

Initials: T,O
Submitted by Sheena L
March 2021

Age: 34
Sex: AFAB **Gender :** CIS-F
Height: 156 cm
Weight: 65.7 kg
BP: Device closed due to covid in her area
HR: 59/100
Ancestry/Lineage: German and Irish decent

Chief Complaint: T,O is experiencing digestive pain located in the left hypochondriac region, that is accompanied with gas and bloating. T,O experiences 2 to 3 migraines a month and notices they are often experienced in conjunction with digestive upset. She is also feeling lot of fatigue and exhaustion.

She would like to find relief from digestive and migraine pain as well as improve her energy levels.

History of present condition:

T,O's stomach pain started when she became a regular hard drug user at 17 y/o (2003). Digestive issues and pain have come and gone over the last 17 years but have always returned. They have recently become increasingly painful in the last year after stopping her drug use, at the beginning of 2020.

She describes her pain as about 7/10. Her stomach is most days, firm to touch. 3 to 5 days a week she feels sharp stabbing pain in the left hypochondriac region. The pain pulses but does not travel and may linger anywhere from 4-12 hours.

Out of these days, one or two of them T, O will awaken feeling this sharp stabbing pain in her left hypochondriac region and this pain will persist all day until she goes to bed that night.

T,O has observed that when she awakens, she must make sure she eats something by early to mid-afternoon or will begin to feel this same stabbing pain by 3 pm. T,O experiences gas and bloating after most meals. Gluten, dairy, coffee and greasy meals aggravate her digestion. She tries to avoid coffee by drinking black tea instead. She drinks water or smokes cannabis to soothe the pain and this is usually helpful.

T,O's suffers from migraines 2 to 3 times a month. They have consistently occurred every few weeks for the last 10 years. The pain from the migraine is usually located in the back of skull or anterior and/or superior the eyes. These migraines can last anywhere from 24 to 48 hr. Her migraines can be triggered by not enough food intake, digestive or mental stress and light. The migraines do not seem to follow a regular pattern but are sometimes in tandem with digestive distress or a week before menses begin. T,O smokes or ingests cannabis or takes Advil to help with pain.

T,O is experiencing a tremendous amount of body fatigue most of the time. (8/10) Feels like she has “no will” do anything, is exhausted by small tasks and prefers to sit and play videos games every night after work and every weekend. She smokes cannabis for energy. She also complains of being very cold with rushes of occasional heat and prefers to huddle close to her heater when home. Feels “Burnt out” and as no energy for life.

Past Medical History:

- Broke feet and dislocated jaw in 20’s
- 4 pregnancies, none to term
- No use of prescriptions
- Never taken birth control
- Allergies to sunflower sprouts where she breaks out in hives and irritation with sundried tomatoes. Food sensitives to Gluten and Dairy
- Diagnosed with leaky gut by her doctor in October 2020

Current Medications/Supplements/Herbs:

Inconsistent use of all supplements. T,O sometimes goes weeks without consuming any of her supplements, except for the Immunity Boost Beverage.

Quercitrin from AOR,

Tyrosine from NOW,

Chromium by natural factors

Saccromises Balardi and Adult probiotics by Flora (probiotic prescribed by doc from recent visit)

*Takes most days- dissolving beverage Immunity Boost, Blueberry that includes: Vit D, Zinc and Potassium

Family History:

Depression – Undiagnosed in both Mom and Dad

Dad (Irish)- was an alcoholic, had Diabetes, Cataracts and Asthma. Died two years ago

Paternal Grandfather- Committed Suicide when her dad was 12 y/o

Paternal Grandmother- Beat Lung and Breast Cancer- died of natural causes 86 y/o

Mom (German)-has Type 2 Diabetes, Anxiety and OCD

Two siblings a sister and brother- are both in good health as far as she knows

Maternal Grandfather- died from Diabetes at 80 y/o

Maternal Grandmother- Beat both Lung and breast cancer, before passing away from dementia 80 y/o

Social History:

T,O is a chef and is employed full time. She likes her job most of the time, and it brings a routine that she felt she needed.

She is in a solid romantic relationship for a year. Her and her partner spend many hours playing of video games together. Playing video games is new for T,O, but she feels it is better than doing hard drugs. Feels more emotionally stable in her life, than ever before.

Has intercourse a few times a week and orgasms regularly.

Her father passed away 2 years ago. T,O still feels a lot of grief around this. Her drug use escalated after his death for 1 year, before coming to an end with the beginning of her new love relationship.

Smoked cigarettes for 17 years old until last year. Now vapes cigarettes x2 puffs/inhalations per HR, moderate level nicotine.

Regular cannabis use. Smokes 3 to 4 cannabis joints on weekdays and 5-6 cannabis joints on weekends. Rarely drinks a glass of wine or a Hard Ice T, maybe once every one or two months.

Had a serious Crystal Meth addiction from 17 y/o to 21 y/o. Was mostly sober from 21 to 24 y/o Then began to take cocaine regularly 4x times weekly from 24 to 29, that then increased to every day from 30 to 34 y/o. Been sober 1 full year.

Feels the need for more exercise in her life. Currently she is maybe going on one slow walk every one or two weeks. Feels lethargic but uninspired to get movement. Feels content that Covid keeps her inside and away from people.

Review of Systems:

Cardiovascular:

Experiences wheezing and SOB, but this has improved since drug use has stopped. Poor cardio output and tires very easily

Has had a heart arrhythmia her whole life.

EENT (Eyes, Ear, Nose and Tongue)

Eyes- Itchy and sore at end of day

Nose- Mucus build up that remains clogged and stuck in sinus, unable to clear

Tonsils and tongue feel sore often throughout day. Throat is bothered throughout day as well.

Ears- Gives one big pop daily usually while at work. The pressure in her ears is always relieved by a pop.

Endourological:

Nothing diagnosed, but slow metabolism, low appetite and sudden weight gain. Experiences fatigue, weakness in limbs and diminished libido.

Sexually active, in a relationship and has regular orgasms. Libido has substantially lowered in the last year. Sex drive shows up only in random and short intervals. Is satisfied with her partner, just tired.

Gastrointestinal:

Bloating, belching and gas. Belly that is firm to touch. Stabbing pain in the left hypochondriac region that pulses but does not travel. Experiences GERD once or twice a week after heavy or greasy meals.

Diagnosed with leaky gut in October 2020

Food sensitives, low appetite, desire for sweets and gluten. Recent weight gain since stopping hard drug use. Has gained about 20 lbs but then lost 5lbs. Tries to be mindful of food quality and its effects on her body. Eats dinner after 9 pm most nights. Does not feel good after fast food, but this is what her partner often wants, and she does not feel the motivation to cook.

Experiences constipation and foul-smelling bowel movements with random loose stools. Defecates once every 2 or 3 days, reports as hard, dry and small. Will always have x1 day per week where she passes 3x wet, soft and foul-smelling movements.

T,O water consumes 1 ½ to 2 Liters regularly daily and includes an herbal tea maybe once or twice a week.

Genito- Urinary:

Urinate more often in the last 3 months than previously.

Used to urinate 2-3x daily for years, now urinates 10-12x times daily. It is pale in color but cloudy and pungent in morning.

Reports she is feeling lately like the water she is drinking is not absorbing well and just running through her. No previous UTI's

Gynecological:

Menarche at 13yr

Pregnancies- 4 and none to term- 1 miscarriage and 3 abortions

She feels that her hormones are dysregulated

She experiences PMS with moodiness that results in anger and then turns to sadness until menses begins. First day of period is always heavy bloating, then is gone after day 2. Menses last only 4 days. Hunger occurs before menses and then disappears during. Sometimes migraines come when the menses begin.

Menses are dark merlot in color for the first two days and then lightens slightly for last two days. Clots occur throughout the entire four days, most periods over the last six months. Menses are often painful for the first two days.

Immune:

Feels decent and hasn't been sick since before covid started in March 2019 however experiences fatigue, skin issues, weak digestion and strong body odor.

Gets a Herpes Simplex break out on lip 4x/yr., when stress levels are especially elevated.

No known allergies other than food sensitives and sunflower sprouts.

Musculoskeletal:

Feet get extremely sore in hot temperatures and most days while working.

Muscles more tired than sore. Feels like limbs are weak and fatigued most days.

Physiological: Is experiencing Apathy. Feels tired, lazy and fatigued. Knows this is probably connected to long term drug use and has surrendered in a sense to just being tired for a while. Tired of fighting off the feeling like she should be doing something.

Respiratory:

Has a deep, wet, loud, hacking and persistent cough, that has gotten worse with use of vape pen over this past year.

Coughs often and loudly when smoking cannabis

Hacks up yellow phlegm up often when smoking cannabis

Skin:

Rosea and red cheeks with pale skin. No eczema or blemishes on rest of body other than face.

Has a strong body odor

Sleep:

Sleeps mostly sound for 6-9 hours a night. Sleeps for extended hours on weekends, 10-12 hours.

Stays up late in evening playing video games until falls asleep on couch, then makes way to bed in morning. Does not dream much.

3-day diet Diary including beverages and water intake:

	<u>Day 1</u>	<u>Day 2</u>	Day 3
Breakfast	Nothing	Nothing	Cottage Cheese, Flax oil and fresh fruit- blueberries or banana
Snack	XL Tea from Tim Hortons with 2 sugar, 2 milk	Nothing	Black tea with 2 tsp white sugar no milk
Lunch 2:30-3:00	Gluten free wrap, bacon, garlic aioli, Tomato, Lettuce, Drinks 1 to 2L at work	Cottage cheese and fresh fruit with black tea Drinks 1 to 2L at work	Salad with Tofu, cabbage, carrots and avocado Drinks 1 to 2L at work
Dinner	Fast Food from Wendy's	Food from work- often burger or salad with tofu	Fast Food from Mac Donald's
Snacks	Sometimes nothing	Pie	Or cookies

Tofu twice a week

Fast food 3x times a week

Eats out the rest of the week or brings food home from work. Once and awhile cooks at home

On weekends goes out for brunch and drinks 1 ½ to 2 liters of water daily

Physical Assessment:

Pale with red cheeks

Strong body order

Curvy figure with wide hips

Loud belching

Nails have vertical edges

Dry skin

Teeth are stained from years of cigarette smoking and her breath is hot and strong but reports no gum pain.

Observes that tongue quivers and curls under when she sticks it out

Yellow and white coating

When showing under the tongue, had trouble flexing the tongue to the roof of her mouth.

Inflexible.

Tri-Dosha Assessment:

Kapha dominant with Vata, wide big eyes, passes a lot of wind, slow, scattered and hurried sometimes. Sleeps in late. Eats one to two meals a day and often late in the day.

Has to coerce into movement

Description of Pulse: Not available

Additional images and paperwork:

Was not able to get Blood work from recent Doctors appointment in Oct 2020.

T,O took pictures and sent to me, poor pictures of eye







