

stool tests results ? Bacteria?
AIP

Any other AI?

Microscopic Colitis



Confidential Client Questionnaire

Name	Di Brown (Mandy's sister)
Home Address	30 Third Ave. Willoughby 2068
Date of Birth	25.8.68
Phone	04 88 270430
Email	diana_denis@msn.com
Occupation	Accountant
Household situation? Who lives with you?	Husband, 4 Kids 20-12
Children? Ages?	20, 18, 16, 12
Referred By	Mandy

*Chicken Satay, crumbed, fried (Dad has it.) Pub food calmar.
Why have you come to see me today? What are your Presenting Sx/Problems (where, when, frequency, duration, history, assoc Sx, > or <, what happened? What has inspired you to visit me today?)

Microscopic Colitis - Severe diarrhoea x14/times
30/1 - thought ate bad @ pub - plain
diet - fri 5 days, stool test. + bloods
AIB - bacteria?

Gastroenterologist: Dr Cho - colonoscopy 22/2

lymphocytic colitis.

no H-Pylori,

mucosal membranes depleted in Colo.

↑ intraepithelial lymphocytes
degenerative Δ.

Lymphocytic
colitis.

Barrett's metaplasia

losing weight, normally v. energetic, no energy.

up to date

Past History – Vaccinations, childhood illnesses, accidents

0-10

- measles, chicken pox
- normally v. healthy.

10-20

migraine

normal

20+

Family History – CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many?

Dad. Micro Colitis.

Parents – prostate cancer, bowel cancer (mum)
macular degeneration

Sleep – hours/night, trouble getting to sleep? Dreams? wake refreshed?

6 hrs / night (good night) wake up
cursing alarm - need to get up
Energy during the day – scale 1-10, slumps? What time? Moods?
3/4 now.

Stress levels 1-10

- optimist, well, healthy, exercise, very healthy.
- building hockey pitch / st 1 res - areas outside

Water

control. 2-3 l/day.

Tea/coffee/cola

no coffee, tea english breakfast.

Alcohol

no.

Allergies

X

Cravings

Salt / Oats / Yoghurt.

Aversions

Medications and supplements – how long have you been on them?

X

↳

no.

anti-Biotics 3 weeks.

Nutboxib. last month.

Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction?

Very Active. not strong point

GIT/Digestion: Appetite, breath, ulcers, cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods, skipping meals

1 movement 1x day, ^{normally} regularly. Type 4
now Type 7.

Bowels: How often do you have bowel movements? Discomfort? Diarrhoea? Constipation? What colour? blood/mucus, laxatives, haemorrhoids, family history. Bristol Stool Chart.

Dad - microscopic white.

General Health: Headaches, migraines, dizziness, vertigo, tinnitus, hay fever, allergies, sinus, swollen glands, colds/flu per year, recovery, asthma/SOB, drug use, smoking

not many migraines (aura) →

Urinary: Thirst, nocturia, cystitis, incontinence, thrush, kidney infections

urinary issues. no.

Female Repro: When did periods start? How are they now? Pain? When? Experience menstrual problems? Moods? Do they change? Menopause, last period? Menopausal symptoms? How many births? Fertility treatment? How many cycles?

slow periods (1B), still menstruating monthly - couple days, no men.
manno, pap tests 1 miscarriages (4 babies)

Male Repro: infections, hernias, swellings, impotence, any libido issues? prostate check?

8/9 weeks.

Cardiovascular: Heart problems, BP, chest pain, palpitations, varicose veins, easy bruising

low BP. (90/49) 100/60

faint

Musculo-skeletal: Cramps, pain, pins and needles, weak/numb, arthritis?

muscle cramps / when exercising.
arthritis

Skin: Acne, eczema, psoriasis, infections, itching

Emotions: Anxiety, depression, mood swings

positive / energy.

Nails:

Eyes (glasses, glare, night vision, swollen, infections, shadows)

reading.

Tongue: (white, furry, coated)

BP

Pulse

Height	
Weight	
BMI (weight/height in m2) Range: 18-20 = underweight, 20-25 healthy, 25+ overweight	$\frac{[\text{Weight (kg)} / \text{height (cm)} / \text{height (cm)}] \times 10,000}{\text{eg } [65\text{kg} / 168\text{cm} / 168\text{cm}] \times 10,000 = 23}$
Chest (cm)	
Waist (cm)	
Hips (cm)	
Bum (cm)	

gluten free.

Breakfast	Scrambled eggs, roasted veg - asparagus. 1 smoked salmon.
Lunch	Quinoa ?? brown rice chicken + roasted veg. Frozen spinach
Dinner	rice + protein: chicken, eggs, tuna. steak? rice cakes
Snacks	Barramundi / Salmon.
Weekends	
Treatment Plan	
Supplements	

Are you doing other treatments?