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26/06/2025

Elemental Collective

RE: Miss Phaedra Thain
6/1017 Glen Huntly Road
Caulfield. 3162
DOB: 13/10/1992
Tel: , 0432941165
Medicare: 3523635272, 1

Dear Ana,

Thank you for seeing Phaedra Thain for an opinion and management. I have billed a MHTP review today. Please provide 6 sessions.

pain >14/28
6/10

ideas- not sure, pain feels so different than before, ?impact of chronic health conditions
concerns- not too concerned, finds it very tiring
expectations- wants to do something to elevate pain and low energy levels

prev supports:
gp
yoga
medication- tramadol- ineffective with se++

Reason for visit:
Pelvic pain

Verbal consent obtained for use of Heidi during consultation.

presenting complaint

1. IUD replacement - recommended by endometriosis clinic doctor for more frequent replacement every 2-3 years (current IUD 4 years old)
2. Worsening pelvic pain - different pattern compared to pre-surgery

history of presenting complaint

1. IUD replacement: Attended endometriosis clinic, advised anecdotally that people with endometriosis should replace IUD more frequently every 2-3 years rather than standard timeframe. Current Mirena IUD inserted during surgery in 2021, now 4 years old. No breakthrough bleeding currently.

2. Pelvic pain: Endometriosis surgery performed 2021. Pain began worsening approximately 1-1.5 years post-surgery. Current pain pattern differs from pre-surgery - now experiencing pain on and off without clear pattern, approximately half the days in a 28-day cycle, rated 6/10 severity. Previously pain was cyclical, severe during menstruation and ovulation. No longer able to identify menstrual cycle timing. Associated fatigue for couple of days preceding pain episodes.

past medical history

Endometriosis - laparoscopic surgery 2021

Vasculitis - diagnosed 2018 at Monash Hospital Dermatology following rash on legs with spreading and leg swelling, non-genetic cause unknown

Migraines

allergies

No known allergies

regular medications

Azathioprine 150mg tablets, 2 daily (vasculitis)

Pantoprazole 40mg daily

Topiramate 100mg (2 tablets) for migraine prevention, commenced couple of years ago

social history

Not up to date with flu and COVID vaccinations - has voucher for flu vaccine

examination

Not documented

impression

Endometriosis with worsening pelvic pain post-surgery

Request for IUD replacement

discussion

Pain pattern has changed since surgery - now unpredictable timing rather than cyclical. Pain science education provided regarding individual drivers of pain and lack of correlation between tissue damage and pain severity. Discussed holistic approach to pain management. Patient noted connection between vasculitis activity and endometriosis symptoms.

plan

Trial Slinda (mini pill with ovulation suppression) before considering invasive IUD replacement

Mental health care plan review - referral to Anna at Elemental Collective for 5 sessions (pain psychology),

face-to-face Collingwood or telehealth available

Questionnaires to complete for additional information for referral

Consider pelvic physiotherapy

Routine health maintenance - cervical screening and STI screening up to date, regular blood tests current due to other health conditions

Actions:

ePrescription sent to 0432941165: Slinda 4mg Tablets 1 Daily.

DASS21 Assessment

Depression scored 10 (Mild)

Anxiety scored 12 (Moderate)

Stress scored 24 (Moderate)

CSI 67 extreme

Her current medications are:

Azathioprine 25mg Tablet

6 Tablets Daily 150mg daily for vasculitis.

Panthron 40mg Tablets

1 Tablet Daily.

Slinda 4mg Tablets

1 Tablet Daily.

Topiramate 100mg Tablet

1 Tablet Daily.

Venlafaxine 150mg Capsule, modified release

1 Capsule Daily.

Allergies:

Nil known.

Past Medical History:

Endometriosis
Vasculitis
Migraine

Investigations:

Yours faithfully,

A handwritten signature in black ink, appearing to read 'L Chapman', written in a cursive style.

Dr Laura Chapman
MBChB, BSc, FRACGP, CWH
4209537T