

⊗ (Mom also anxious.)

[Pubs.]

17up

Ent Jan '25

Ella Haig (Mum M. aree)

25/11/24

→ + since 8yo (Gm13) NBUS bully & (initial) @ school.  
→ + Gran died ages → panic attack @ funeral.

Anxiety — ended Mar '24

→ dentist, nails, eyebrows, appts, school

→ sore tummy, feels sick, v. quiet

→ fear of unknown/new/examinations

→ Shy/embarrassed

→ panic attack

→ hyperventilate, feel nauseous

→ flushed; heart in back

→ cries

→ June last @ work

freeze

(Op/Acont)

→ not on pill

→ uses neurolept

Painful periods — heavy — age 10

3-4 days

→ less heavy now

pale

→ cramps, vomit, pass out

→ sometime pruned ovulation

→ colour: bright then dark tow. ends

→ Stress → not at school

→ pain changes w. each period

— recent 2 days, stabbing of flow, w. occasional clots

Gen. not good appetite esp morning

42kgs only 162cm (also slow growing)

Sensory — dislikes elastics  
sore on feet, some fabrics  
— needs soft velvety under  
sheet — some foods like  
steak/mince/mashed pots

[Shy] [pale]

(2)

Headaches — hungry — stress

Temples + forehead

↳ R. Heavy over eyes. Constant  
lasts ± 1 hr usually @ night (Def. if hungry  
± phos comes/goes. after dinner  
→ sleep.)

Hair loss. [Aluminium came high]

Tonsils + Adenoids infected + enlarged  
+ removed (surgery + abx).

\* Vax'd up 4yo. — animals — lick  
Anaphylaxis — ~~peanuts~~ sesame,  
Allergies banana bing macadamia —  
rash + vomit. Then hive humus  
2yo — nuts — mouth swelled up. Skin sent.  
Eczema since infant up ± 6yo.

Constip + Aches (9yo) typical. \* (Constipain of  
(no urge) 2-3 or 3-4 days. ↳  
Gut health — constipation

— tummy aches frequent  
— not well since 9yo — frequent  
tummy aches ± 2/yr —  
↳ dairy, same bread (yogurt, milk)  
likes fruits <sup>esp.</sup> grapes + watermelon

Stomach region [Malnourish]  
feels like something [Nutrition]  
in stomach (full) pain + vomit.

or\* pain over liver region [gallbl]  
(pain w/ nausea)  
Also over umbilical — stress, anxiety.