

17.1.2025

Chine; Gayle

1st Consult

Hip pain

& sleep

Gut

Eczema

High BP

sciatic nerve Rib shoulder

irbesatan

Pantoprazole

Prednisolone

1. Meningitis → St George Hospital - 50s
Viral

2. meningitis - 1 yr later
- felt really ill → ED

Looking on own - Murray 1. day.

Sweaty hot, headache

Prior to Gayle - 15yr ago.

Separated 1-2yr prior

Poor diet

Cut up at time
(25yr)

→ angry

Keep it to self.

4 yrs retired + un. retire 2-3 days/week managing

- fell off fence & # 3 ribs

3/12 - no healing → plates

1.5 yrs later - X Ray found a plate had broken → 2/10
a bit painful

Rt shoulder → filed a bit off

Osteoporosis

Left foot - plate 2 yr ago (cartilage gone).

Hip problem 18 mos.

CD - labrum tear in groin

→ rec. hip replacement

2nd op. 18 mos → sciatica

RtO ganglion cyst of hip joint
- no other options

Prednisone - 3rd course over long period.
25mg 1/52 now 12.5 for a week

Rt to rheumatologist

Hip > atn.

Can't sleep w it.

Was on Actonil 1 yr (cause inflammation) → ST

80% > after off Actonil

Hip clicking when I walk - out.

set down leg; along hamstring

S: aching

Wary of physio

Muscles top of ham

< walking after a while - Nothing on MRI.

10K steps a day at work around factory

< lying on hip → aching; Muscle wasting at butt

Feb.
Covid early 2024 - badly.

- av. food; aches/pains/fevers

- lost taste No cough or gastro.

av. meat - 9 mes. as can't taste it.

70Kg - no wt loss.

Played sport younger - soccer.

Kids - Bathurst +

End 2024 - felt unwell

→ T. 41°C → ED; IVT. Dx 'virus'

Next day, was fine. Shaking

Thirstless.

Hydrolyte every morning

Covid vac - as many as we could

Last one 4.7.24

(6 vac.) ? Astra 2.

No reactions

1st vac - as soon as I could get one.

April 2021.

Miasma

Mo - bronchitis; smoke

Fo - NAD

Born Somerset

Grew up on farm; fresh produce.

Moved to Aus 1988.

Fall off fence

- Came down & landed on a stone

Got up & helped neighbor i.e. chain saw.

Next day - pain ++ → ambulance

Katoomba Hospital.

Started declining to retire

Wasn't sleeping for 4 wks.

Couldn't swim

Surgery - cut part of ribs off & plated 2 together
15 wks after

Snapped 18 wks after - found in another Xray.

Fine tremor - comes & goes.

ETOH

- 20x beer per week

3-4 / day.

(since 16 yrs)

No affiliation i.e. past

Parents died 1998

Secretive about past - can't be forced to tell

Rtn to UK for M° - not for F° - regret that.

Upset

B.P. : all over $145/85$ (on med =)
→ $150/90$ mmHg

If BP OK - don't take med =

Gut

Unable to swallow food 2yr ago
(> since pantoprazole)

S: Throat blocked; couldn't get things down.
~~at all~~

Endoscopy } NAD
Colonoscopy }

as if blockage

Days/weeks OK then suddenly there + stay
for a few days.

Eczema.

Legs.

→ steroids - keeps it under control.
always had

(Allergies - dogs.)

Onset (not as a kid)

- late 20s - moved to Aus.

Flares up + settles away

Circular

itchy, scab over

Slowed down 4y ago when retired & d
Called to rtn to work for 4 weeks
then offered p/t.

Steel manufacturing.

Back to UK re previous wife for 1.5 yr.
Divorced.

Gayle - 12y ago

-favour Rt leg when standing
Rt foot in soccer.
Clicking in hip gone

Rt hip
Left toe - plated & pin

Sleep.

2° hip pain
Last week - sleeping well
up at 5am.
Bed - 10pm.

Dreams

Trying to run away & can't get traction.
Led in feet & can't move.

F: panic as can't get
as if stuck to ground; can't pick legs up
can't get traction
R: panic

Studying aircraft.

out of school into helicopter - 14 yr.

For worked in helicopter industry

Flying - good but heavy.

Scared heights but once going, love it.

Fears.

None of spiders & snakes.

Heights

? Dark

Foods.

① Snickers, bahewell fat.

① Steak / ^{meat} until lost taste

Sausages

① Fatty food

Eat 1 meal/day - early evening
occ. toast.

Generals

Not hot.

Relaxed & calm; let things float over me.

Gayle: flat lined

Cranky in dog occ.

No persp

Stable

Stress.

Burnt out. Ran whole factory

65 staff.

Retired 64.

Felt good.

Hobbies

Travel

Football.

Motor bike - sold last year
— since 16.

Ulysses club.

Golf - occasional

Seeing how fast I could go

160km/hr

Excitation

Hang gliding; parachuting; bungee jumping

Scared of heights

Speed nut.

V8 Mustang

Make sure I stay in front

See how fast you can

opp. feet stuck a floor + can't move.

⊕ fly; avionics engineer

wrist = MVA - late teens.

- hit brick wall

Passengers badly injured.

traumatic

Had when emigrated - for work.

Tough - on night shift

Had to look after family

Know no one here.

Production: manager

- fatality on site (electrocuted)

→ cost.

- 30 yrs.

Devastating; harrowing time

Count a few years ago - 10 yr ago.

Had to take stand

(

Pattern of steering in workers camp
- annoyed me.

Injustice

→ Annoyed

Swear a lot.

Kept me awake.

Lost interest in work.

17.1.25 - Gayle

Nature

Funny

v. kind & generous

v. smart

v. open

① animals & kids

But he's English;

Don't trust things; sceptical about everything
alternate medicine - a cynic

Generous to others - not for himself -

likes speed & thrills; ① jump out of a plane

① extreme sports; ① pushing the limits; loves it

One of the team; mucks in; v. fair

Stress - he's not a stressed person; no anxiety

v. calm

Still going to work to H ribs.

M^o died & we inherited → paid off house.

When he split to his wife, she cheated on him to his best
friend. Marriage was over for years prior

Huge shock.

I came along soon after

R: not good w/ pain;

Had a lot of pain over the years

6/12 - not eaten.

Eats badly - 1 meal a day - small.

→ on prednisone - eating; laughing; sleeping.

v. heavy for a long time.

Hip surgery in July 2024 - in pain since.

Original cyst healed. But 2nd cyst inoperable. They said

it's NAD - benign &

sciatic nerve free

Inflammation markers ↑

- 200s.

Send invoice to Gayle

gayle.ogrady@gmail.com