



Ms Kellie Otes

Initial Consultation

Practitioner	Leah Sidhu
Appointment	9 Aug 2023, 10:30AM
Created	9 Aug 2023, 11:42AM
Last updated	9 Aug 2023, 1:11PM

Presenting complaint

Perimenopausal 49yrs

Day 28

Menstrual cycle - Luteal phase currently

12 mths ago - no changes - BT's

Naturopath previously

12mths ago Bloods were fine and not showing perimenopause

S/S

Irregularity of periods

Migraines previously - H/A now when premenopause (+ on the last day of bleeding)

Moods - depression Dx ->>anger

Mid cycle cervical mucous - brown and thick and gooey increasing

No pain midcycle

(E2 shifts)

Hot flushes in evening x 3

Menstrual period - 2 days heavy then medium, then stops sometimes spooting Thick bleed.

10c clots

Injury to Left shoulder - tight

Japanese relaxation massag helped but not alot

Lost of Qn's about acu//cupping etc - I suggested it might be better to start with herbs and then reassess in 2 wks then get a panel of testing done

Turmeric - liposomal - for mild arthritis

Folate tablet

Sleep - affected by the cycle, night sweats, restless, light sleeper but in general pretty good. Have her tools - using calm app/meditation.

Qi - fluctuations, fatigue and sometimes high energy

BM - regular in general

mental health history - Lexapro - Dx with depression, panic attacks prior to meds and anxiety

L/T mental health at some stage would like to come off meds but needs a team and to be in the right place with health first.

Diet - balanced - intermittent fasting - 15 hours

Post vax - s/s thinking that it has increased palpitations -
2 cups of coffee daily

Complaint history

Medical history

Medication

Assessment

P weak in kidneys, heart, Liver,

Digestive health good, strong (she said she has been doing a lot of work on this!)

T dull, slight, thin white coating

Treatment

Bioceuticals Mg - to help with sleep

Herbs - Jia wei xiao yao san modified

++Astragalus, Dang gui, Black cohosh, Motherwort root,

Treatment plan

Booked with Lukman for Osteopathy

Herbal consult in 2-3wks time (mid cycle) so herbs will be adjusted for luteal phase of menstrual cycle

Effectuated diagram