

# DETOX & SCREENING QUESTIONNAIRE

NAME: Tamera Morris

DATE: 3 1 / 0 8 / 5 6

What is your main health concern? weight and energy

When was the last time you felt well? 6 months ago

Did something trigger your change in health? pain in abdomen

## GENERAL

Have you travelled outside of Australia in the last 6-12 months? If yes, where? \_\_\_\_\_

History of antibiotic use? No

Dental history ☐ Silver mercury fillings ☐ Root canal implants ☐ Gingivitis ☐ Bleeding gums

How many alcoholic drinks do you have in a week? ☒ None ☐ 1-3 ☐ 4-6 ☐ 7-10 ☐ >10

Do you currently smoke? ☒ No ☐ Yes, how many per day & years? \_\_\_\_\_

Caffeine intake - cups of tea/coffee per day? ☐ 1 ☐ 2-4 ☐ >4

Do you use recreational drugs? Type: No

Are you sensitive to caffeinated drinks? ☒ No ☐ Yes

Do you have food reactions or sensitivities? ☒ No ☐ Yes, please describe: \_\_\_\_\_

Do you adversely react to: ☐ Cheese ☐ Chocolate ☐ Red wine ☐ Caffeine ☐ Sulphite-containing food (eg. wine, dried fruit)  
☐ Onions ☐ Garlic ☐ Alcohol ☐ Bananas ☐ Preservatives (eg. Sodium benzoates)  
☐ Citrus foods ☐ Artificial sweetener ☐ Monosodium glutamate (MSG) ☐ Other: \_\_\_\_\_

## ENVIRONMENTAL FACTORS

Which of the following strongly affect you?

☐ Perfume/fragrances ☐ Cigarette smoke ☒ Car exhaust fumes ☐ Other: \_\_\_\_\_

Are you exposed to? ☐ Mould ☐ Electromagnetic radiation (EMFs) ☐ Chemicals

Do you, or have you, lived or worked in a damp or mouldy environment? ☒ No ☐ Yes

Do you have a history of significant exposure to harmful chemicals?

☐ Insecticides ☐ Herbicides ☐ Pesticides ☐ Heavy metals ☐ Organic solvents ☐ Other: \_\_\_\_\_

What chemicals do you use to clean your house? ☒ Bleach ☒ Antibacterial wipes ☐ Antiseptics ☒ Disinfectants

Do you dry clean your clothes frequently? ☒ No ☐ Yes

Where do you live? ☒ Suburbs ☐ Country ☐ Near power lines ☐ On or near a main road ☐ On a train line  
☐ Inner city ☐ Industrial area ☐ Under a flight path ☐ Near a mobile phone tower

What is your profession? Retired

Rate each of the following symptoms from 0-4 (see below) relating to the last 7 days.

This questionnaire helps identify symptoms that may indicate the underlying causes of illness and helps you track your progress over time. If this is a follow-up questionnaire, please record the symptoms for the last 30 days.



DIGESTIVE TRACT	SCORE
Nausea and vomiting	0
Diarrhoea	1
Constipation	1
Bloated feeling	3
Belching or passing gas	3
Heartburn	1
Intestinal/stomach pain	1
<b>TOTAL</b>	<b>10</b>

EARS	SCORE
Itchy ears	0
Earaches, ear infections	0
Ringing in the ears, hearing loss	0
<b>TOTAL</b>	<b>0</b>

EMOTIONS	SCORE
Mood swings	0
Anxiety, fear, nervous	1
Anger, irritability or aggression	1
Depression	0
<b>TOTAL</b>	<b>2</b>

ENERGY/ACTIVITY	SCORE
Fatigue	1
Apathy	1
Hyperactivity	0
Restlessness	1
<b>TOTAL</b>	<b>3</b>

EYES	SCORE
Itchy or watery	0
Bags or dark circles under eyes	0
Swollen or red eyelids	0
Blurred vision	0
<b>TOTAL</b>	<b>0</b>

HEAD	SCORE
Headaches	1
Faintness	0
Dizziness	0
Insomnia	2
<b>TOTAL</b>	<b>3</b>

JOINT/MUSCLES	SCORE
Arthritis	1
Pain or aches in joints	1
Pain or aches in muscles	1
Stiffness or limitation of movement	1
Feeling of weakness or fatigue	1
<b>TOTAL</b>	<b>5</b>

LUNGS	SCORE
Asthma, bronchitis	0
Shortness of breath	0
Difficulty breathing	0
Mucous congestion	0
<b>TOTAL</b>	<b>0</b>

MIND	SCORE
Poor memory	2
Brain fog, poor concentration	2
Confusion, poor comprehension	0
Poor physical coordination	0
Difficulty making decisions	1
Stuttering and stammering	0
Slurred speech	0
Learning disabilities	0
<b>TOTAL</b>	<b>5</b>

MOUTH/THROAT	SCORE
Chronic coughing	0
Gagging, frequent need to clear throat	0
Sore throat, hoarseness of voice, loss of voice	0
Swollen/discoloured tongue, gums, lips	0
<b>TOTAL</b>	<b>0</b>

HEART	SCORE
Irregular heartbeat	2
Rapid heartbeat	2
Chest pain	0
<b>TOTAL</b>	<b>4</b>

NOSE	SCORE
Stuffy nose	1
Sinus problems	1
Hay fever	0
Sneezing attacks	1
Excessive mucous formation	0
<b>TOTAL</b>	<b>3</b>

SKIN	SCORE
Acne	0
Hives, rash, dry skin	1
Hair loss	0
Flushing or hot flushes	0
Excessive sweating	0
<b>TOTAL</b>	<b>1</b>

WEIGHT	SCORE
Binge eating/drinking	2
Craving foods	2
Excessive weight gain	1
Acne	0
Compulsive eating	2
Water retention	1
Underweight	0
<b>TOTAL</b>	<b>8</b>

OTHER	SCORE
Frequent illness	0
Frequent or urgent urination	0
Genital itch or discharge	1
<b>TOTAL</b>	<b>1</b>

**OVERALL SCORE = 45**

#### KEY

Add individual scores and total each group. Add each sections total and give an overall score.

**Optimal:** <10  
**Mild Toxicity:** 10-50  
**Moderate Toxicity:** 50-100  
**Severe Toxicity:** >100

Return this questionnaire to your practitioner at your next appointment.





08 9200 2777  
www.wradi.com.au

PATIENT NAME: MS TAMERA MORRIS  
PATIENT ID: WR111276  
PHONE: 0413406292  
GENDER: Female  
PERFORMED: 24/04/2023

DOB: 31/08/1956  
ADDRESS: 42 Avocet Island Quays WANNANUP WA 6210  
MEDICARE #: 61734059582  
REFERRED BY: Dr W TJHIN  
REPORTED BY: DR MILTON VOUIROS

## **CT ABDOMEN AND PELVIS (CONTRAST)**

### **CLINICAL HISTORY:**

Left flank tenderness. Previous right breast Ca 11 years ago.

### **FINDINGS:**

Unremarkable lung bases. No pleural effusion.

The liver is normal in outline and attenuation allowing for a focus of hypodensity in the left lobe of the liver measuring 6mm. This is too small to be characterised on CT, but is most likely in keeping with a simple hepatic cyst. No intrahepatic biliary dilatation. The portal vein and portal mesenteric confluence as well as hepatic veins are patent.

There is a single calcified calculus within the gallbladder, but no evidence of pericholecystic oedema or gallbladder wall thickening is seen to suggest cholecystitis. No CBD dilatation.

The pancreas shows mild fatty atrophy, but no focal pancreatic lesion is seen. No main pancreatic duct dilatation.

The spleen has normal appearances.

The kidneys and adrenals bilaterally are unremarkable without hydronephrosis or hydroureter and no renal tract calcification.

The ureters bilaterally are not distended.

The urinary bladder is almost completely empty and assessment cannot be performed.

There is grossly unremarkable appearance of the uterus.

The small bowel has unremarkable appearances.

Scattered diverticula are seen within the sigmoid colon, but no gross mural lesion demonstrated in relation to the large bowel. Please note, however, that small lesions can be occult on CT.

Bone review reveals no suspicious sclerotic or lytic lesion and no vertebral body collapse. No bony injury demonstrated in the visualised skeleton.

### **COMMENT:**

- 1. Unremarkable examination without cause for patient's symptoms demonstrated.**
- 2. Diverticular disease, but no evidence of diverticulitis or abscess.**
- 3. Incidental cholelithiasis, but no cholecystitis.**

Thank you for your referral.

Yours sincerely,



08 9200 2777

[www.wradi.com.au](http://www.wradi.com.au)

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REFERRED BY: Dr W TJHIN  
REPORTED BY: DR MILTON VOUROS

**Dr Miltiadis Vouros**  
MBCHB MRCS FRCR

Morris , Tamera  
42 Avocet Island Quays WANNANUP 6210  
Phone: 0413406292

**Birthdate:** 31/08/1956      **Sex:** F      **Medicare Number:** 6173 40595 8-  
**Your Reference:** 2023D0002687      **Lab Reference:** 2023D0002687-1  
**Laboratory:** westhrad  
**Addressee:** Dr Benjamin Egan      **Referred by:** Dr Benjamin Egan  
**Name of test:** Renal US  
**Requested** 02/03/2023      **Collected:** 02/03/2023 **Reported:** 03/03/2023 09:05:00



To view images in Zed Link, please click here

Patient Name: Morris, Tamera  
Patient DOB: 31/08/1956  
Date of service: 02/03/2023  
WR Patient ID: WR111276

## ULTRASOUND RENAL TRACT

### CLINICAL HISTORY:

Left flank pain. Dull daily discomfort. No lower urinary tract symptoms. No hematuria.

### FINDINGS:

Both kidneys are normal in outline, size and renal cortical echotexture. The right kidney measures 111mm and the left kidney measures 119mm. No hydronephrosis or hydroureter.

The urinary bladder has grossly normal sonographic morphology and a volume of 165cc. There is a post-void residual of 15cc. Both ureteric jets are identified.

### COMMENT:

**Normal study without cause for left flank pain demonstrated.  
Please note that a small renal tract calculi may be occult on ultrasound and if clinical concern persists a CT KUB may be considered.**

Thank you for your referral.

Yours sincerely,

**Dr Miltiadis Vouros**

MBCHB MRCS FRCR

Sonographer: RF

[To view images in Zed Link, please click here](#)

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MORRIS, TAMERA LYNN  
 42 AVOCET ISLAND QUAYS, WANNANUP. 6210  
 Phone: 95342610  
 Birthdate: 31/08/1956 Sex: F Medicare Number: 61734059582  
 Your Reference: Lab Reference: E5210Q3028  
 Laboratory: PathWest  
 Addressee: DR YULIA MUSCAT Referred by: DR YULIA MUSCAT

Name of Test: Full Blood Picture  
 Requested: 19/01/2023 Collected: 21/01/2023 Reported: 21/01/2023  
 14:21

FULL BLOOD PICTURE

Specimen: Blood Collected: 21/01/2023 09:38 Received: 21/01/2023 14:12

Test Name	Result	Flag	Ref-Range	Units
White cell count	4.23		4.00 - 11.00	10 <sup>9</sup> /L
Haemoglobin	134		115 - 160	g/L
Platelet count	252		150 - 400	10 <sup>9</sup> /L
Red cell count	4.39		3.80 - 4.80	10 <sup>12</sup> /L
Haematocrit	0.41		0.37 - 0.47	L/L
Mean cell volume	92		80 - 100	fL
MCH	30.5		27.0 - 32.0	pg
MCHC	331		320 - 360	g/L
RDW	11.9		9.0 - 15.0	CV%
MPV	10		8 - 12	fL
Absolute Cell Count				
Neutrophils	1.62	L	2.00 - 7.50	10 <sup>9</sup> /L
Lymphocytes	2.02		1.20 - 4.00	10 <sup>9</sup> /L
Monocytes	0.38		0.20 - 1.00	10 <sup>9</sup> /L
Eosinophils	0.17		0.00 - 0.50	10 <sup>9</sup> /L
Basophils	0.04		0.00 - 0.20	10 <sup>9</sup> /L
Differential				
Neutrophils	38.3			%
Lymphocytes	47.8			%
Monocytes	9.0			%
Eosinophils	4.0			%
Basophils	0.9			%

Key for Lab Flag Column: L - Low, H - High, AB - Abnormal  
 Key for Micro - \*\* Result modified after Final Status

MORRIS, TAMERA LYNN  
 42 AVOCET ISLAND QUAYS, WANNANUP. 6210  
 Phone: 95342610  
 Birthdate: 31/08/1956 Sex: F Medicare Number: 61734059582  
 Your Reference: Lab Reference: E521003028  
 Laboratory: PathWest  
 Addressee: DR YULIA MUSCAT Referred by: DR YULIA MUSCAT

Name of Test: Routine Biochemistry  
 Requested: 19/01/2023 Collected: 21/01/2023 Reported: 21/01/2023  
 16:06

#### ROUTINE BIOCHEMISTRY

Specimen: Plasma Collected: 21/01/2023 09:38 Received: 21/01/2023 14:13

Specimen: Serum Collected: 21/01/2023 09:38 Received: 21/01/2023 14:13

Test Name	Result	Flag	Ref-Range	Units
<b>Electrolytes, Urea and Creatinine</b>				
Sodium	142		135 - 145	mmol/L
Potassium	4.6		3.5 - 5.2	mmol/L
Bicarbonate	25		22 - 32	mmol/L
Urea	4.6		3.0 - 8.0	mmol/L
Creatinine	62		45 - 90	umol/L
eGFR	>90		>60	mL/min/1.73m2
eGFR Comment	See below			

Estimated GFR (eGFR) by CKD-EPI algorithm uses creatinine, sex and patient age ONLY. eGFR is only applicable to patients with stable medical conditions, is inappropriate for drug dosing and does not apply to pregnant females, children, advanced age, extremes of weight or patients on dialysis.

<b>Glucose</b>				
Fasting Status	Fasting			
Glucose	6.5	H	3.0 - 5.4	mmol/L

<b>Liver Function Tests</b>				
Total Protein	64		60 - 80	g/L
Albumin	44		35 - 50	g/L
Globulin	20	L	25 - 42	g/L
Bilirubin	9		<20	umol/L
ALT	22		<35	U/L
ALP	58		30 - 110	U/L
GGT	17		<40	U/L
Comment	See below			

Decreased calculated globulins may be seen with hypogammaglobulinaemia due to humoral immunodeficiency, medications such as glucocorticoids and rituximab, nephrotic syndrome, protein losing enteropathy, malnutrition and haematological malignancy. Suggest measure serum immunoglobulins.

<b>Calcium Studies</b>				
Calcium - Total	2.27		2.10 - 2.60	mmol/L
Calcium - Corrected	2.19		2.10 - 2.60	mmol/L
Magnesium	0.87		0.70 - 1.10	mmol/L

Key for Lab Flag Column: L - Low, H - High, AB - Abnormal  
 Key for Micro - \*\* Result modified after Final Status



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42 AVOCET ISLAND QUAYS, WANNANUP. 6210  
Phone: 95342610  
Birthdate: 31/08/1956 Sex: F Medicare Number: 61734059582  
Your Reference: Lab Reference: E521003028  
Laboratory: PathWest  
Addressee: DR YULIA MUSCAT Referred by: DR YULIA MUSCAT

Name of Test: Lipids  
Requested: 19/01/2023 Collected: 21/01/2023 Reported: 21/01/2023  
16:08

#### LIPIDS

Specimen: Serum Collected: 21/01/2023 09:38 Received: 21/01/2023 14:13

Test Name	Result	Flag	Ref-Range	Units
Fasting Status	Fasting			
Total Cholesterol	5.1		<=5.5	mmol/L
Triglyceride	1.1		<=2.0	mmol/L
HDL cholesterol	1.2		>=1.2	mmol/L
LDL cholesterol	3.4	H	<=3.0	mmol/L
Non HDL cholesterol	3.9		<=4.0	mmol/L

Comment See below

Pharmacotherapy for lipid lowering should aim towards the following targets while balancing the risks/benefits.

Total cholesterol <4.0 mmol/L

Triglyceride <2.0 mmol/L

HDL cholesterol >=1.0 mmol/L

LDL cholesterol <2.0 mmol/L

Non HDL cholesterol <2.5 mmol/L

[National Vascular Disease Prevention Alliance. Guidelines for the management of absolute cardiovascular disease risk. 2012]

Absolute cardiovascular risk assessment should be performed on all adults aged between 45-75 years without existing CVD or not already known to be at increased risk of CVD.

(A CVD risk calculator is provided at [www.cvdcheck.org.au/](http://www.cvdcheck.org.au/))

Key for Lab Flag Column: L - Low, H - High, AB - Abnormal

Key for Micro - \*\* Result modified after Final Status

MORRIS, TAMERA LYNN  
42 AVOCET ISLAND QUAYS, WANNANUP. 6210  
Phone: 95342610  
Birthdate: 31/08/1956 Sex: F Medicare Number: 61734059582  
Your Reference: Lab Reference: E521003028  
Laboratory: PathWest  
Addressee: DR YULIA MUSCAT Referred by: DR YULIA MUSCAT

Name of Test: Thyroid Function Tests  
Requested: 19/01/2023 Collected: 21/01/2023 Reported: 21/01/2023  
16:10

THYROID FUNCTION TESTS  
Specimen: Serum Collected: 21/01/2023 09:38 Received: 21/01/2023 14:13  
Test Name Result Flag Ref-Range Units  
TSH 0.58 0.40 - 4.00 mU/L  
Free thyroxine 13 9 - 19 pmol/L

Key for Lab Flag Column: L - Low, H - High, AB - Abnormal  
Key for Micro - \*\* Result modified after Final Status

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42 AVOCET ISLAND QUAYS, WANNANUP. 6210  
Phone: 95342610  
Birthdate: 31/08/1956 Sex: F Medicare Number: 61734059582  
Your Reference: Lab Reference: E521003028  
Laboratory: PathWest  
Addressee: DR YULIA MUSCAT Referred by: DR YULIA MUSCAT

Name of Test: Calcium and Bone Markers  
Requested: 19/01/2023 Collected: 21/01/2023 Reported: 21/01/2023  
16:10

CALCIUM AND BONE MARKERS  
Specimen: Serum Collected: 21/01/2023 09:38 Received: 21/01/2023 14:13  
Test Name Result Flag Ref-Range Units  
Vitamin D 25 OH 49 L >50 nmol/L  
Comment See below nmol/L  
Vitamin D deficiency can occur with inadequate sunlight exposure, low  
dietary intake, malabsorption such as Coeliac disease, anticonvulsant  
therapy, liver disease or nephrotic syndrome.

Key for Lab Flag Column: L - Low, H - High, AB - Abnormal  
Key for Micro - \*\* Result modified after Final Status

MORRIS, TAMERA LYNN  
42 AVOCET ISLAND QUAYS, WANNANUP. 6210  
Phone: 95342610  
Birthdate: 31/08/1956 Sex: F Medicare Number: 61734059582  
Your Reference: Lab Reference: E521003028  
Laboratory: PathWest  
Addressee: DR YULIA MUSCAT Referred by: DR YULIA MUSCAT

Name of Test: Diabetes Mellitus Testing  
Requested: 19/01/2023 Collected: 21/01/2023 Reported: 23/01/2023  
10:31

DIABETES MELLITUS TESTING  
Specimen: Blood Collected: 21/01/2023 09:38 Received: 21/01/2023 16:42  
Test Name Result Flag Ref-Range Units  
HbA1c (NGSP) 6.2 H <6.0 %  
HbA1c (IFCC) 44 H <42 mmol/mol  
Comment See below  
Not consistent with diabetes mellitus.  
Interpret HbA1c results with caution in the presence of  
haemoglobinopathy, anaemia, iron deficiency or renal failure.  
The diagnostic utility of HbA1c has not been established in children or  
pregnancy.

Key for Lab Flag Column: L - Low, H - High, AB - Abnormal  
Key for Micro - \*\* Result modified after Final Status