8 Nov 2025 08:52am

### **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.

#### 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 Sllymarin 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.

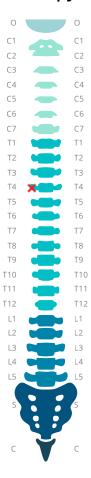
Yesterday - denture adjustment - hopeful will be easier.

2:30pm until ate anything vesterday - no appetite. No tablets or medications either.

Had an episode of hypchondriac 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