

CASE HISTORY: CK

Submitted by: Colleen

Age 28

Sex CIS Female

Height 158 cm

Weight 48 KG

BP 110 / 74

HR 78

Chief Complaint: Painful menstruation

History of Present Illness or condition:

CK says that she has always had terrible, debilitating, cramping pain that keeps her from her normal activities for the first day or two of her period. Pain has been consistent since menarche at age 13. The pain often causes / is accompanied by nausea and is sometimes accompanied by a dull headache that usually settles into the forehead and/or the back of the head. The headache often starts the day before menstruation begins.

Menstrual cramps feel “intensely strong” and are not usually a sharp, stabbing pain, but a very strong, deep, cramping pain that is “unbearable” and makes her cry.

If she does not take an NSAID - usually 2 ibuprofen - right at the start of the pain, nothing will relieve the pain. She says other anti-inflammatories she has tried are ineffective.

Past Medical History:

Non-pathologic heart arrhythmia; no other past medical issues.

Current Medications/Supplements/Herbs

CK takes hawthorn tincture and/or tea “several times a week” but not on a consistent or daily basis and uses peppermint tea about 3-4 times a month to help with digestion, but otherwise does not take herbs or supplements.

Other than the ibuprofen she takes once a month for her period pain, she does not take any medications, prescribed or OTC.

Family History:

Father – T2 diabetes (onset 30’s), stroke (in his 60’s), heart attack (in his 60’s)

Mother – gallbladder removal in her 40’s

Paternal grandmother – died of lung cancer (non-smoker)

Maternal grandmother – died of lung cancer (smoker); heart disease

(Grandfathers – history unknown)

Social History:

Lives with her husband in a small apartment. Happy marital relationship, but very stressful office job and not much time for recreation or social interaction outside work. Usually when she is not working, she just wants to relax because she has no energy to go out or be around people. She is hoping to start a business next year so she can eventually branch out on her own and create a better working environment for herself. Does not drink, smoke, or use drugs.

REVIEW OF SYSTEMS:**Cardiovascular**

Nonpathologic arrhythmia

EENT WNL

Endocrinological

Client suspects adrenal insufficiency/fatigue because she often feels like she can't get enough sleep, doesn't have energy, etc.

Gastrointestinal

Bowel movement 1-2 times/day, solid/smooth/normal color; indigestion 3-4 times a month (suspects triggered by something in her diet).

Genito-urinary WNL

Gynecological

Menstrual issues / pain as noted but has not noticed any notable PMS symptom otherwise. Color of blood is usually bright red, sometimes darker red or ruddy brown in the beginning. Length of cycle 28 – 30 days, does not cycle track.

Immune WNL, doesn't get sick often

Musculoskeletal Slight scoliosis

Psychological CK reports she is under a great deal of stress / pressure; doesn't have mental energy to take on personal projects or cultivate friendships outside of work

Respiratory WNL

Skin facial acne Whiteheads (regularly), blackheads (regularly), cystic / pustules 1-2 times a month; aside from her face, tends toward dry skin

Sleep Usually gets 6-8 hours of sleep a night (sometimes less); wakes up tired; does not snore per husband. Often feels exhausted by mid-afternoon and feels as if she could fall asleep and stay asleep until the next morning.

3 Day Diet Journal Including beverages and water intake:

Diet is certified organic foods. Drinks 2 L of water per day, city filtered tap water.

MEAL	DAY ONE	DAY TWO	DAY THREE
AM Breakfast	Smoothie (rolled oats, blueberries, cherries, plain yogurt, flaxseed oil)	Same as Day one	Same as Day one
Snack	Handful of raw nuts/ seeds/goji and mulberries with 1 square dark chocolate	Same as day one	Same as day one
PM Lunch	Tuna, broccolini, garlic, rice, bell peppers, shallots, and cilantro	Homemade turkey broth 3-bean chili with sweet potatoes and lots of veggies	Salad with a grilled cheese sandwich (tomato, lettuce, avocado, raw sauerkraut) on locally made organic sourdough
Snack	As above	Same as day one	Same as day one
PM Dinner	Homemade pizza on sourdough crust, marinara, Italian mozzarella, heirloom tomatoes, garlic, capers, olive oil, basil	Homemade enchiladas	Homemade chicken soup with lots of veggies

Physical Assessment:

Quality of tongue photo doesn't show raised papillae primarily in the heart area. Tongue quivers when extended.

Tri-Dosha Assessment:

Not included in this case study

Description of Pulse:

Not included in this case study

Other: Does not exercise, but knows she needs to – says she just doesn't have the energy. She describes herself as being really sensitive to everything.

She is mistrustful of allopathic doctors so only goes to see them "if she thinks she's dying." Suspects that she may have endometriosis (her cousin has it) but is not very interested in obtaining a western diagnosis because she doesn't think allopathic treatment is something that would be helpful for her.



BLOOD WORK

Transcribed from original document to maintain confidence

COMPONENT	VALUE	REFERENCE RANGE
WBC	12.3	3.5 – 11.0 10 ⁹ /L
RBC	4.91	4.00 – 5.20 10 ¹² /L
Hemoglobin	14.0	12.0 – 16.0 g/dL
Hemocrit	42.4	36.0 – 46.0 %
MCV	86.3	80.0 – 100.0 fL
MCH	28.5	25.0 – 35.0 pg
MCHC	33.0	31.0 – 37.0 g/dL
RDW-CV	12.6	11.5 – 14.5 %
Platelet Count	361	140 – 444 10 ⁹ /L
MPV	8.7	6.5 – 12.3 fL
% Neutrophils	73.7	40.0 – 81.0 %
% Lymphocytes	15.7	18.0 – 42.0 %
% Monocytes	5.4	1.0 – 12.5 %
% Eosinophils	4.3	0.0 – 5.8 %
% Basophils	0.9	0.0 – 2.0 %
Absolute Neutrophils	9.0	1.8 – 8.0 10 ⁹ /L
Absolute Lymphocytes	1.9	1.0 – 4.8 10 ⁹ /L
Absolute Monocytes	0.7	0.0 – 0.9 10 ⁹ /L
Absolute Eosinophils	0.5	0.0 – 0.5 10 ⁹ /L
Absolute Basophils	0.1	0.0 – 0.2 10 ⁹ /L
Na	137	135 – 144 mmol/L
K	3.8	3.7 – 5.5 mmol/L
Cl	104	99 – 110 mmol/L
C02	22	20 – 31 mmol/L
Anion Gap	11	4 – 13
Glucose	110	65 – 99 mg/dL
BUN	8	6 – 23 mg/dL
Creatinine	.64	0.60 – 1.30 mg/dL
Bun/Creatinine	12.5	5.0 – 28.0
Calcium	9.4	8.3 – 10.4 mg/dL



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