

14.2.25

Katrina - Lee

Got a U.T.I. 1% (+) sugar.

G.P. left practice.

Last year - did cystoscopy.

- ate 2x cream buns → vomiting ++

Urge to eat is uncontrollable 1% U.T.I.

Prior - had nausea + diarrhoea

S: Burning

1% blood in urine

Feels like trying to push something out.

Urging + frequency

Took A/b's / had at home.

> & fluids - water + tea.

Can't drink coffee as usual. &

Whole vagina sore - excoriated

Skin breaks top of labia minores - splits + bleeds.

G.P. 'Irritation'

It's painful; S: stings + burns + itches.

- every time period is due

Feel I have

? 1% Candidiasis

Vomit smells really bad.

No U.T.I.s when off a sugar-free diet.

Too exhausted to do the things I need to do

Every month have U.T.I. prior menses.

So overwhelming

Feeling a bit better

↳ diarrhoea

Feeling more hopeful in the sessions.

Birth - terrible not to be able to care for baby

1st 2 - always 7. me.

Frightening to be unwell + told it's M.H.

Still not better from that.

Not myself

Still in fight mode.

Whole life - periods of ans. or PTSD + done therapy
+ moved on.

Fear as never fixed it, so could relapse to that.

Tell me the H.R.

Was doing really well till U.T.I.

↳ been doing meditation app.

Vomit - rancid; like death.

ⓧ Cheese.

Talking (to me) has been great.

Terrified I'll get worse + can't take care of son.

Premorbid personality

Never thought I could be sick enough to take care
of my child.

Feels tense all of the time.

No power to relax muscles - inc. in vagina.
- doing yoga retreat.

Excited to try a different path.

Worked in medical profession. Now wanted to try a new
path.