INITIAL CASE TAKING FORM

Metagenics
Genetic Potential Through Nutrition

PATIENT NAME: Caitlyn Mining

AGE: 27 D.O.B. : GENDER: F

Patient Motivation Profile

CURRENT MEDICATIONS/ SUPPLEMENTS

Note dosage and duration of use:

NA

PRESENTING COMPLAINT

This section is intended to provide an overall snapshot of the patient's state of health/disease at the first consultation. Include detailed information about the main presenting complaint/s, e.g. COLDSPA (character, onset, location, duration, severity, pattern, associated factors).

Fertility assistance
Been having unprotected sex for 9 years and never fell pregnant.
Only took the pill for 6 months at 17yrs. (caused mood changes)

Partner dx 4yrs ago with cystic fibrosis gene carrier- may effect sperm motility

Cailtyn dx with hyperthyroid in 2019 and 1 nodule found, - no treatment and 6 months later bloods normal
Lacunae over thyroid in both iris.

FAMILY HISTORY

Father- stroke due to embolism
and 3 heart attacks, due to elevated cholesterol (1st in his 40s)

Mothers mother- breast cancer
Mothers father -lung cancer

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PATIENT PRESENTATION:

Gastrointestinal and liver health (e.g. digestion and elimination)

Digestion is fine

Endocrine and Reproductive (e.g. adrenal health, hormonal health, blood glucose control, thyroid function)

Thyroid- elevated T3 & T4 2 years ago and a nodule found

Immune and Inflammation (e.g. history of infections, signs of inflammation)

none

Nervous system (e.g. mental health, cognitive health)

Stress due to recent wedding and death of father in law.

Musculoskeletal (e.g. injuries, arthritis, pain)

Cardiovascular and circulation (e.g. blood pressure, circulation)

BP 110/75

Respiratory (e.g. breathing quality, history of infection)

Renal (e.g. stones, history of infection)

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TIMELINE OF MAJOR HEALTH AND LIFE EVENTS

BIRTH

PRESENT DAY

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DIET

Include main findings regarding diet.

Diet and Exercise Record

High sugar, including artificial sweeteners, low fibre, low veg
Pilates 3 times weekly
Walks dog in sun 3 times weekly at 3pm for an hour

LIFESTYLE/OCCUPATION

Works night shift 3 x weekly. works 8.30am until 4.30pm
First eats at 9pm has dinner- cooked by mum- meat and veg usually
Has morning tea about 3am- 2 x chocolate dairy custard snacks, some corn thins with tomatoe, cucumber, carrot sticks
Eats salmon in sushi
Has a V upon waking
Drinks diet soft drinks
Eats some brown rice and pasta a couple days per week.

STRESS MANAGEMENT

Investigate what represents stress for your patient and how they manage that stress.

EXERCISE

Enquire about the type, duration and frequency of exercise.

Pilates 3 x week
walks dog 3pm tds

RESULTS FROM QUESTIONNAIRES/POINT OF CARE TESTS/PATHOLOGY HIGHLIGHTS

TREATMENT:

INITIAL TREATMENT/R.O.F

Outline your initial treatment strategy, including treatment goals, product prescription, and lifestyle interventions.

Reduce sugar in diet, eliminate arificial sweeteners ans educate patient.
Increase patients health and investigate thyroid function to increase chances of a healthy pregnancy with IVF implantation in January 2022.
Husband needs supplementary support to increase motility.

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FURTHER NOTES AND REMINDERS FOR FOLLOWING CONSULTATION:

Blood test results for thyroid, iron, cholesterol, vitamin D