

Care Plan: First Follow Up Consultation

For: Gabby Hunwick

Date: 23/07/25

9 weeks postpartum

Summary of consult

1. Blood test results (07/07/25) reviewed:

- **Haemoglobin 141** - great
- **RBC (Red blood cell) 4.47** - great
- **MCV (size of red blood cells) 94** - good
- **Vitamin B12 747** - much better
- **Folate 33.6** - great
- **Ferritin (stored iron) 75** - great, *but this could be an inflammatory response (unconfirmed, as no CRP was tested alongside iron studies) associated with Graves flare.*
- **Vitamin D 97** - OK/good (optimal is 120-150 esp whilst breastfeeding and with acute flare Graves)
- **Thyroid function:** high-normal results indicative of Graves acute flare (postpartum thyroiditis)
 - TSH: <0.01
 - Free T4: 27 HIGH (optimal is 15 - 17)
 - Free T3: 9.0 HIGH (optimal is 5 - 6)
 - Positive thyroid antibodies: aTPOII: >400 (<13.8)
 - TSI: 0.66 (<0.55)
 - TSH Receptor Antibody: 2.1 (<1.8)

2. Urinary Iodine Test:

To gauge your iodine status and supplementation needs. Both insufficient, and excess iodine can raise thyroid antibodies so caution is required with supplement dosing due to the high antibodies. Please note, to avoid false positives its important to stop taking any supps containing iodine (eg. **Pure Natal**) and avoid iodine-rich foods before collecting your urine sample. More information is included in test kit.

Please also cease taking the **Pure Natal** (due to iodine content) until your test results are back.

This has been requested through Nutripath. You'll receive an email from there to finalise.

3. Discussed postpartum supplements:

- a) to support nutritional demand of breastfeeding (for 750-1000 mL of nutritious breast milk per day)
- b) to minimise the inflammation and oxidative stress currently occurring to the thyroid gland driven by your autoimmune antibodies. All breastfeeding safe at prescribed doses.

See the Prescription table and take note of dosage changes (highlighted).

- Once your **Seleno-Forte** is finished I'd like you to switch to **Selenium Drops**. These work best for flexible dosing, have less excipients than tablets and are cost-effective. I have added this to Prescription table below the Seleno-Forte, and also to your script at Rener.
- Once your **Vitamin D** capsules are finished, I'd like you to switch to **Pure D Drops**. Again, these are good for flexible dosing, have less excipients and are cost-effective. I have added this to Prescription table below **Vitamin D**, and also to your script at Rener.
- You can finish off your **BioMedica SB Pro** and **Femex Forte**, and continue on **Metagenics Ultra Flora Mother and Baby** only.
- I've added **NAC** and **Myo-Inositol** powders for specific Graves support, and safe whilst breastfeeding.

4. Other suggestions:

Lemon Balm Tea is supportive to the hyperthyroid state.

At suggested interval repeat all blood markers again with GP, include liver function (can be affected by high thyroid hormones), full blood count and CRP (C-Reactive Protein) alongside with next the Iron Studies. We can clarify the tests needed prior to your next blood test.

Ask GP to palpate your thyroid to check for enlargement, and also ask for referral for thyroid ultrasound given the high thyroglobulin level (80) and also to get a benchmark of the gland's size and structure, whilst checking for any nodules or other abnormalities.

Aim for 7-9 hours sleep within 24 hour period for yourself. The thyroid gland loves sleep.

Maintain gluten and dairy free to minimise reactive immune load.

I have added the following products to your script at Rener Health. Please log in to view. Let me know if I've missed any products off.

** Denotes previously prescribed by another practitioner.*

Product	PREVIOUSLY PRESCRIBED	ADJUSTED Dosage instructions	How long to take it
PURE NATAL *	Pre/postnatal sup	Take 1 cap with lunch. <u>Keep in fridge.</u>	STOP TAKING at least 3 days prior to Urinary Iodine Test and cease taking until results are back.
BIOHEME *	Highly available iron	Take 1 cap before bed, 3 nights per week.	Until advised. Review after next Iron Studies test at approx 4-6mths postpartum.
VITAMIN D * 	Support thyroid health whilst antibodies are Vit D requirements in pregnancy	Take 3 caps (3000 IU) 2 x day. Total 6000 IU. Take when you're having your Magnesium	Until next blood test. Finished this bottle then move onto Pure D drops below.
PURE D DROPS		Add 3 drops (3000 IU) into water/liquid 2 x day Total: 6000 IU <i>Can drop into your magnesium drink.</i>	Until next blood test.
CLINICAL LIPIDS *	Concentrated Omega 3s (EPA & DHA) to supply breastmilk for baby's brain and nervous system, plus replenish your maternal stores for mood, nervous system and anti-inflamm effects with Graves flare.	Take 1 cap, 2 x day with meals. <u>Keep in fridge</u>	Continue whilst breastfeeding
SUBLINGUAL B12 *	Highly bioavailable B12	Dissolve 1 tab under tongue 1 x day	Until advised. Review after next blood test at approx 4-6mths postpartum.
SELENO-FORTE* 	Selenium is very concentrated in the thyroid gland and is also protective against inflammation and autoimmune damage to the thyroid tissue.	Take 1 tablet 2 x day with meals	Finish this bottle then move onto Selenium Drops below.
SELENIUM DROPS	Nourishes the thyroid gland, reduce oxidative stress and reduce antibodies.	Add 8 drops into water/liquid 2 x day Daily total: 320ug <i>Can drop into your magnesium drink.</i>	

Product	WHY ITS PRESCRIBED	DOSAGE	How long to take it
ULTRA FLORA MOTHER & BABY	Postpartum & breastfeeding probiotic	Take 1 capsule, 2 x day <u>Keep in fridge.</u>	
NAC (powder) (N-Acetyl-Cysteine)	An antioxidant for the high oxidative stress associated with Graves' disease. This inflammation and oxidative stress can drive the over production of hormones	Mix 1/2 scoop (500mg) into water/liquid 2 x day Daily total: 1000mg <i>Can add into your magnesium drink.</i>	Until advised.
MYO-INOSITOL (powder)	To help reduce thyroid antibodies.	Mix 1 level scoop (1000mg) into water/liquid 2 x day Daily total: 2000mg <i>Can add into your magnesium drink with all other suggested drops and powders.</i>	Until advised.