

Medical Warning

Abdominal organs (not reproductive, not heart) in reverse positions (situs inversus).

Reminders/Notifications

Ponstan - prn (Mefenamic acid; NSAID)

Historical:

Premular 18/07; review in 3 months (18/10)

Jasmine Langlands - Canning Healthcare

Tue, 30 Sep 2025 1:30 pm

Subjective:

Diverticulitis attack 5wks ago; settled - had to move low fibre to high fibre; no longer low carb diet - Mediterranean diet; a lot more veggies.

7.5cm ovarian cyst - tumour markers nil; likely to have removed based on size. Seeing gynecologist to try to speed things up; MRI next week - difficult to see.

Pain around ovulation; dull pain, often. Concerned may have blood flow; MRI will also pick up bowel. Colonoscopy in next few months.

Lower back pain persistent last week, fine now.

Yet to eat nuts/seeds, planning to re-introduce.

Fermented foods - starting to reintroduce pickles.

Sleep: good

Neoclassical

Element: no abdominal palpation

Branches:

- SP-9 L

Legs: clear

Left the room. Provided bell.

Right Branches

GB

Left Branches

LU
