

15.11.24

Retake of case

Menses cycle horrific

ovulation felt - swollen (uterus); Looked 9/12 preg
feet swollen;

Bearing down pin ovaries & lower back.

Menses - 2 days

Last menses strange - 2 day heavy in brown/purple lumps
then spotting. Then back for 3 days. None at night
(unusual). No pain but had terrible mood
anxiety, snappy - & anorectic - not had for 4

You don't appreciate me.

Couldn't control it (PMs - don't normally have)

Felt wave of anger - crying; or walk away & sob.

Red itchy, burning eruption left eye lid going.

Eruption < after church - as haven't dealt in the
situation

I feel an edge.

2nd dose Staph - 1st Nov.

argument in Luke yesterday

Black mould under carpet & in foundation of house.
→ he's lying down while I'm working to sort house.

I'm worried about Alice.

Yelled at him

I'm beyond exhausted; burnt out.

Angry in Luke. No sympathy for him.

Unusual for me.

Then pulled lower back.

Emotional month. Anger & frustration toward everyone.

Builds up & then say what I think.

Sleep has sd. Trouble falling asleep

Kids in bed in me - v. interrupted; constantly
woken up.

Difficulty falling asleep.

During day, don't feel exhausted;

But wake in heavy lead.

Fam. Hx

MIMASMS - Tb; Cancer; Cardiac

M^o - Mix of nationalities

M^o - PCOS anaemia, cardiac; Φ cholesterol; Φ BP
varicose veins; gall stones; thyroid; heavy menstrual HT

MGM - Φ BP + died MI (2nd medⁿ)

MGF^o - diabetes; Φ BP; facial hemiplegia + blood Ca²⁺
spinal metastases in lungs; stomach; started to deathe

MGGM^o - diabetes - died of gangrene

MGGF^o - died of M-I. alcohol

M^o brother - brain tumor at 42.; M^o Cousin - died of brain tumor.

F^o - irreg heart Φ BP; alcohol / dependency.
insulin resistance

Δ s in spine $\rightarrow$ herniated discs.

Bunions (heart + bone structure)

liver issues

PGM - Cardiac - sex VV; Φ BP; insulin resistance

PGF - spinal issues $\rightarrow$ died of Ca (2^o medⁿ) + metastases.

PQGM - Uterine cancer + brain aneurysm.

PQGF - died of MI. alcohol

~~FB~~

Birth - premi - $\frac{1}{12}$

1st child. Straight after marriage.

Born small - 2kg.; told M^o I wouldn't survive

Breathing issues.

Vaccines - x6 - ~~Diphtheria~~; ~~Measles~~; pertussis;

Big reaction to mantoux test - 2.5cm. $\rightarrow$ checked for TB

Constant URTI.

age 2-3 - severe ear infections - correlated to vase.

Jaundice; blue sclera.

sleep issues - didn't sleep for 3yrs. Then slept through but struggled to fall to sleep.

Chronic constipation; tonsils from 6yrs. $\rightarrow$ 14

Rec. chest infections

ABs ++

Tonsils full of tonsil stones. - flushed out & >

No. a perfectionist

Striving for high standards at home - in way we conduct ourselves.

V. tidy

~~swollen~~ tonsillitis > after started agreeing self & what I wanted

Obese child

⊕ food

fr amazing cook. abundance of food.
Own local produce from scratch.

No took me to endoch.

hypo thyroidism - 10y. → med = ^{gym to strengthen back}

→ diet

→ No sugar, fatty meats

→ lost wt within year. ; got severe scoliosis & stigmatism → glasses

⊕ being lighter

14 yo - 38 kg.

Menses delayed → gynae → too thin.

⊕ exercise keep me in shape.

15 → need to put wt → gym; & food

15 - 22 - excruciating abd pain & menses & heavy bleeding; PCOS.

→ gynae → OCP 18 - 25

25 - came to Aus.

Started getting Sedner waves 18 - 2. OCP.

18 uni

19 - severe sore throat & v. sick - EBV
full rheumatic arthritis of left knee

(After EBV rode → PCOS - knee pain)

Ex fatigue.

Recurrent bouts of sore throat; sore joints
Full rash down legs & under bra; v. itchy
→ steroids

Deviated septum - twisted

- twisted spine; twisted septum.

Grown up v. particular + proper. Had to be perfect.
Grad. 1st honors.

YR 8 - had to decide path: ⊕ doctor

M^r convinced me to study languages.

Uni - reading ++

Love learning THRILL; EXCITEMENT

But language didn't thrill me.

Got in 1st bad group → drink + smoke.

Getting S.A.D. - every Autumn.

3rd yr uni - ar. get out of bed; ⊕ quit.

Into fitness; backing self in gym. Lost wt.

Lost menses

Not eating

Studied till 2am. Raided fridge at night → put.

Exercise ++

Hormonal shift; blowing up like balloon.

From nothing to big

→ Hormones at 18

Bloated + heavy

Hypo thyroid - like Hashimoto

In USSR - paid to go to uni (allowance)

Drinks on empty stomach.

Brought home drunk - worst moment in life;

F^r said 'let me sleep like a swine'

after that - v. sick - EBV; ar. leave room.

Thought I'd fail

Friend applied for travel to US. → 5 mos.

Worked; travelled; East Coast.

Ate junk; let loose; 4 NT - nearly 70 kg

Rtn so happy; worthy; saved money;

Paid parents back; accomplished

I felt so confident; English >> uni easy

YR 4 & 5 uni then by. (4)
ETOH & smoking stayed. - to fit in
Secret from parents: felt it was shameful.
Always self. Control

Uni finished:
No health complaints since apart from depression
- mid winter to spring
Met Luke - 24. (2006) (online) fun & exciting
worked in energy company - translating
he gave me joy. ~~he came to meet in Thailand.~~
2 consec. years. (as no visas). Luke came to Russia
Then he applied for visa
Fell out w uni friends

Put down like I'm crap.

→ down about myself
Luke & I drifting apart; fights
→ so heavy I wanted to walk off balcony
Sei

waves of depression.

moved to Aus

Not accepted by Luke's friends
Formal English → teased

'Why aren't you standing up for me?'
Not accepted.

No license or job.

in Russia - well known; good pay.

From some

His M. didn't want me.

Cold & abrupt to me.

I felt my big support of family & friends
not there. Luke at work.

Luke & I argued a lot in those times.

I'm high standards; particular

(6)

Lucas' easy going.

→ clashes; he'd tell his M^o

then he'd tell me to pack up & leave.

Home is not mine

I'm no one & nothing

No one would help me

No money. Couldn't get a job. - too qualified

Low dips; days I considered ending life S=.

Felt too ashamed to tell family

Not accepted.

I'd walk in & no barrier (Russian)

There, a foreigner; stood out

2009 -

2010 - got job in hospital & D front desk.

Full stress to hospital.

F: Recognised; accepted. belonging; worthy; capable.

Community started to know me. → belonging.

Gave me a lift.

Hard-people mocked me & racist.

But lovely people.

Glad I didn't give up.

Then pregnant & Alex.

Relat. in M.I.L. improved

Family is where you're loved; talk trouble through

Used to be trembling, nervous how she'd be

She was so mean & nasty.

Like ex. being in between.

Q. If I should stay

Why doesn't he set limits in his life to not intrude

F: lonely; absolutely by myself.

Kids

Abandoned; Luke at work.

Nature as child

v. Kind; loved; dancing; singing; drawing; gymnastics
 stayed in grandparents every w/e; I'd draw up & dance
 + sing for them.

Obedient

social

Friendly; had circle of friends

Sentimental; touched by stories - movies; tea up.
 sporty. ⊕ running

⊕ animal, but no pets.
 close friendships.

Fears.Darkness

Deep - big unknown deeps.
 Roosters

⊕ Outside; nature; bush; ocean.

⊕ hedgehog; squirrel; fox - wood animals; dogs
 sweet

Dreams.

I haven't performed to a standard.

Getting dinner ready; rushing & time getting away;
 Luke not

I've failed

Not good enough.

Shy Child

M^r said I'm smart & beautiful but didn't
 believe her. I'd get 4/5 - M^r would compare &
 criticize that.

Church - confusion

→ sinners; theme of not good enough
Came to hrs - not good enough

Have to prove myself I'm worthy
Try to pursue to prove I'm worthy.

Trying to perfect self.

Exhausted self + too focused on result that
I don't enjoy process.

Lost my identity; loss of self - until last yr
+ decided to study home.
a missing link in my life
held back: run away

So protective of my study time
Don't let family interfere in my study time.
Like accepting that.
after all year; going to be a medical after all
this time.

M^r pushed her idea into me.
Doing something I really want.
Doing it for my soul. (homeopathy)
Will flow into my life
Enjoying the ride

Home - control of me

Now - chosen right for me.

F: soaring; a bird; soaring over the fields +
mountains; open view; don't plan how far
you'll go. You can choose
Not limited or tied up.

Lungs full of air
A sponge; soaking it in.

colleagues over the world

⑨

off.

judged; tied up; no choice; laughed at.

ridiculed; ~~weird~~

scared + suppressed; stiff

image: horse tied to tree in open field
where could run anywhere but can't.

① - always been that horse, following other
rules;

Came here trying not to fall out.

② Stand out from own family.

Now

Push horse everyone puts a load on.

I need more support at home.

No one takes the responsibility from me.

I need cooperation.

Horse - sweaty when run run

Covered in sweat when ~~restrained~~

trying to do something & can't because of other
expectations

to lump in throat -