

## Tiffany Frandsen History

|                                       |  |
|---------------------------------------|--|
| June 2021                             | Menopause  |
| 24 November 2021                      | <p><b>BP 105/65</b></p> <p>Resting HR: 64</p> <p>Max HR (post 25km cycle): 158</p> <p>2-minute post ride HR: 114 bpm</p>   |
| 9 December 2021                       | <p>0730: 25km morning cycle</p> <p>0930: <b>PFIZER #2</b></p> <p>0945: Dizziness &amp; metallic taste in the mouth</p> <p>1430: Intense fatigue, chest pain and pain radiating down my left arm &amp; jaw/neck pain, nausea, shortness of breath.</p> <p>1530: Phoned Nurse on Call for advice – advised to present to ED</p> <p>1600: Presented to Alfred ED. <b>BP 149/98</b> – CXR NAD, Troponin NAD, bedside cardiac USS – told 'no sign of pericarditis'. <b>ECG, 'benign early repolarisation'</b>. Given oral aspirin.</p> <p>2230: Discharged home (still experiencing symptoms but D/C summary states otherwise).</p> |
| 10 December 2021 – 21 December        | <p>Headache, intense fatigue, chest, arm and neck pain, palpitations, tachycardia renal pain on left side, loose bowels, hot and cold, sore throat and rash on face.</p> <p>Initially unable to walk to the street. I saw GP Dr Mackay, who told me to slowly build up walking half a block a day.</p> <p>Tried to get back on the bike (indoor trainer), but chest pain and SOB meant I had to stop.</p> <p>Resting HR now over 100, and often up to 130bpm.</p>  |
| 9 December 2021 – early December 2022 | <p>SICK LEAVE: Off work from 9 Dec 2021 to February 2022: with ongoing intermittent chest pain, tachycardia, palpitations, SOB and fatigue.</p>  |

|                  |   |
|------------------|---|
|                  | Attempt to return to work in February 2022 – took a total of 6 months of sick leave off in 2022 due to ongoing sx.  |
| 29 March 2022    | Mandated Covid Vaccine #3 – Astra Zeneca.<br>Letter from GP stating unable to have mRNA vaccines.<br>5 days off work sick leave after AZ due to exacerbation of ongoing Pfizer sx.  |
| June 2022        | Contracted Covid (only time).   |
| August 2022      | Flu vaccine: became very unwell – one week off with 'flu like' sx, tachycardia, palpitations and fatigue. (Have never been unwell from a vaccine before in my life).<br><br>ECG (ordered by GP) rSr pattern in V1 or V2 (probable normal variant).  |
| 2023             | 9 weeks off work with periods of SOB, tachycardia, palpitations. Ongoing borderline HTN.<br><br>Bloods May 2023: ESR 34H (GP says this suggests chronic inflammation).  |
| 31 October 2023  | ECG: Incomplete left bundle branch block (abnormal ECG)   |
| September 2024   | 3-day episode of chest pain, chest pressure, pain radiating down my left arm, neck and under left scapula, SOB and fatigue.<br><br>Went to the GP. GP ordered an ECG (I didn't follow it up because I looked at it and thought it was normal, and was too embarrassed to go back to the GP cos I thought it must all be in my head).<br><br>ECG: Advised by GP that this was abnormal and showed incomplete left bundle branch block. |
| December 2024    | Victoria Heart Hospital – Holter and stress echo.<br><br>Holter normal and echo some deviations from normal.  |
| 17 February 2025 | Chest pain 2200-0330 – took aspirin 100mg and Panadol   |
| 26 February 2025 | Chest pain, palpitations and HR >100 0030 – 0400 – eased around 4am and I slept until 10am (took day off  |

|  |  |
|--|--|
|  | <p>work due to feeling unwell), chest pain returned on and off from 1320 until around 2300. I didn't take any aspirin.</p> <p>Chest pain feels achy with intermittent sharp pain that is under my left breast and sometime radiates to my neck, sometimes into my back and left arm, but this is variable.</p> |
|--|--|

#### Disclaimer:

I am not 'anti-vax', I am a healthcare worker and have had many vaccines – none of which I have ever had an issue with (until Pfizer). Prior to the second Pfizer, I cycled over 100km/week. I have been whole food plant based (vegan) for almost 11 years (vegetarian for 24 years before that) and was active and healthy. I have never been a big drinker and have not had any alcohol since December 2022.

Since becoming unwell after the second Pfizer, I have been unable to exercise without chest pain and SOB, so I have not exercised for the past couple of years, and I have gained 20kg. I found that I cannot tolerate exercise, even walking causes SOB. I tried to get back on the bike post vaccine reaction, but would have chest pain, SOB and my HR was WAY higher than usual, which caused me to feel fatigued and unable to continue. My resting heart rate and BP are now higher, and I have ongoing random episodes of chest pain, palpitations and SOB. I have consistent fatigue that impacts my daily life (without any known cause), and seem to have more headaches, poor sleep and a constant ringing in my ears (but I wonder if this is because of menopause – although I am on MHT and am 4 years post-menopause).

After the second Pfizer I felt 'gas lit' when I became unwell. At the Alfred I was told it wasn't the vaccine, but they didn't know why I had the symptoms I did. I felt treated like an 'anti-vaxxer'. They refused to report my case to SAFEVAC, so I did it myself. I never heard anything back, and there was no follow up.

I initially saw my first GP, Dr Malcolm Mackay, who wrote me a letter to say I shouldn't have any mRNA vaccines, but said I should continue with the Covid vaccines (which were mandated for my job), despite my worries about my health.

After menopause, I changed to a female GP, Dr Julie Cohen (Airlie Women's). She started me on menopause hormone therapy in May 2023. She was also dubious that the vaccine was an issue but gave me an exemption for the covid vaccine and flu vaccine for 2023, as I was still having periods of being unwell.

Dr Cohen left Airlie Womens Clinic in 2024, and I changed to Dr Martin Williams. He said he didn't believe it was the vaccine that caused my issues, that it was probably because I'd had covid (six months after the vaccine reaction).

I have felt such confusion. All I know is that I was fine and healthy, I had the second Pfizer, and I haven't been healthy since.