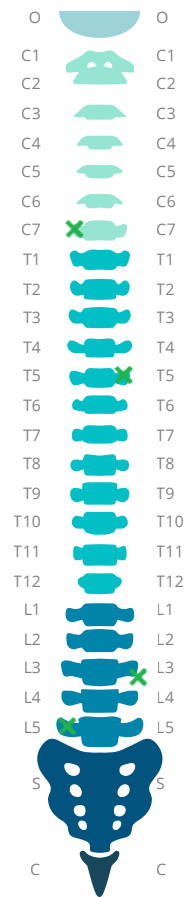
Probiotic (SB)

Panadol Osteo - occasionally

Jasmine Langlands - Canning Healthcare
Sat, 27 Sep 2025 8:00 am

Priority:
GP busy - no results until Tuesday re. gout/uric acid. Yet to speak to hand therapist.
Rpt Berberis Silymarin complex - 2nd bottle.
In last week - pain hasn't been as bad; potentially warmer weather improved.
Unsure if currently taking Oxyguard - checking at home; was supposed to replace Bioactivated Mg.

Dorn Spinal Therapy



Bowen Therapy Procedures
BRM 1, BRM 2, Sacral Extra, BRM 3, Kidney, Pelvic, Knee, Ankle, Hammer Toe, Bunion, Foot stretch, TMJ, Headache, North, West, Scapula, Shoulder, Elbow / Wrist, Forearm