

Medical history – Catherine Radley – current May 2025

Personal information

DOB: 12/4/1982

Gender: Female

No children

- No pregnancies
- No abortions

Work: public servant

- Part time – graduated return work, currently 20 hours a week

Allergies

- Mirtazapine –suicidal thoughts
- Fentanyl – itching, no pain relief
- Morphine sensitivity – localised welting IM; localised itching IV
- Ibuprofen – severe stomach irritation, suspect ulcers
- Duck eggs – severe vomiting and diarrhea

Important medical info

- Usual blood pressure 95/60
- History of ulcerative colitis
- Ileostomy on right side
- Sphincter saving total colectomy
- Melanoma

Care team

GP: Dr Kathleen Calder

Ochre Medical Centre Braddon

Ph: 02 6171 0130

Oncologist: Dr Geoffrey Peters

John James Medical Centre

Ph: (02) 6282 4831

Dermatologist: Dr Rachel Anforth

Woden Dermatology

Ph: (02) 6282 8410

Gastroenterologist: Dr James Riddell

Calvary Clinic

Ph: 02 6251 0255

Surgical History

Wisdom teeth (4) removal – 2005

Subtotal colectomy (ascending, transverse and descending) and ileostomy formation – March 2020

Perianal fistula layopen – July 2020

Sphincter saving completion colectomy – August 2022

Wide local excision and sentinel lymph node biopsy – Jan 2024

Current medications

- Endep 25mg pm
- Nizatidine 300mg pm
- Bilastine 20mg am
- Rizatriptan as needed
- Naratriptan as needed
- Tramadol as needed
- Mersindol as needed
- Metaclopramide as needed

Current supplements

- Vitamin D – 125mcg am
- Vitamin K – 2100mcg am
- Iodine – 1000mcg am
- CoQ10 with BioPerine - 300mg am
- Cruciferous Vegetable Extract – 1 capsule bd
- Magnesium – 400mg pm
- 5-HTP – 100mg pm
- Melatonin – 20mg pm
- Zinc picolinate – 50mg pm
- NOW botanical sleep blend (valerian root, hops, passionflower, GABA) – pm

Current and recent conditions and treatments

Ulcerative colitis – 2009 to 2022

Flare 1 – 2009-11

- controlled for long periods with high doses of prednisone
- mesalazine, azathioprine, entocort (budesonide) all ineffective
- salofalk enemas worsened symptoms
- remission achieved with 3 infusion course of **infliximab**

Flare 2 – 2012-13

- controlled for long periods with high doses of prednisone
- mesalazine, azathioprine, steroid enemas all ineffective
- remission achieved with 3 infusion course of **infliximab**

Flare 3 – 2017 - August 2022

- controlled for long periods with high doses of prednisone but became increasingly less effective
- **mesalazine, azathioprine, Vedulizumab, infliximab, humira** all ineffective
- Centre for Digestive Diseases antibiotic protocol (as a precursor to fecal transplant) ineffective
- **Subtotal colectomy March 2020**
- Significant improvement in health over the following 6-12 months
- **Perianal fistula lay open July 2020**
- Ongoing fatigue but gradually improving
- **Completion colectomy August 2022**

Migraines – 2021 to present

- Occasional migraines since teens
- Once every 2-4 weeks in 2021
- First treatment (Aug 2021) – **Rizatriptan** – helped resolve migraine (and mild dizziness, tinnitus, brain fog)

- Second treatment (Sept 2021) – daily **Endep** (12.5mg tapering up to 25mg) – made a huge improvement to other symptoms and reduced frequency of migraines to every 4-6 weeks
- Started **BioCeuticals Migraine Care** (Sept 2021 – ceased)
- August 2022 – severe migraine with no relief from 2 doses of Rizatriptan – treated with IV 12.5mg **Prochlorperazine** and 12.5mg **Chlorpromazine** Migraine largely resolved – repeated 4-day course of daily **Naramig** to fully resolve migraine

Covid-19 – April 2022

- Lagavrio (anti-viral treatment for covid – 5-day course)
- Pulmicort inhaler for respiratory symptoms

Long Covid – April 2022 to present

- Severe vertigo, visual disturbance, light sensitivity, brain fog, headaches, increased frequency migraines
- 5-day course of 2x daily **Tramadol** for headaches – helped for that period but headaches returned after ceasing
- Increased daily **Endep** to 50mg with no improvement after 2 weeks
- 4-day course of daily **Naramig** – significant improvement (May '22)

Current symptoms: mild vertigo with severe spells on postural change, sudden head movements, and sometimes with exertion; screen and light sensitivity, visual disturbance, brain fog; headaches every few weeks

Currently investigating

- EDS/HMS
- Fibromyalgia
- POTS
- MCAS

Playing squash – head spin and nausea
with each heartrate spike



Normal game of squash, felt fine



Normal game of squash, felt fine



Fairly low intensity yoga class, nearly passed out coinciding with heart rate spike

