

ENERGISED HEALTH @ Burleigh Heads Physio

PLEASE COMPLETE CAREFULLY



Name: Tara Powell Date: 19 / 05 / 22
 Address: 10 Chainey Avenue, Miami P/Code: 4220
 Phone (H): (Mob) 0434 861 890 (W) Sex: F
 Email: Tara.vine@outmail D.O.B 29 / 12 / 85 M/S/D children #: 1
 Weight: Height: 178cm Occupation: Vet nurse Health Fund: Transport health
 Major Illnesses:
 Current Complaint: Immune system dysfunction
 medications/supplements:
 Current Complaint: Stuffy head, nasal mucous, cough, tongue blisters, no energy, blocked ears
 Family History: Diabetes Type 1, Mental health

CIRCLE IF YOU EAT, USE OR DO: -

Addictions	Alcohol	Cordial	Breakfast Cereal	Little Exercise
Cigarettes	Coke	Chocolate	Make up	Drink little water
Recreational drugs	Coffee	Sugar	Perfumes	Drink filtered water
Crave Foods	Soft drink	artificial sugars	Exposure to chemicals	Use the Pill
Margarine	Milk	Lollies	Amalgam Fillings	Blood type: <u>O+</u>
Deli meats	Tea	Frozen vegetables	Number of bowel movements / day: <u>1-2</u>	

Instructions: - Circle the score in the column that best suits your symptoms, in either Severity or Frequency.
 Column A = *Never* or rarely
 Column B = *Mild* or infrequent symptoms (Once per month or less)
 Column C = *Moderate* or frequent symptoms (weekly)
 Column D = *Severe* or highly frequent symptoms (more than 3 times weekly)
 Note: please circle zeros as well as numbers

1. Bones/ Joints Neck ache Back pain Spinal problems Osteo/ Rheumatoid arthritis Bursitis or tendonitis Joint stiffness	A B C D 0 2 <u>4</u> 7 0 2 4 7 0 2 4 7 0 2 4 7 0 2 4 7 0 2 4 7 Total: <u>14</u>	7. Digestion Bloating after meals Burping Flaking or peeling nails Bad breath Upper abdominal pain	A B C D 0 <u>2</u> 5 10 0 <u>2</u> 5 10 0 <u>2</u> 5 8 0 <u>2</u> 5 8 0 <u>2</u> 5 8 Total: <u>13</u>	Digestive Severe while I was pregnant
2. Muscles Tight back, neck muscles Muscle cramps/ spasms Ticklish Poor flexibility Trembling/ twitching	A B C D 0 2 4 <u>7</u> 0 2 4 7 0 2 4 7 0 2 4 7 0 2 4 7 Total: <u>15</u>	8. Gastric Past stomach ulcers Stomach ulcer currently Use of antacids Heart burn	NO YES (8) NO YES (10) 0 3 7 10 0 3 7 10 Total: <u>0</u>	
3. Cardiac Chest tightness on stress/exertion Pain down left chest/ arm Previous angina Known heart condition High cholesterol / triglycerides Heart/ circulatory medications	A B C D 0 <u>2</u> 5 10 0 2 5 10 NO YES (10) NO YES (15) NO YES (15) NO YES (15) Total: <u>2</u>	9. Pancreas, D Diarrhea / constipation Tiredness after meals Smelly stools Indigestion / fullness Flatulence Food allergies	A B C D 0 2 <u>5</u> 7 0 1 <u>3</u> 5 0 2 <u>5</u> 7 0 <u>2</u> 5 7 0 <u>2</u> 5 7 0 3 5 8 Total: <u>17</u>	Soft all the time C-section preg. Puffy in face
4 & 5. Circul. Cold hands / feet Thickened or deformed toe nails Dizziness Feeling blushed High blood pressure	A B C D 0 3 7 10 0 3 7 10 0 3 7 10 0 3 7 10 0 7 15 20 Total: <u>6</u>	10. Large, I Fungal / thrush infections Bad taste in mouth on awakening Antibiotic use in past 12 months Lower abdominal bloating Sore or bleeding gums	A B C D 0 3 5 8 0 <u>3</u> 5 8 NO YES (10) 0 3 5 8 0 3 5 8 Total: <u>21</u>	
6. Lungs Asthma / wheezing Chronic cough Bronchitis Difficulty breathing Phlegmy	A B C D 0 2 <u>5</u> 10 0 2 5 <u>10</u> 0 2 5 10 0 2 5 10 0 2 5 <u>10</u> Total: <u>29</u>	11. Liver Hepatitis / jaundice Headaches after eating Yellowness in whites of eyes Indigestion after fatty food Fluid retention High cholesterol / triglycerides Chemical / pollutant exposure	NO YES (5) 0 3 5 8 0 3 7 10 0 3 5 8 0 2 4 7 0 3 5 8 0 3 5 10 Total: <u>10</u>	

- stuffy head, ears - blocked sometimes sore, mucous + chronic cough, 'coughing fit' → choke/vomit.
puffy bags / hooded eyelids, achy teeth/gums - tongue blisters
- energy best at night.
- End of menstruation / mid cycle urinary pressure / feel like need to urinate often (only lasts the night)

2x coffee 2x coffee coffee
 ↓ ↓

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast			2x Toast vegemite + butter	oats, almond milk, blueberries nuts	1 piece of toast w scrambled egg		
Snack			3x Scotch Finger	Coffee			
Lunch			Toasted cheese + Torn sandwich	crispy chicken lap curry			
Snack			muesli bar (store bought)	celery + apple juice			
Dinner			Butter chicken (home) rice, cucumber salad	laviche + pre-made sauce			
Snack							
Bowels			1x motion	2x motion			
Emotions							
Symptoms			Tired	Tired			

7 DAY FOOD DIARY

NAME: Tara Powell

POWELL, TARA-LYN A
 10 CHAINEY AVE, MIAMI. 4220
 Phone: 04 34861890
 Birthdate: 29/12/1985 Sex: F Medicare Number: 43007554651
 Your Reference: Lab Reference: 22-68892489-CBC-0
 Laboratory: QML Pathology
 Addressee: DR LIL BENJAMIN Referred by: DR LIL BENJAMIN

Name of Test: MASTER FULL BLOOD COUNT
 Requested: 27/12/2021 Collected: 13/01/2022 Reported: 13/01/2022
 19:12

CUMULATIVE FULL BLOOD EXAMINATION

Date	11/12/20	10/02/21	17/06/21	13/01/22	
Time	08:15	09:43	14:25	11:06	
Lab No	27513686	28665166	28005893	68892489	
Hb	105	106	131	131	g/L (115-160)
RCC	3.5	3.6	4.8	4.6	x10 ¹² /L (3.6-5.2)
Hct	0.31	0.33	0.41	0.40	(0.33-0.46)
MCV	89	91	85	88	fL (80-98)
MCH	30	29	27	29	pg (27-35)
Plats	254	272	362	289	x10 ⁹ /L (150-450)
WCC	9.0	11.4	7.7	8.1	x10 ⁹ /L (4.0-11.0)
Neuts	6.7	8.7	4.6	62 %	5.0 x10 ⁹ /L (2.0-7.5)
Lymphs	1.4	1.6	1.8	26 %	2.1 x10 ⁹ /L (1.1-4.0)
Monos	0.7	1.0	0.5	8 %	0.6 x10 ⁹ /L (0.2-1.0)
Eos	0.09	0.00	0.62	3 %	0.24 x10 ⁹ /L (0.04-0.40)
Basos	0.09	0.11	0.08	1 %	0.08 x10 ⁹ /L (< 0.21)
E.S.R.				pending	mm/hr (1-20)

68892489 Automated Comment:
 As per ISLH guidelines - Film not reviewed. If a film review is truly indicated, contact the laboratory within 24 hours of collection. Otherwise investigate any highlighted abnormalities as clinically appropriate.

All haematology parameters are within normal limits for age and sex.

** FINAL REPORT - Please destroy previous report **

Tests Completed:FBC

Tests Pending :TFT, IRON STUDIES, SE E/LFT, SE C-REACTIVE PROTEIN, ESR

POWELL, TARA-LYN A
 10 CHAINEY AVE, MIAMI. 4220
 Phone: 04 34861890
 Birthdate: 29/12/1985 Sex: F Medicare Number: 43007554651
 Your Reference: Lab Reference: 22-68892489-ISM-0
 Laboratory: QML Pathology
 Addressee: DR LIL BENJAMIN Referred by: DR LIL BENJAMIN
 Name of Test: MASTER IRON STUDIES
 Requested: 27/12/2021 Collected: 13/01/2022 Reported: 13/01/2022
 19:38

CUMULATIVE IRON STUDIES

Date	10/02/21	17/06/21	03/09/21	13/01/22	
Time	09:43	14:25	07:10	11:06	
Lab No	28665166	28005893	28020931	68892489	
Iron	18	13	14	9	umol/L (10-33)
TIBC	89	57	55	57	umol/L (45-70)
Saturation	20	23	26	16	% (16-50)
Ferritin	20	54	36	28	ug/L (25-290)

68892489 Comment:
 The iron pattern suggests, but is not diagnostic of suboptimal iron status.
 The serum iron may be falsely lower and the ferritin may be misleadingly elevated into the normal range by concurrent infection/ inflammatory disease. A soluble transferrin receptor assay may be useful in assessing iron status in this situation.
 Note: There is no medicare rebate for the soluble transferrin assay. The patient will be billed direct \$50.00.

Tests Completed:TFT, IRON STUDIES, FBC, SE E/LFT, SE C-REACTIVE PROTEIN
 Tests Pending :ESR

POWELL, TARA-LYN A
10 CHAINEY AVE, MIAMI. 4220
Phone: 04 34861890
Birthdate: 29/12/1985 Sex: F Medicare Number: 43007554651
Your Reference: Lab Reference: 22-68892489-ESR-0
Laboratory: QML Pathology
Addressee: DR LIL BENJAMIN Referred by: DR LIL BENJAMIN
Name of Test: ERYTHROCYTE SEDIMENT RATE
Requested: 27/12/2021 Collected: 13/01/2022 Reported: 13/01/2022
19:54

CUMULATIVE ERYTHROCYTE SEDIMENTATION RATE

Date	13/01/22
Time	11:06
Lab No	68892489

ESR	2 (1-20)
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Tests Completed:TFT, IRON STUDIES, FBC, SE E/LFT, SE C-REACTIVE PROTEIN, ESR
Tests Pending :

POWELL, TARA-LYN A
 10 CHAINEY AVE, MIAMI. 4220
 Phone: 04 34861890
 Birthdate: 29/12/1985 Sex: F Medicare Number: 43007554651
 Your Reference: Lab Reference: 22-68892489-25T-0
 Laboratory: QML Pathology
 Addressee: DR LIL BENJAMIN Referred by: DR LIL BENJAMIN

Name of Test: E/LFT (MASTER)
 Requested: 27/12/2021 Collected: 13/01/2022 Reported: 13/01/2022
 19:38

CUMULATIVE SERUM BIOCHEMISTRY						
Date	09/05/19	30/10/19	07/08/20	17/06/21	13/01/22	
Time	09:42	10:50	11:55	14:25	11:06	
Lab No	70592935	73756537	74485847	28005893	68892489	
	RANDOM	RANDOM	RANDOM	RANDOM	RANDOM	RANDOM
Sodium	140	139	136	144	141	mmol/L (137-147)
Potass.	4.3	4.5	4.0	3.9	4.0	mmol/L (3.5-5.0)
Chloride	105	104	101	106	106	mmol/L (96-109)
Bicarb	28	26	26	28	28	mmol/L (25-33)
An.Gap	11	14	13	14	11	mmol/L (4-17)
Gluc	4.8	3.8	4.3	4.6	4.5	mmol/L (3.0-7.7)
Urea	3.9	5.2	4.0	6.8	5.9	mmol/L (2.0-7.0)
Creat	65	56	49	76	66	umol/L (40-110)
eGFR	> 90	> 90	> 90	87	> 90	mL/min (over 59)
Urate	0.33	0.29	0.21	0.34	0.28	mmol/L (0.14-0.35)
T.Bili	11	9	6	7	11	umol/L (2-20)
Alk.P	52	47	50	71	63	U/L (30-115)
GGT	15	8	8	11	12	U/L (0-45)
ALT	17	26	19	26	15	U/L (0-45)
AST	18	24	21	24	18	U/L (0-41)
LD	184	162	162	174	169	U/L (80-250)
Calcium	2.42	2.29	2.46	2.52	2.42	mmol/L (2.15-2.60)
Corr.Ca	2.41	2.25	2.36	2.34	2.27	mmol/L (2.15-2.60)
Phos	1.2	1.1	1.2	1.6	1.3	mmol/L (0.8-1.5)
T.Prot	70	69	70	74	71	g/L (60-82)
Alb	43	44	46	49	48	g/L (35-50)
Glob	27	25	24	25	23	g/L (20-40)
Chol	4.7	5.2	5.3	5.9	5.2	mmol/L (3.6-6.7)
Trig	0.9	1.4	1.6	1.0	0.6	mmol/L (0.3-4.0)
Lab No	70592935	73756537	74485847	28005893	68892489	
Date	09/05/19	30/10/19	07/08/20	17/06/21	13/01/22	

Tests Completed:TFT, IRON STUDIES, FBC, SE E/LFT, SE C-REACTIVE PROTEIN
 Tests Pending :ESR

POWELL, TARA-LYN A
10 CHAINEY AVE, MIAMI. 4220

Phone: 04 34861890

Birthdate: 29/12/1985 Sex: F Medicare Number: 43007554651

Your Reference: Lab Reference: 22-68892489-CRP-0

Laboratory: QML Pathology

Addressee: DR LIL BENJAMIN Referred by: DR LIL BENJAMIN

Name of Test: C REACTIVE PROTEIN

Requested: 27/12/2021 Collected: 13/01/2022 Reported: 13/01/2022
19:38

CUMULATIVE SERUM/PLASMA C-REACTIVE PROTEIN (CRP)

Date 13/01/22
Time 11:06
Lab No 68892489

CRP < 5 mg/L(0-6)

C-reactive protein (CRP) is a non-specific indicator of tissue damage.

The level rises rapidly (within 6-10 hours) after tissue injury, peaks at 48-72 hours and returns to normal within a few days. Common causes of markedly increased CRP include infection (particularly bacterial), trauma, surgery, myocardial infarction, many malignancies and inflammatory disorders.

Tests Completed:TFT, IRON STUDIES, FBC, SE E/LFT, SE C-REACTIVE PROTEIN
Tests Pending :ESR

POWELL, TARA-LYN A
10 CHAINEY AVE, MIAMI. 4220
Phone: 04 34861890
Birthdate: 29/12/1985 Sex: F Medicare Number: 43007554651
Your Reference: Lab Reference: 22-68892489-THY-0
Laboratory: QML Pathology
Addressee: DR LIL BENJAMIN Referred by: DR LIL BENJAMIN

Name of Test: THYROID TEST MASTER
Requested: 27/12/2021 Collected: 13/01/2022 Reported: 13/01/2022
19:17

CUMULATIVE SERUM THYROID FUNCTION TESTS

Date	30/10/19	07/08/20	17/06/21	13/01/22
Time	10:50	11:55	14:25	11:06
Lab No	73756537	74485847	28005893	68892489
TSH	1.8	1.0	1.1	1.4 mIU/L (0.50-4.00)

Euthyroid level. However if hypopituitarism (rare) is suspected, free T4 assay may be indicated.

Tests Completed:TFT, FBC

Tests Pending :IRON STUDIES, SE E/LFT, SE C-REACTIVE PROTEIN, ESR