

Ms Milena Atanassova

Naturopathy Return Case Record

Practitioner	Tiana Quaife
Appointment	23 Apr 2024, 5:00PM
Created	23 Apr 2024, 12:19PM
Last updated	23 Apr 2024, 6:17PM

Return Case Record

Risks update

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

Diagnosed medical conditions update

Medications/supplements update

B12 nearly finished
Not finished flower essences

Current presentation of main complaint(s)

Energy - unsure whether energy has changed as has been feeling stressed with work and feeling emotional.

Systems review

Had hard work week last week with 2 deadlines with something she has not been comfortable with. Self doubt at work. Has been feeling emotional with no cause.

Mental health (flower essences) - not sure if emotions are correlated.
Might be, has not had time to reflect.

Additional systems to follow up

Appropriate systems followed up

Diet

Continuing to increase B12 in diet with salmon & nutritional yeast

Physical Examinations (Biomedical/Holistic)

Pallor improving

Follow up notes

Monitor for breakthrough bleeding & contraindications with hypericum and OCP

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Supervisor's name Diana Bowman

Date 23 Apr 2024