

History intake form

COMPLETE

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* Name

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* Accidents / Trauma / Surgery / Illness/Injuries AND muscular / Skeletal/ TMJ problems/ Dental

2 x c sections, 1 cervical cone biopsy. Under active thyroid, situational depression and anxiety. chronic neck pain and bruxism. likely perimenopausal.

* Sleep Pattern (Hours per night and quality) AND Medications / supplements:

Usually aim for 8 hours per night, no troubles with getting to sleep but wake through the night with restless dreams and body aches and pains, mainly neck. Medications - escitalopram 10mg, levothyroxine and topical vaginal oestrogen

* Immune system and Allergies / sensitivities / Skin Issues (eczema) :

underactive thyroid due to hashimoto disease. previous eczema but now just sensitive in certain areas.

* Birth & Childhood History/ Behavioural patterns, PMS & Reproductive/hormonal Moods, patterns of feelings and thoughts.

Born in UK, no relevant childhood illness or injury. Moved to Australia whilst in a coercive marriage, became trapped here legally and left as a single parent with no support. Faced challenges with anxiety, trapped feelings and depression. Mostly operate on robot mode now, functioning well but feeling little and then every few weeks have a week of very low mood, most likely hormonal. Periods reasonably regular but recently skipped a month and then had 2 close together. Anxiety triggers - vomiting, fainting, feeling trapped in situations, out of control, especially where it would be a disaster to vomit or faint. Occasional night sweats and hot flushes. regular brain overwhelm/fog.

* Bowel Habits: Frequency, time(s), consistency, undigested food or Dietary: ie avoided food groups Bladder: Litres of water per day, Alcohol/coffee

bowel movements daily. good consistency but do get some days of bloating and gas. Not great at keeping up my water intake, don't drink alcohol as it triggers panic attacks. drink coffee and tea - 2-3 cups a day.

* Relevant family history: Mental illness, physical illness, trauma

No really relevant family history.

* Respiratory / Heart: ie Asthma, heart palpitations AND Neurological: ie epilepsy, headaches (eye sight, smell, hearing) etc

Headaches - mostly neck and jaw related. Occasional recurring vertigo.