

Treatment Plan

For: Pandora Holliday

Date: 16/05/24

Current issues/symptoms:

11 months postpartum, breastfeeding
Ongoing, progressive fatigue
Difficulty gaining weight to preferred weight range (53-55kg)
Experiencing anxiety, overwhelm, progressive fatigue, brain fog, burn out/exhaustion
Chronic sleep disturbance (co-sleep/breastfeeding)
Would love to the energy to exercise, and to adventure with the kids - yet too exhausted
Joint and muscle pain: chronic pain symptoms progressively worse during 2nd pregnancy and current postpartum
Blood sugar imbalance; need to snack frequently, get 'hangry' easily, low blood sugar symptoms (this can also be diet related)
Nervous system/cortisol dysregulation (linked to anxiety, overwhelm, 'tired but wired', symptoms of blood sugar dysregulation)
Ongoing demand on maternal nutrition (2 close pregnancies and extended breastfeeding with very little/minimal nutritional support)
Energy 3/10, Sleep 4/10, Mood 4/10, Stress 7/10, Libido 2/10

History/diagnosis of iron deficiency/anaemia during pregnancy/s
History of hypothyroidism during pregnancies
History/diagnosis of chronic inflammatory condition fibromyalgia

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

- Some degree of postpartum depletion: nutritional and metabolic
- Query current thyroid function after history of hypothyroidism and current symptoms
- Nervous system dysregulation (easily prone to anxiety, nervousness, insomnia)
- Symptoms of chronic inflammation
- Previous blood tests show:
 1. History of low **ferritin** (March/July/Oct 2023) optimal is 70-80+
 2. Low **TSH** (0.09) July 2023, then suboptimal TSH (2.9) Oct 2023 (optimal range 0.5 -1.5)
 3. Incomplete thyroid function testing (missing T3, complete thyroid antibodies, Reverse T3)
 4. Suboptimal **MCV** 83 related to iron levels, shape of red blood cells (optimal 83-95)
 5. Suboptimal **platelets** 187 (July & Oct 2023) optimal 200-400, can be related to chronic or postviral infections, autoimmune conditions, nutrient deficiencies (eg. protein, zinc, vit B12 and/or folate)
 6. Low/normal **vitamin B12** (414) Aug 2022 (optimal 600+)
 7. Low **vitamin D** (53) Oct 2022 (optimal 120-150)

Initial steps:

1. BLOOD TESTS

Assessing current nutritional and metabolic markers gives us more in depth information about what could be driving your symptoms. Once we have these, we can streamline your treatment plan specifically for you.

Blood Tests*:

- **Iron studies**
- **Vitamin B12 + Folate**
- **Vitamin D**
- **Full thyroid panel: TSH, T4, T3, Reverse T3, Thyroid antibodies (TPO-Ab, TG-Ab, TRAB)**
- **Red cell magnesium**
- **Red cell zinc**
- **C-Reactive Protein**
- **Fasting glucose**

As mentioned, the GP may be reluctant to request all of these (particularly the full thyroid panel, although you do have a personal history of thyroid disorder) but what they don't request, I can. 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:**

"I'm extremely tired - all the time - especially over last this last 12 months.

Close pregnancies, extended breastfeeding and still breastfeeding now - want to check nutritional levels as feel so depleted.

I've a history of low iron - affecting both my energy and mood.

I don't get a lot of sun (due to sensitive skin) and I've had low vitamin D in past.

I've had thyroid issues in both pregnancies - I know it can lead to ongoing issues with thyroid - want to check if this is contributing to my decreased weight and my various symptoms.

I want to have my thyroid antibodies checked to rule out any autoimmune thyroid involvement.

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 pathology request form to you, along with instructions and my Blood Test Rules. Once all your test results are through, we'll have a Follow Up Consultation to go through all the results. If you have any questions, please let me know.