



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

Alexandra Middleton Adv Dip (Nut Med); BA (Media Comm)

Date: 30/8/22 Date of Birth: 25/6/98

Name: Maria Abbey Romanin

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Occupation: student

Household Situation: parents

Children: 0

Referred By: social media

PRESENTING SYMPTOMS / PROBLEMS

Where, when, frequency, duration, history, associated symptoms, what was happening when they started?

Session one – 60min

- Adrenal fatigue
- Bloods 10/21 – B12 337
- Endometriosis, ovarian cysts, dyspareunia
- Digestive issues – haemorrhoids, pooing every second day, diarrhea around ovulation and pre period; always has cramps before going on a normal day; GERD daily started post ovary taken out
- Avoids gluten; beans give her pain; rice and potato/sweet potato creates nausea
- Water – tap
- Symptoms much worse after surgeries and ovary removal
- Wants kids eventually
- Shortness of breath when heart rate gets high which happens every day (most of the time) and heart palpitations which only started when ovary taken out
- Period 32-33 days (tracking it) – light spotting pinky-red, generally bleeding 7 days, heaviest day (day 2 + 3) heavy pads goodnight pads during day has to change every hour will go on like that for 2-3 days, clots size 20c coin,
- PMS – starts a week before period; crying, breast tenderness, mood swings subsides around day 2-3
- Benign breast lumps
- Consistently swollen glands in neck and lymph nodes
- Insomnia – staying asleep
- Weighs 53 kg , 162 cm



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Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

2011-16 – Chronic sinusitis, chronic chest infections, menorrhagia, IBS

2016 – Gastroenteritis

2017 – EBV, Varicella-zoster virus (shingles)

2019 – OCP for 6 months (severe side effects)

2020- Laparoscopy, Mirena IUD (2 months, worsened menorrhagia)

2021 – Laparoscopy (right oophorectomy)

Family History:

Mother – Breast cancer

Father – Ulcerative Colitis

Maternal Grandmother – Rheumatoid Arthritis

Maternal grandfather = Diabetes II

Paternal Grandmother – Lung cancer

Paternal grandfather – cardiac infarction

Family History – CVD, cancer, diabetes, etc

Sleep

Energy Levels – scale of 1-10, slumps, moods?

Generally good

Water: 3 glasses a day

Tea / Coffee / Cola:

Allergies: Morphine

Cravings:

Aversions:

Medications and supplements



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Diet – See Over:

GIT / Digestion: Weight, appetite, breath, ulcers and cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods, skipping meals?

Bowels: Frequency, colour, constipation/diarrhoea, blood/mucus, laxatives, haemorrhoids, family history?

General Health: Headaches/Migraines, dizziness/vertigo, tinnitus, hay fever /allergies, sinus/swollen glands, Colds/flu's per year, recovery, Asthma/SOB? Drug use? Smoking?

Urinary: Thirst, nocturia, cystitis, incontinence, thrush, kidney infections?

N/A

Female Repro: Periods/Cycle, bleed/clots, PMS, sore breasts, bloating, moods, constipation/diarrhoea, Pap smears, infections, discharges, contraceptive method?

Male Repro: Infections, hernias, swellings, impotence, libido?

N/A

Cardiovascular: Heart problems, blood pressure, chest pain, palpitations, varicose veins, easy bruising?

Musculo-skeletal: Cramps, pain, pins and needles, weak/numb, arthritis?

Skin: Acne, eczema, psoriasis, infections, itching?

Lifestyle: Exercise, relaxation, job satisfaction?

Emotions: Anxiety, depression, mood swings?

Physical Examination:



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Height/weight _____
Goal weight _____

TREATMENT PLAN _____

DIET	SUPPLEMENTS	HANDOUTS
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FOLLOW UP

1. _____

14/9/22 – 30min

- Blood sugar/ insulin
- MMap – High steatocrit, low commensals
- Got period today on day 25, has been very fatigued pre period
- Stomach ache every time she eats – 7 years, endoscope didn't reveal anything except mild gastritis; gastric pain much worse pre-period and ovulation

2. 21/9/22 – 30min

Bloods from June

- TSH – 3.54
- T4 – 14.2
- T3 – 5.5
- TPO 22 (<60)
- TG Abs 22 (<60)
- MTHFR heterozygous c677T
- D – 52
- CRP – 9
- Iron 17, Ferritin 57, transferrin 2.6, saturations 20%
- Glucose 6.4 (<140mg/dL)
- Homocysteine 6. (4.5-7)
- Corrected iodine – 61.95
- Insulin 8 (2-12)
- B12 – 159
- Cholesterol total – 7.2
- ESR – 9
- ANA titre detected

3. _____