

Ms Milena Atanassova

Naturopathy Return Case Record

Practitioner	Tiana Quaife
Appointment	8 May 2024, 5:00PM
Created	8 May 2024, 12:23PM
Last updated	8 May 2024, 5:19PM

Return Case Record

Risks update

- ☐ Allergies/Intolerances
- ☐ Pregnancy
- ☐ Lactation
- ☐ Medical Devices

Diagnosed medical conditions update

Medications/supplements update

B12 - had to go to a couple of chemists to find
Flower essences

Slinda 1 x day - progesterone only as estrogen could be contributing to thrush

Current presentation of main complaint(s)

Energy - Had chaotic sleep schedule after ANZAC day (SES) and 2 weekends of festivals in a row. Not feeling much different.

Systems review

Mental health - Doesn't feel different, but needs sleep.

Thinks about happy times ending, instead of being in the present moment

Skin abnormality - wart thing not painful just irritated.

Gyno said she has thrush even though no symptoms. removing that to remove irritation from wart -

has 12 days of cream (Supriad) 1 x morning for wart thing

tablets (fluconazole) 1 x day

clotrimazole 1 x before bed; boric acid pessaries after 12 days for another 2 weeks.

Additional systems to follow up

Breakthrough bleeding - NA no issues

Diet

Physical Examinations
(Biomedical/Holistic)

Follow up notes

Body charts

OFFICE USE ONLY

Supervisor's name

Date