

(30)

Maricha de Kock - initial 11/11/24

Headaches/Migraines every 2nd month < stress < period.

Skin - rough skin, itchy, s.s.
(life) goosebumps upper legs + arms
< recent

- itchy scalp.

- scaly, red patches near groin + arm pits w. lymphocytes.

Marina inserted - NO periods.
↳ prev. b/through bleeds on pill + cramps. Cramps > on marina

Migraines - photosensitive, nausea
(#2019) w. vomit, pain, interest
± 25yo beh. left eye, emo
disregard + sensitive to
smells.

- > sleep.
- > quiet, > dark, > cold/
- < stress, < period ice.

Sinus surgery (2022) - couldn't breathe through left nostril - narrow + deviated septum.

Migraines - first time @ SA gather
Nossa camp - didn't respond to paracetamol - slept it off. 2nd @ work few months later.

↳ Poss hormone - stress hormones
± every 2 months. Typical 20-24 hrs.

lymphocytes up since 2 yrs ago
→ dry skin, fatigued
→ tracking upwards

[Covid vax x3 (A2)]
[All vax for work in hospitals]
incl flushets.

Wait for heart appt - waitlist

Skin issues - sensitive
since childhood esp. tags.
- late high school dry elbows
→ stress (e.g. exams)

- now always itchy - Dad
same takes an antihistamine

- some spots near [Kissner's]
(see pics) [Alopecia]
[Hormones]

Still feels fatigued, [Steroid cream]
run down

Struggles to wake - not
refreshed.

Sleeps well, exercises, eats
well.

Good relationship, likes work,
generally mood good.

BN urgent + loose if onions/garlic.

Ureates a bit + doesn't drink
much as result.

Had ~~get~~ salmonella (2018) —
vomited / diarrhoea (few days)
CI medium

Always gen. healthy, no major
accidents. No major emo
upsets / events.

Menstrua due to cramps + b/thrash
bleed — some inflammation
→ no periods now. Does want
kids.

Always painf. periods since
teens; heavy, clotty — later
stunt (15/16yo)
→ High level gymnastics. Pill since
17yo — by 19yo
↓
Muscle cramps in legs +
big muscle tear — Magnesium
No pain w. sex.

All symptoms < L-side incl.
vision.