

PAID MA

6 wks - Belinda will rebook

Belinda W.

7/2/25

Maya's surgery went well. → lots of anticipation waiting for surgery
Holding space for Mia -

Headache + migraines helped w/ STG+HE a/n

Triggered by seeing Maya's fear - light headed/faint.

Nausea/Dizzy triggered again by Maya's cannula site.

Maya's rash - histamine response - separation. APIS (R side) cut

"Conflicts" - Meds given to Maya - unsure of all.

- Oxycodone, Relaxant, anaesthetic. ? Clear

Nausea, gut reaction, heat, dizziness. [? Shock/Trauma

Separation/control/trust

clear]

Has never fainted, veins corticised when young. - dizzy feeling

felt a similar feeling as student SP. during extubation

Maya's seems ok, asking relevant quest.

• Migraines still unchanged - Amyl triptan 5-^{currently 10} (10) up to 25 mg
has relieved somewhat. Remedy/homeopathic

Given script for HRT. not using currently.

→ still relates to cycle.

(frontal fear, no control)

• Bleed still heavy, maybe some reduction.

Ⓡ Breast lump - ^{near axilla.} pain, thickening - Bilat. US attended today. ceased whilst on viatex.

Wild Yam cream. → balance estrogen/progest. ? Puls. ? Fall.

Worse on ovulation + bleed. ↑ Pain, waking, nerve pain, flush.

Ⓡ Change TDS → BDS or daily.

Booked ortho in Syd. for r/v. 3/3/25

1x GNM consult, a new flup in a few wks. w/ another
→ focus on Migraines prac.