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 (right side)
- Sphincter saving total colectomy
- Melanoma stage 3A Nov 2023

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

Currently investigating possible:

- EDS/HMS
- Fibromyalgia
- POTS
- MCAS

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
- Magnesium 400mg pm
- 5-HTP 100mg pm
- Melatonin 20mg pm
- Zinc picolinate 50mg pm
- NOW botanical sleep blend (valerian root, hops, passionflower, GABA) – pm

<u>Current and recent conditions and treatments</u>

Ulcerative colitis - 2009 to 2022

Flare 1 - 2009-11

- controlled for long periods with high doses of prenisone
- 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 prenisone
- 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 increasing 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 lav 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

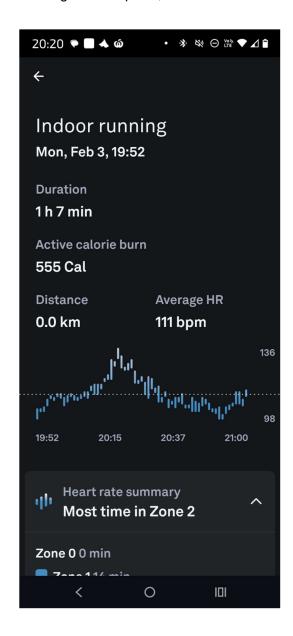
- Severe vertigo, visual disturbance, light sensitivity, brain fog, headaches, increased frequency migraines
- 5-day course of 2x daily *Tramadol* for headaches – helped for that period but headaches returned after ceasing
- Increased daily *Endep* tp 50mg with no improvement after 2 weeks
- 4-day course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

Playing squash – head spin and nausea with each heartrate spike

20:19 🗣 🔲 📣 🍅 • * ₩ ⊖ Von ▼ 1 🖺 **←** Indoor running Today, 18:52 **Duration** 37 min 10 s Active calorie burn 307 Cal **Distance** Average HR 0.0 km 127 bpm 18:52 19:05 19:30 19:17 Heart rate summary Most time in Zone 3 Zone 0 0 min 0

Normal game of squash, felt fine



Normal game of squash, felt fine

20:19 🔻 🔲 📣 🚳 * Ø ⊖ ੴ **←** Squash Mon, Feb 17, 18:46 **Duration** 50 min 7 s Active calorie burn 289 Cal **Distance** Average HR 0.0 km 121 bpm 19:02 19:19 19:36 Heart rate summary Most time in Zone 3 Zone 0 0 min 0

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

