

#### Medical Warning

6 monthly prolia injections since 2018  
Left hip replacement June '23  
Right hip replacement Dec '23

Cortisone injection left hip Jun/Jul '24.  
Cortisone injection right elbow 20/09/24

MRI (04/08/24): disc bulge L3/4; contact on traversing L4 nerve roots; contact left L5 and exiting L4 nerve root at L4/5 level; no nerve compression. Multilevel facet arthropathy most pronounced at left L4/5 and L5/S1 facet joints.

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#### Reminders/Notifications

Current:

Prednisolone 5mg: 3am +2pm for 3 days; then 3am, 1pm for 3 days;

Hydroxychlorquine 200mg twice daily.

Puralin EN sulfasalazine: 1/day 1st wk; 1am, 1pm 2nd wk; 2am, 2pm 3rd wk; 2am, 2pm 4th wk.

Supplements:

- Berberis Sillymarin 1 bid (Oct '25)
- Bioactivated Mg
- AdvaCal
- Probiotic - Chemist - SB
- NAC - from Tasmania

Current (05/07/25):

Probiotic (SB)

Panadol Osteo - occasionally

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Jasmine Langlands - Canning Healthcare  
Sat, 8 Nov 2025 8:00 am

Priority:

Rheumatologist provided blood test results re. CRP - reduced with the 2 medications. 38mg/L 28/11/24 to 24mg/L 28/10/25.  
Goes back to see - injection of platelets; swelling in elbow won't subside. Referral to orthopedic specialist - none will see public patients (even for evaluation).  
MRI and referral - surgical candidate; surgeon declined as no private health cover.  
GP yesterday - started public referral.  
By last night - elbow extremely sore; very busy day.  
Weight loss - GP thought good; never had discussion about weight/nausea. Nausea with some food smells has reduced. Process of cooking e.g. mince triggers nausea.  
Yesterday - denture adjustment - hopeful will be easier.  
2:30pm until ate anything yesterday - no appetite. No tablets or medications either.  
Had an episode of hypochondriac and mid thoracic pain - considers chocolate triggered.  
Has previously done endoscope, breath test. Query pancreas? Previous tests for GB and pancreas. Has to have testing for pancreas during pain episode.

Dorn Spinal Therapy



Bowen Therapy Procedures

BRM 1, BRM 2, Sacral Extra, BRM 3, Kidney, Pelvic, Upper Respiratory, TMJ, Headache, Trapezius Extra, North, West, Scapula