

CASE HISTORY: SH

Submitted by: Sophie Deluca

Age: 29

Sex: Cis-Female

Height: 170 cm

Weight: 52 kg

BP: Not available

HR: 60

Blood Tests: Has tests scheduled for complete blood count, thyroid, ferritin.

Chief Complaints:

1. Chronic cystic acne on face (chin, jawline), chest, back, shoulders and upper arms.
2. Low energy and anxiety/depression

Goal: Would like to see clearer skin and an increase in energy while promoting a sense of “calm”.

History of Present Illness of Condition:

1. Onset of acne at 18 or 19 years old. Nothing notable occurring simultaneously at that time. Has been on and off of oral birth control pill (Yaz) from 2005 until 2009. Combined use approximately 3 years total. Couldn't remember which phases correlated with a reduction or increase in acne. Has residual scarring from past acne, mostly on cheeks, back and shoulders. Reports that the acne may be cyclical getting worse post-bleed, but lingering throughout the cycle.

2. She has been struggling with depression and anxiety for 2 years since a specific traumatic event in 2019. She is currently not working and finds it difficult to be motivated. It feels challenging to get out of bed in the morning and maintain focus. Her energy levels have been around 5-6/10. The depression is worse when she is triggered by something related to the initial trauma, when her emotions are heightened, or around the time of year it occurred. She experiences anxiety attacks 1x/month and feels SOB, shaking, and tightness in chest. She is not currently in therapy, but has seen a psychiatrist, psychologist, counsellor, in the past year and recently participated in group counseling. She has a counsellor who she would like to continue working with. Being outside helps ease the symptoms.

She has been taking two antidepressant medications prescribed by the psychiatrist. The first, Citalopram (Celexa), for 22/23 months (very precise) and Bupropion (Wellbutrin) the other for 1.5 months. Is unsure whether the medications are helping.

In October 2020, did an elimination diet under a Naturopathic Doctor's care and could not pinpoint any correlations of diet to acne or to emotional state

Past Medical History:

- Around 2002: diagnosed with a benign essential tremor
- Antibiotic use with urinary tract infections - 4-5 over lifetime. Most recent 2 years ago.
- Fall 2019 - undisclosed traumatic experience

Current Medications/Supplements/Herbs

October 2020: Naturopath suggested taking chaste tree tincture (she couldn't remember dosage), bitters formula (Botanica Digestive Bitters: Dandelion root, artichoke leaf, gentian, peppermint, angelica, orange peel), and omega 3 fish oils. Took these for about a month and noticed a slight improvement in energy, but not significant. Is no longer taking these.

Citalopram (Celexa) (SSRI) - once daily since December 2019

Bupropion (Wellbutrin) (NDRI) - once daily since December 2020

Propranolol (Beta-blocker) (for her benign essential tremor) - once daily since 2007

Family History:

Scottish, Irish, and British ancestry.

Maternal

Mother: Had acne when younger, was put on Acutane. No knowledge of mother's cycle.

Grandmother: High blood pressure. Deceased.

Grandfather: Deceased

Paternal

Father: No relevant history.

Grandmother: Alcoholism and substance abuse, dementia. 85 years old.

Grandfather: Unknown, deceased.

Social History

Currently living alone, which has been challenging during COVID. Is moving to a new home with a friend for February 1st, which she is excited about. She has been off of work for the month of January, but has just received a promotion and will be returning in a new team manager role. She enjoys her work and coworkers, but is nervous about learning a new job. She is also doing a permaculture program online and is passionate about doing her part to create resilient community. Has a supportive network of friends and sisters who she connects with often. She enjoys cross-country skiing and likes to knit and embroider.

She is not currently sexually active and is apprehensive to connect intimately again.

She smokes cigarettes 1x/1-2 months and 2-3 drinks/week (beer/cider). Edible cannabis use 1x/month for sleep.

Review of Systems:**Cardiovascular**

Feels somewhat neutral in temperature, slightly cold. No cold hands/feet. Has had heart palpitations/flutter her whole life. Was diagnosed with a benign essential tremor when young. Reports that it does not bother her, but on Propranolol.

EENT

WNL

Endocrinological

Speculated impact from traumatic experience in Fall 2019.

Gastrointestinal

Not a strong appetite. Has periods of finding food not very "appealing". She reports that her GI symptoms don't appear to be related to stress. Gas and bloating before cycle starts and during period. BM 1-2x/day. Experiences alternating loose stools and constipation. More often loose than constipated. Loose unformed stools during the entire 5 days of bleed. Stool medium brown in colour. No undigested food. Currently has a canker sore in mouth. Is not avoiding any foods since the elimination diet did not reveal any specific sensitivities.

Genitourinary

Pale yellow/clear urine.

Gynecological

Menarche at 14/15. Regular 28-31 day cycle with 5-6 day bleed. First two days, two Diva cups worth of blood each day, final three days 1/2 full cup each day. Minor cramps on day 1. Mood affected after bleed, feels "extra tender" and less grounded. Reports that she had no side effects when on oral birth control pill or difficulty resuming a regular cycle once off of the pill. Experiences acne potentially cyclically as mentioned above.

Immune

Swollen throat lymph nodes 2x/year lasting for about 1 week that appear unrelated to an acute sickness. Does not get sick often.

Musculoskeletal

Sensation of heaviness and weakness in the limbs. Attributes this to the depression. Her benign essential tremor also shows as slight shaking of her hands.

Psychological

Moderate stress levels currently. See previous notes on anxiety and depression. Feels a constant accumulation of worry. Also notes having many "sad" days or nights which can result in difficulty sleeping. Has a trusted counsellor, and takes baths as a self-care routine. Pulls out hairs (eyebrows, eyelashes, head hair) when anxious.

Respiratory

Experiences SOB and chest tightness with anxiety attacks (1x/month). Reports she might have shallow breathing.

Sleep

She feels that her anxiety symptoms are worse at night. Her sleep schedule for the last 1-2 months has been variable. She goes to sleep between 10pm-12am and wakes at around 9am. Wakes usually 1/night. Can get back to sleep easily. Does not feel rested on waking. Experiences night sweats, soaking the sheets, sometimes changing her clothes (no deficient day sweats noted).

Skin

Acne as described above. Combination of dry/oily skin. Reports increased head hair loss in past year. Has 2 dark coarse hairs she plucks 1x/month on chin.

Physical Assessment

Large eyes, and thin frame. Kind and reserved in temperament and speech.

3 Day Diet Journal Including beverages and water intake:

She felt self-conscious about her first food diary and completed this one instead to hand in.

Meal	DAY ONE	DAY TWO	DAY THREE
AM Breakfast	Sourdough toast with honey and peanut butter	Glass of kefir	Fried egg, 3 sausages, sourdough toast with greens, sprouts, havarti cheese
Snack		Sourdough toast with peanut butter and honey	Mini eggs
PM Lunch	Sandwich with mixed greens, pea shoots, tomato, salami, baba ghanouj	Smoked oysters in oil on crackers	Roasted delicata squash
Snack	Baba ghanouj and rye crackers		Nachos and black bean salsa
PM Dinner	Roasted parsnip and carrots	Roasted delicata squash, salmon with lemon and dill, salad	Salmon w lemon/mint, rice, soy sauce, greens, pea sprouts, tomato, parmesan cheese
Beverage & Water Intake	Approx. 2 litres of room temp tap water Green tea, peppermint tea	Approx. 2 litres room temp tap water Green tea, peppermint tea	Approx. 2 litres room temp tap water Green tea, peppermint tea. 1 cup of coffee



