

Treatment Plan

For: Caitlin Ellis

Date: 09/01/24

Current issues/symptoms:

19 months postpartum; with low energy, low motivation, low libido. Looking to "rework diet/supplements to suit what I need so that I have more energy and increase my desire for sex"

Summary of key issues suspected or identified (at this stage)

Energy 3/10, sleep 5/10, mood 6/10, stress 5/10, libido 2/10.

No blood tests since late pregnancy. Short-term postpartum supplementation, although breastfed for 16 months.

No great change in symptoms, even though no longer breastfeeding and getting better sleep.

Waking tired, even after an uninterrupted sleep.

Craving carbohydrates and sugar regularly. Low motivation and mental energy to meal prep etc.

Experiencing some degree of postpartum depletion. Nutrient levels? Thyroid function? Insulin level?

Increased ~10kg since pre-pregnancy.

History of low Vitamin D and iron in pregnancy.

History of/current headaches/histamine issues.

Forgetfulness, some brain fog, word recall. Feet pain, knee/joint pains.

Query adequate protein, essential fats in daily diet. More diet focus to come.

Plans for another pregnancy in 1-2 years.

Initial steps:

Blood tests - I'd like to assess your nutritional levels and some metabolic markers to give us more in depth information about what may be behind your symptoms. Once we have these, we can streamline your treatment plan specifically for you:

- **Iron studies, B12, Active B12, Vitamin D, Folate, Serum Zinc, Serum Selenium**
- **Full thyroid panel: TSH, T4, T3, Thyroid antibodies, Reverse T3**
- **Fasting insulin, fasting glucose, HBA1C**
- **C-Reactive Protein**

As mentioned, the GP may be reluctant to request all of these but what they don't request, I can instead. This will be an out of pocket expense, ie. not covered by Medicare.

They'll likely order other basics like Full Blood Count, Liver & Kidney Function, Lipid Studies (hopefully) etc which are all useful too.

***Keywords to mention to GP to help get these tests requested:**

"Tired all the time, especially over last 6-12 months, even after weaning (it hasn't improved) and getting more sleep. Concerned my thyroid may be involved with these symptoms (also hair loss?)
Had low iron and Vitamin D in pregnancy and think it may be an issue again and affecting my energy and mood. Also don't feel I get a lot of sun (for Vit D).
My post-baby 'weight loss' plateaued in early months, cravings carbs and sugar a lot which isn't helping, curious about my glucose/insulin levels, may be playing a role with weight and energy."

Once you have the pathology request form - please do not have the blood test.

Instead, upload your request form to your My Appointments account for me, so I can cross check and request those tests that have been left off.

I'll email this to you, with further instructions and my **Blood Test Rules** to factor in before arranging your blood test.

I'll be able to view all the blood results results (those requested by GP and myself) so once they're all through (1-2 weeks after blood draw) I'll let you know so you can book a **First Follow-Up Appointment**.

Here, we'll discuss your results and we can begin to create a tailored tplan of action for you.
