

# ATTN: Dr Christopher Neil

## Patient Health Summary

Name: Mrs Carmen Sands

Address: 12 Yoogali Tce

Blaxland 2774

D.O.B.: 20/06/1964

Record No.:

Home Phone:

Work Phone:

Mobile Phone: 0404 494 989

Lourdes Medical Centre

81-83 Richmond Road

Blacktown 2148

0296221998

Printed on 20th October 2025

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### Warnings:

Cervical Screening - declined 20/10/25

### Allergies/Adverse reactions:

Nil known.

### Family History:

**Mother:** Deceased

**Father:** Deceased

### Other family members:

Father Ischaemic heart disease

Mother Ischaemic heart disease

### Other details:

Father - Hodgkinsons

### Social History:

**Occupation:** Home duties

**Marital status:** Married

**Sexual Orientation:** Heterosexual

### Alcohol:

Previously light

### Smoking:

Non smoker

### Occupation History:

**Occupation:** Home duties

Asbestos Exposure: No

Animal Exposure: No  
Dust Exposure: No  
Radiation Exposure: No

**Current Medications:**

Aspirin 100mg Tablet	1 Tablet Daily.
Atorvastatin 40mg Tablet	1 Tablet Daily.
Brilinta 90mg Tablet	1 Tablet Twice a day.
Metoprolol Tartrate 50mg Tablet	½ Twice a day.
Nicorandil 10mg Tablet	½ Twice a day.

**Active Past History:**

	Lead toxicity	
03/2024	Stent, coronary artery	RAC
07/05/2024	Angina	
07/05/2024	Ischaemic heart disease	

**Inactive Past History:**

Not recorded.

**Immunisations:**

None recorded.

**Prescriptions:**

Script date: 29/11/2024 Doctor: Dr A. Foong  
Drug: Atorvastatin 40mg Tablet Dose: 1 Tablet Daily  
Quantity: 30 Repeats: 0 Script type: PBS

Script date: 29/11/2024 Doctor: Dr A. Foong  
Drug: Nicorandil 10mg Tablet Dose: ½ Tablet Twice a day  
Quantity: 60 Repeats: 0 Script type: PBS

Script date: 29/11/2024 Doctor: Dr A. Foong  
Drug: Metoprolol Tartrate 50mg Tablet Dose: ½ Tablet Twice a day  
Quantity: 100 Repeats: 0 Script type: PBS

Script date: 29/11/2024 Doctor: Dr A. Foong  
Drug: Brilinta 90mg Tablet Dose: 1 Tablet Twice a day  
Quantity: 56 Repeats: 0 Script type: PBS Authority  
Authority number: 07113330 Approval number: 5746  
Authority indication: Acute coronary syndrome (myocardial infarction or unstable angina)

**Obstetric History:**

**Cervical screening:**

No cervical screening recorded.

**Investigation requests:**

29/11/2024	Dr A. Foong	Creatinine clearance	high lead exposure	4Cyte Pathology
29/11/2024	Dr A. Foong	Creatinine clearance	high lead exposure	4Cyte Pathology

**Observations:**

08/02/2024	Height	155 cm
08/02/2024	Weight	58 kg
08/02/2024	BMI	24.1
07/05/2024	Pulse	65
07/05/2024	BP	106/70 Sitting
07/05/2024	Height	155 cm
07/05/2024	Weight	57.5 kg
07/05/2024	BMI	23.9
20/10/2025	Pulse	54
20/10/2025	BP	103/61 Sitting, Left arm
20/10/2025	Height	155 cm
20/10/2025	Weight	62.4 kg
20/10/2025	BMI	26.0

**Consultations:****Surgery consultation****Recorded by: Mrs Joy Attard Visit date: 23/05/2023****Recorded on: 23/05/2023****Actions:**

Document imported re. Pt registration form.

**Surgery consultation****Recorded by: Dr Andrew Gerard Foong Visit date: 08/02/2024****Recorded on: 08/02/2024****Reason for visit:**

Referral letter

**Subjective:**

blocked and stent  
main artery from heart to lungs  
from lead  
kept under control by diet  
went to Ireland last year  
head banging like blood pumping all around  
carnivore diets; meat and fat;  
now symptoms-feels like pain  
drained feeling with pain jaw, arms, SOB, not lightheaded; blood not getting through and getting exhausted  
used spray; rang heart specialist and told to  
raw fat  
garlic drink  
yest cooked dinner and got bad symptoms back  
today quite good; raw meat, raw fat etc

**Objective:**

101/77 P75  
155 cm  
58 kg

**Examination:****General:**

BMI: 24.1

Height: 155cm

Weight: 58kg

**Assessment:**

atypical symptoms ?cardiac

**Plan:**

for cardiac review

**Actions:**

Letter to Dr Devang Parikh printed.

Letter written to Dr Devang Parikh re. Specialist referral.

Letter written to Dr Parikh re. Specialist referral.

**Surgery consultation**

**Recorded by: Mrs Kristhel Anne Gaspi Visit date: 07/05/2024**

**Recorded on: 07/05/2024**

**Reason for visit:**

Triage

Here to see Dr. Foong for referral to Immunologist

BP and weight attended

Preventative Health discussed: refuses to have screenings attended

Has not had breast screening, CST or bowel screening attended

Offered breast self examination pamphlet - refused.

**Examination:****General:**

BMI: 23.9

Weight: 57.5kg

Height: 155cm

BP (sitting): 106/70

Pulse: 65

**Actions:**

Family history updated.

Social history updated.

Occupational history updated.

Alcohol history updated.

Smoking history updated.

**Surgery consultation**

**Recorded by: Dr Andrew Gerard Foong Visit date: 07/05/2024**

**Recorded on: 07/05/2024**

**Reason for visit:**

Angina

Ischaemic heart disease

Lead toxicity

Stent, coronary artery

**Subjective:**

blockage in RAC  
90% block and stent  
anticoagulants and beta-blockers;  
side effects were awful; pounding in heart  
then started getting angina and heart fluttering  
beta-blocker upset her heart; palpitation  
headache pulsation in head  
now off it  
back on anti-coagulant but messed her up-heart palpitation

referral to immunologist  
initially staph infection then got a cold again with horrible cramps in abdo  
lead exposure and problems with immune system

High lead exposure-felt heaviness in veins

gets sick off strict diet

T one cells

dealing with these problems since her 30s

on carnivore diet for 6 months  
left clicky thumb; painful and sore; cannot eat certain vegies;  
stiffness in thumb connected to sweet potatoes; massaged it helped

left hip inflammation

**Objective:**

**Assessment:**

ischaemic heart disease

**Diagnosis:**

Angina

Ischaemic heart disease

**Plan:**

**Actions:**

New Rx added: Brilinta 90mg Tablet 1 Twice a day.

New Rx added: Aspirin 100mg Tablet 1 Daily.

Letter to Dr Joseph Suttie printed.

Letter written to Dr Joseph Suttie re. Specialist referral.

New Rx added: Tenormin 50mg Tablet 1 Daily.

**Surgery consultation**

**Recorded by: Dr Andrew Gerard Foong Visit date: 29/11/2024**

**Recorded on: 29/11/2024**

**Reason for visit:**

Ischaemic heart disease

IHD

**Subjective:**

couple of weeks ago got pain in chest;  
saw cardiologist who gave  
got crushing pain pulling dog  
was visiting Vic and Salve  
with chest pain; went to hospital 99% blocked LAD

lead chelation therapy-damages artery  
last 2 years ramped up masses for deceased parents  
stent was put in wedding anniversary  
followup appt on mother's birthday  
6 medications  
insomnia  
seeing cardiologist every 3 months  
RCA moderately obstructed  
Around 24 November got pain in RIF  
Naturopath - Dr Sherri Roberts Blue Mountains  
1st Month Starve - carbs/sugars;  
2nd month bit of carbs and sugar; tablespoon yoghurt; tiny serving potatoes; honey  
3rd month antibiotics; probiotics and prebiotics; antimicrobials; blackwalnut  
scripts

**Objective:**

Conscious and cooperative, alert and articulate; well-looking in no distress

**Assessment:**

insomnia  
ischaemic heart disease

**Diagnosis:**

Ischaemic heart disease

**Plan:**

**Actions:**

New Rx added: Nicorandil 10mg Tablet ½ Twice a day.  
Tenormin 50mg Tablet ceased (No longer required).  
New Rx added: Metoprolol Tartrate 50mg Tablet ½ Twice a day.  
New Rx added: Atorvastatin 40mg Tablet 1 Daily.  
Request printed to 4Cyte Pathology: Creatinine clearance. (high lead exposure)  
Prescription printed: Atorvastatin 40mg Tablet 1 Daily.  
Prescription printed: Brilinta 90mg Tablet 1 Twice a day.  
Prescription printed: Metoprolol Tartrate 50mg Tablet ½ Twice a day.  
Prescription printed: Nicorandil 10mg Tablet ½ Twice a day.

**Telehealth consultation**

**Recorded by: Dr Andrew Gerard Foong Visit date: 16/01/2025**

**Recorded on: 16/01/2025**

consent given for a telephone appointment  
Unique patient identifier confirmed by Name, DOB and Address

**Reason for visit:**

Results discussed

**Subjective:**

results

**Objective:**

**Creatinine Clearance**

Dates of Collection	13/12/2024	to	14/12/2024
Urine Volume	1330	mL	
Creatinine	60	umol/L	( 45 - 85 )
U-Creatinine Excretion	L 6.3	mmol/d	( 7.1 - 15.9 )
Creatinine Clearance (Uncorrected for SA)	1.2	mL/s	
Creatinine Clearance (Corrected for SA)	1.3	mL/s	( 0.75 - 2.45 )

Creatinine clearance (Uncorrected for SA)	70	mL/min	
Creatinine clearance (Corrected for SA)	77	mL/min	( 45 - 145 )

Comment on Lab ID 891246271

Creatinine clearance corrected for surface area.

**Assessment:**

normal creatinine clearance

**Plan:**

reassure

**Telehealth consultation**

**Recorded by: Dr Andrew Gerard Foong Visit date: 15/05/2025**

**Recorded on: 15/05/2025**

Unique patient identifier confirmed by Name, DOB and Address  
consent given

**Reason for visit:**

Right Arm pain

**Subjective:**

?shedding

could not go near vaccinated felt lack of blood flow

feels very sensitive to vaccinated

eating raw meat; feels it cleansing

reacted to beta blockers

did fasting before blockage of artery

when took atenolol got crushing feeling in arm lasting 1/2 hour; off beta-blockers

still has stiffness

**Objective:**

conscious and cooperative

**Assessment:**

atypical right arm pain

**Plan:**

recommend see naturopath doctor

recommend to see Dr Smith

**Non visit**

**Recorded by: Mrs Yenny Tjhia Visit date: 03/07/2025**

**Recorded on: 03/07/2025**

**Actions:**

Adverse drug reactions queried - Nil known

**Surgery consultation**

**Recorded by: Mrs Kristhel Anne Gaspi Visit date: 20/10/2025**

**Recorded on: 20/10/2025**

**Reason for visit:**

Triage

Here for cardiology review with Dr. Foong

Noted patient is overdue for cervical screening  
CST discussed - patient declined. Requested this to be notated in patient on screen comment.  
Refuses 'invasive' procedures such as CST as stated by patient.

**Examination:**

**General:**

**11:17 am**

Height: 155cm

Weight: 62.4kg

BMI: 26.0

BP (sitting): 103/61, Left arm

Pulse: 54

**Actions:**

Social history updated.

**Surgery consultation**

**Recorded by: Dr Andrew Gerard Foong Visit date: 20/10/2025**

**Recorded on: 20/10/2025**

**Subjective:**

angina episode in Sept with ballon angioplasty treated  
having spike protein detox  
seeing integrative doctors  
wants a referral to a specialist

**Objective:**

**Assessment:**

**Plan:**

**Actions:**

E-mail generated for info@heartwise.me, Subject - Specialist referral - Mrs Carmen Sands.  
E-mail successfully sent to info@heartwise.me, Subject - Specialist referral - Mrs Carmen Sands.  
E-mail generated for sandscj77@aol.com, Subject - Specialist referral - Mrs Carmen Sands.  
E-mail successfully sent to sandscj77@aol.com, Subject - Specialist referral - Mrs Carmen Sands.  
Letter written to Dr Christopher Neil re. Specialist referral.

**Investigations:**

SANDS, CARMEN  
12 YOOGALI TCE, BLAXLAND EAST. 2774  
**Phone:** 0404494989  
**Birthdate:** 20/06/1964 **Sex:** F **Medicare Number:** 2157893364  
**Your Reference:** **Lab Reference:** 838628762-H- HAEM VIRTUAL  
**Laboratory:** Douglass Hanly Moir Pathology eOrder  
**Addressee:** DR ANDREW FOONG **Referred by:** DR DEVANG PARIKH  
**Copy to:**  
DR ANDREW FOONG

**Name of Test:** Haematology  
**Requested:** 13/03/2024 **Collected:** 13/03/2024 **Reported:** 13/03/2024 18:19

**Clinical notes:** PRE CORONARY ANGIOGRAPHY



Clinical Notes : PRE CORONARY ANGIOGRAPHY

#### HAEMATOLOGY

Date	16/09/19	04/03/20	28/05/20	13/03/24		
Time F-Fast	1315	1103	0809 F	1525		
Lab ID	298815516	842965535	842214846	838628762	Units	Reference
Haemoglobin	138	135	136	127	g/L	(119-160)
RCC	4.8	4.7	4.8	4.5	x10 <sup>12</sup> /L	(3.8-5.8)
Haematocrit	0.41	0.41	0.42	0.39		(0.35-0.48)
MCV	86	87	87	87	fL	(80-100)
MCH	28.8	28.5	28.3	28.3	pg	(27.0-32.0)
MCHC	334	327	328	326	g/L	(310-360)
RDW	12.2	12.4	12.3	12.8		(10.0-15.0)
WCC	5.2	L 3.8	L 3.7	5.2	x10 <sup>9</sup> /L	(4.0-11.0)
Neutrophils	3.39	L 1.54	L 1.36	2.38	x10 <sup>9</sup> /L	(2.0-7.5)
Lymphocytes	1.26	1.57	1.74	2.11	x10 <sup>9</sup> /L	(1.0-4.0)
Monocytes	0.35	0.44	0.38	0.46	x10 <sup>9</sup> /L	(0.0-1.0)
Eosinophils	0.12	0.16	0.18	0.20	x10 <sup>9</sup> /L	(0.0-0.5)
Basophils	0.03	0.04	0.03	0.03	x10 <sup>9</sup> /L	(0.0-0.3)
NRBC	<1.0	<1.0	<1.0	<1.0	/100 WBC	(<1)
Platelets	334	295	300	307	x10 <sup>9</sup> /L	(150-450)
ESR		8	8		mm/h	(1-33)

Comments on Collection 13/03/24 1525:  
Full blood count is within reference limits

NATA Accreditation No 2178

Tests Completed: FBC(e)  
Tests Pending : LFT(s),C(s),UCreat(s),E(s)  
Sample Pending :

SANDS, CARMEN  
12 YOOGALI TCE, BLAXLAND EAST. 2774  
Phone: 0404494989  
Birthdate: 20/06/1964 Sex: F Medicare Number: 2157893364  
Your Reference: Lab Reference: 838628762-C-Biochemistry  
Laboratory: Douglass Hanly Moir Pathology eOrder  
Addressee: DR ANDREW FOONG Referred by: DR DEVANG PARIKH  
Copy to: DR ANDREW FOONG

Name of Test: Biochemistry  
Requested: 13/03/2024 Collected: 13/03/2024 Reported: 13/03/2024 18:49

Clinical notes: PRE CORONARY ANGIOGRAPHY

Clinical Notes : PRE CORONARY ANGIOGRAPHY

#### BIOCHEMISTRY

Date	16/09/19	04/03/20	28/05/20	13/03/24		
Time F-Fast	1315	1103	0809 F	1525		
Lab ID	298815516	842965535	842214846	838628762	Units	Reference
Sodium	142	142	140	141	mmol/L	(135-145)
Potassium	4.2	4.0	4.0	4.1	mmol/L	(3.5-5.5)
Chloride	101	103	102	105	mmol/L	(95-110)
Bicarbonate	28	30	29	27	mmol/L	(20-32)
Urea	3.4	4.6	3.9	3.5	mmol/L	(3.0-8.0)
Creatinine	50	65	60	65	umol/L	(45-85)
eGFR	>90	>90	>90	>90	mL/min/1.73m <sup>2</sup> (>59)	
Bili.Total	4		7	6	umol/L	(3-15)
ALP	H 117		104	107	U/L	(30-115)
GGT	13		15	13	U/L	(5-35)
LD	170		186	199	U/L	(120-250)

AST	17	21	<b>19</b>	U/L	(10-35)
ALT	15	18	<b>17</b>	U/L	(5-30)
Total Protein	76	75	<b>72</b>	g/L	(64-83)
Albumin	47	46	<b>H 48</b>	g/L	(36-47)
Globulin	29	29	<b>24</b>	g/L	(23-39)

Comments on Collection 13/03/24 1525:

eGFR (mL/min/1.73m<sup>2</sup>) calculated by CKD-EPI formula - see [www.kidney.org.au](http://www.kidney.org.au)

NATA Accreditation No 2178

Tests Completed: LFT(s), C(s), UCreat(s), E(s), FBC(e)

Tests Pending :

Sample Pending :

SANDS, CARMEN  
 12 YOOGALI TCE, BLAXLAND EAST. 2774  
**Phone:** 0404494989  
**Birthdate:** 20/06/1964 **Sex:** F **Medicare Number:** 2157893364  
**Your Reference:** 00022225 **Lab Reference:** 891246271-C-Creatinine Clearance  
**Laboratory:** Douglass Hanly Moir Pathology  
**Addressee:** DR ANDREW FOONG **Referred by:** DR ANDREW FOONG

**Name of Test:** Creatinine Clearance

**Requested:** 29/11/2024 **Collected:** 14/12/2024 **Reported:** 16/12/2024 17:53

**Clinical notes:** high lead exposure

Clinical Notes : high lead exposure

#### Creatinine Clearance

Dates of Collection	13/12/2024	to	14/12/2024
Urine Volume	1330	mL	
Creatinine	60	umol/L	( 45 - 85 )
U-Creatinine Excretion	<b>L 6.3</b>	mmol/d	( 7.1 - 15.9 )
Creatinine Clearance (Uncorrected for SA)	1.2	mL/s	
Creatinine Clearance (Corrected for SA)	1.3	mL/s	( 0.75 - 2.45 )
Creatinine clearance (Uncorrected for SA)	70	mL/min	
Creatinine clearance (Corrected for SA)	77	mL/min	( 45 - 145 )

Comment on Lab ID 891246271

Creatinine clearance corrected for surface area.

NATA Accreditation No 2178

Tests Completed: .CC

Tests Pending :

Sample Pending :