



Case summary and treatment plan for

Mary Hajj





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Case summary

Treatment goals will be adjusted to address the immediate needs of recovery and pain management.

The plan has been adjusted to reflect the changing needs over time.

02

Treatment goals

1. Improve recovery from surgery - tissue healing and repair
2. Reduce pain and reliance on analgesics
3. Reduce nausea and digestive discomfort

Stage 1

Promote recovery and reduce pain

Improve digestive health

Stage 3

Reduce stroke risk long term after discontinuation of current blood thinners

Consider other underlying issues such as cognitive health

Stage 5

Maintain long-term health and support healthy ageing

Stage 2

Address ongoing low moods.

Continued support for weight management and digestion

Stage 4

Assess drug therapy and opportunity for medically supervised discontinuation in order to reduce side effects.

04

Prescription - **Priorities for Reintroducing**

Product	Rationale
BioFlam	Anti-inflammatory, protects the cardiovascular system. Stroke prevention.
C-Caps	NEW Product (preferable over liposomal vitamin C) Encourages tissue and blood vessel repair, and reduces pain.
PeptEase	Supports digestion and reduces nausea.
BioZinc	Tissue and blood vessel repair and immune support
PEA 600	Anti-inflammatory and provides pain relief.

04

Prescription - **Optionals**

Product	Rationale
Vitamin D	Immune support
Magnesium	Mood stress and sleep support

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Do not re-introduce now

Product	Rationale
Vitamin K	Some blood thinning activity
Fish oil	Some blood thinning activity
CoQ10	Some blood thinning activity
Super enzyme	Not needed right now.
Liquid herbs	We will consider introducing at next appointment. Do not want to overload system with new herbs when in recovery
Ashwaganda	As above.

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Prescription - Daily routine

Product	Breakfast	Lunch	Dinner
PeptEase	Chew 1 tablet	Chew 1 tablet	Chew 1 tablet
PEA 600		1 Capsule	1 capsule
BioFlam		3 Capsules	3 Capsules
C-Caps			2 capsules
BioZinc			1 Capsule

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Prescription - Other

Continue all recommendations and prescriptions from GP and other specialists