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

Elbow fracture/disslocation/ligament and nerve damage - 2024
Elbow ORIF and ligament repair - April 2024
Wisdom teeth surgery - Feb 2024
PCOS - 2017
Wrist fracture - 2007/8?
Back and neck pain since 2017
Depression and anxiety - 2011

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

Between 6-8 hours normally, periods of good sleep then bad sleep.
Sertraline 50gm once daily
Iron tablets daily ?gm
Multivitamin daily ?gm

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

KP skin, egg allergies

* Birth & Childhood History PMS & Reproductive/hormonal

PCOS / current reproductive issues being investigated long periods of menstruation (approx 3 weeks non stop) etc

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

Bowel habits - fluctuates depending on cycle, generally once a day in the morning, hard consistency

Bladder - approx 2L a day, alcohol 1-2 times a week and approx 1-2 coffee a day

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

History of anxiety, depression, renal cancer, breast cancer and bone cancer

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

Currently heart palpitations/ dizziness being investigated potentially due to long periods ?