

PATIENT MOTIVATION PROFILE – FEMALE

Address - 14 Clunie Close, Lindisfarne.

Date - 12/10/22

Name - Kate Southorn

D.O.B - 17/02/1991

Phone - No 0417380662

Referred by - Amy Southorn

Occupation - Artist

Email -

kateasouthorn@gmail.com

Who do you live with? A friend

Other specialists being seen - Kate Brown (Gut specialist), Dr Donohoe (ME/CFS Specialist), Kate Mitchell (Gynecologist)

Current health goals and/or concerns

1. Preventing the re-growth of endometriosis.

2. Lessening inflammation and pain.

3. Increasing energy and vitality.

- Post surgery gut has been better – pain now only intermittent mainly on right hand side lower bowel; improved with antibiotics; VOMITING WITH PAIN PERIOD AFTER SURGERY
- DIE and partial ovary removal bc of ovarian cysts; no side effects as they didn't take very much
- Has been on/off thyroids meds (DST) – results always varied
- Adrenal insufficiency – 24 hr urine and saliva tests
- Cycle has gone from 26 to 29 days; using organic pad would use 4-5 regular pads on heaviest day; takes anti inflammatories to reduce bleeding voltaren rapid 25-50mg a few days before period is about to arrive will take 5 days
- Has to take magnesium to go to bathroom

Please list any other pre-diagnosed health conditions - **ME/CFS, Anxiety, OCD and Depression.**

Current allergies - Dairy and gluten (intolerance). Allergies (itchy skin and psoriasis) for unknown reasons.

Current diet - Brookfarm porridge for breakfast (sometimes wheat-free oats), blueberries and coconut yogurt.

Seedy-gluten-free toast with avocado or sardines for lunch - or brown rice, chickpeas and vegetables. Apple and yogurt, crisps or macadamias for snacks. Chicken broth and vegetable soup for dinner with brown rice, or a stir fry. Coconut ice cream for dessert sometimes.

Please list any medications and/or supplements you are currently taking, including the reason for taking them, brand names and quantities/ dosages - Magnesium glycinate by Pure encapsulations 3 x 120mg tablets, Vitamin D by Orthoplex 5000IU, Zinc Drink by Metagenics - quarter teaspoon, NAC by Orthoplex 945mg, SFM Xcell 1x tablet per day, Melrose Vitamin C Bioflavonoids - 2 x teaspoon to 1 x tablespoon depending. Plus recent recommendation from Kate Brown I am yet to purchase - Iberogast, Meriva Circumin Extract, Bifobacterium Lactis HN019, Partially Hydrolysed Guar Gum, Siberian Ginseng/Astagalas Tea.

HEALTH HISTORY

FAMILY HEALTH HISTORY

Father - Depression

Maternal grandfather – Stroke

Paternal grandmother – breast cancer

Paternal grandfather – Heart attack

Trauma during high school years (depression and stress in household)

Please chronologically list your health history timeline from birth to now, citing the approximate date, condition/diagnosis and treatment –

- 1993 – Pneumonia
- 2001 – Anxiety
- 2003 – OCD, Depression, IBS, sound sensitivity
- 2007 – OCP 18 months general ongoing malaise
- 2009 –hypothyroidism, adrenal insufficiency; gastroenteritis (“Bali belly”)
- 2011 - ME/CFS
- 2013 – electromagnetic sensitivity, chronic appendicitis
- 2014 - Lyme’s disease
- 2015 - Appendectomy
- 2016 – Dysmenorrhea, recurrent UTI’s present post-surgery; severe IBS episodes
- 2022 – Laparoscopy for endometriosis surgery, partial oophorectomy

GENERAL HEALTH

Please put a 'Y' in the box if you current suffer from any of the following

Please put a 'X' in the box if you have experienced this problem in the past

GASTROINTESTINAL		RESPIRATORY		ENDOCRINE	
Constipation	x	Shortness of breath		Hyperthyroidism	
Diarrhea		Asthma		Hypothyroidism	
Bloating		Regular cough		Adrenal dysfunction	
Flatulence	x	Sinus/nasal congestion		Diabetes I	
Indigestion		Post-nasal drip		Diabetes II	
Acid reflux/ heartburn		Hay fever		Weight loss	
Worms/parasites		Allergies		Weight gain	
SIBO					
Polyps		NERVOUS		HAEMATOLOGY	
Bad breath	x	Adrenal fatigue		Anemia (Iron)	
Mucous in stool		Chronic fatigue	x	Anemia (B12)	
Blood in stool		Poor memory	x	Haemochromatosis	
Food in stool		Poor concentration	x	Easily bruised	
Itchy anus	x	Brain fog	x	Frequent nose bleeds	
Laxative use		ADD/ ADHD			
Haemorrhoids		Learning difficulties	x	URINARY/ KIDNEY	
		Pins/needles		Kidney infection	
CARDIOVASCULAR		Headaches		Kidney pain	
High blood pressure		Migraines		Frequent urination	
Low blood pressure		Tinnitus	x	Dark urine	
Metabolic syndrome				White froth in urine	
High cholesterol		IMMUNE		Get up for toilet during the night	
Heart attack		Frequent colds/ flu/virus	x	Urinary Tract infection (UTI)	
Heart murmur	x	EBV/ Glandular fever		Cystitis	

Angina		Autoimmunity		Incontinence	
Arrhythmia		Cancer		Extreme thirst	
Poor circulation	x	HIV			
Cold feet	x	Thrush/candida		LIVER/ GALLBLADDER	
Cold hands		Swollen glands	x	Hepatitis	
Dizziness	x	Cold sores		Fatty liver disease	
Varicose veins		Styes		Issue digesting fat	
				Sticky/mushy stool	
HAIR		NAILS		Gallbladder removal	
Increased loss		Brittle		Poor alcohol tolerance	
Poor quality		Vertical ridges		Weight gain	
Oily		Split easily			
Dry		Soft			
Dandruff					

SKIN		FEMALE REPRO		TRAUMA	
Dry		Abnormal pap smear		Physical abuse	
Oily		Adenomyosis		Sexual abuse	
Rough		Amenorrhea (absent period)		Verbal abuse	
Itching	x	Anovulation		Broken bones	
Acne		Break thru bleeding		Head trauma	
Psoriasis	x	Breast lumps (benign)	x	Accidents	
Eczema		Contraceptive Pill		Divorce/Seperation	x
Dermatitis		Cystitis		Death of loved one	
Offensive odour		Ectopic pregnancy		Bankruptcy/Low income	x
Poor wound healing		Endometriosis	x	Natural Disaster	
		Fallopian tube issues		Other	

SLEEP QUALITY		Fibroids			
Issues falling asleep		Flooding		EMOTIONS	
Issues staying asleep		Genital Herpes		Depression	x
Vivid dreams	x	Genital Ulcers		Anxiety	x
Nightmares	x	Genital warts/ HPV		Panic attacks	
Snoring		Genito-urinary infections		Mood swings	
Sweating	x	Gynecological cancer		Irritability	x
Wake up hungry		Infertility		Chronic stress	x
Wake up tired	x	Irregular periods		Anger	x
		IUD/Mirena		Cranky skipping meals	
ENERGY		Low libido	x	Looping/ OCD	x
Good energy		Malformed womb		Phobias	x
Poor energy	x	Miscarriage			
Need caffeine regularly		Ovarian Cysts	x	TOXIN EXPOSURE	
Energised at night		Ovulation pain	x	Cigarettes	
Post exercise fatigue	x	Pain on intercourse		e-Cigarettes	
Malaise		Painful periods		Passive smoke	
		PCOS	x	Damp in home/work	
MUSCULOSKELETAL		Pelvic Inflammatory disease (PID)		Recreational drugs	
Cramps		PMS		Alcohol	
Pins/needles		Smelly discharge		Chlorine pools	
Injury		Tender breasts		Garden pesticides	
Arthritis		Vaginal burning/irritation		Fluoridated toothpaste	
Osteoporosis/Osteopenia		Vaginal thrush		Tap water	
Disc issues		Vaginitis		Non-organic meat	
Back pain				Processed/deli meats	
Shoulder/neck pain	x			Antibiotics	x

Joint pain/ stiffness				Amalgam fillings	
				Non-organic skin care	
				Non-organic make up	
				Mainstream deodorants	
				Regular vaccinations	
				Glues/fume/chemical/ gas exposure at work	

DENTAL		EXERCISE		YOUR BIRTH	
Fillings		Rarely		Normal birth	x
Root Canal		Often		Tongs / Suction Cap	
Abscess		Daily		C-section	
Tooth decay		Walking	x	Vaccinated	
Tooth erosion		Running		Jaundice	
Tooth sensitivity/ aches		Swimming		Other issues	
Gum disease		Pilates			
Bleeding gums with floss		Yoga			
Bad breath		Gym			
Ulcers/ mouth sores	x	Other			
Braces/ Plates					
Clenching	x				
Grinding	x				
Sore neck upon waking	x				
Bite marks inside cheek	x				
Sore jaw	x				
Snoring					
Sleep apnea	x				

ADDITIONAL INFO

Please list any other relevant information you would like to disclose below