

Case History

Initials: A,J

Submitted by: Sheena Lahue

May 06th 2021

Age: 39

Sex: AFAB **Gender:** CIS-F

Height: 167 cm

Weight : 81Kg

Blood Pressure:

HR: 76/100

Chief Complaint: A,J experiences nauseating pain in the left elbow (at hinge joint) if accidental contact occurs. She rates the pain on contact 10/10, feels nauseous, must sit and elevate her arm right away. After the initial pain diminishes her left elbow will throb for hours afterwards, sometimes days. She feels numbness in the ring and pinky finger on her left hand after a hit to the elbow and her grip is weakened. A,J suffers from migraines twice a month and they often accompany some fatigue. A,J's immune system is a concern for her; stemming from old childhood sicknesses to seeming to catch every cold that passes by. A,J would like to strengthen her immune system, as well as deal with the persisting pain of both headaches and elbow.

History of Present illness or condition:

3 years ago (2018) when pregnant with her second child, A,J slipped on ice and broke the fall on concrete with her left elbow. It seemed at the time just an impact wound and although it was bruised, she did not go get x-rays. Since then, it remains sensitive to contact. She has to guard her elbow when getting dressed and must be extremely careful not to bump it throughout the day. The pain has escalated in the last three months becoming increasingly sensitive to any impact and results in pain that lingers. If accidentally bumped, pain shoots down to her fingertips and then refers back to the shoulder, eventually coming back to throb in the lateral part of elbow. The pain makes her feel nauseous, she must sit down immediately and elevate her arm. She describes the initial hit as 10/10 in pain, which resides quickly, and a deep throbbing begins that will continue to bother her for the rest of her day. There is no swelling or bruising, just pain that leaves A,J's elbow hinge joint very sensitive to touch.

Her mobility has become restricted and she is unable to extend her arm fully without bracing. Feels perpetually weak in the left arm, hand and fingers tips. A,J is hyper mobile in elbow, joints, fingers and hips, which she says has caused her some soreness in past.

Some weeks are worse than others, often before menses pain is worse. Even pulling on the skin can trigger a pain response. She has ruled out bursitis, as there is no sac, but still feels the gliding of muscles feels stiff. She has not talked to her doctor about the elbow or her pain.

She sees a chiropractor regularly, but no relief has come. Time and protection from further contact helps the pain to dissipate. If in a short period of time she injures it twice, days can go by until it feels like it has settled. She will medicate with 1 ibuprofen and 1 extra strength Advil, ice and elevation two to three times a day. This is often 8-10 days a month, close to menses mostly. She wraps her elbow, more for her peace of mind, for protection and so she can sleep.

A,J has had migraines her entire life however they seem to increase around her 30's. In pregnancy they reached their height and now follow a more regular pattern.

Now migraines occur twice a month, once when she ovulates and one on last day of menses. Pain begins most often upon waking. It is focused mostly in the front lobes and temples. Rates pain at 5/10. A,J has a history of fibroids and wonders if they might be connected.

If she tries to ignore the headaches it will not go away and become worse. If she manages to get on it right away and takes 1 Advil and 1 Tylenol, she can sometimes help them to settle. Her Dad is a nurse and suggested this protocol.

Dark rooms, cold cloths and placing herself somewhere cool is helpful to A,J. She must always sleep in cold temperatures, as to help her head feel calm. She is always uncomfortable when too warm, although feels cold in general. The migraines will often last a full day.

Ibuprofen, Advil, water and coffee help settle, also sometimes cannabis during the day. Premenstrual and post menstrual headaches accompany fatigue for A,J. She feels like she is always dragging herself around. She takes an afternoon nap 2x a week and feels like she could nap often.

A,J feels her immune system is the most vulnerable in her household. Her husband and kids don't get sick as often, but she seems to catch every flu that goes around. They seem to last and last. She let me know she had mono at 11 y/o and her tonsils out at 20 y/o, that she has "never felt 100% since". Her tonsils were abnormally large. She had a chest cough and infection 2 years ago and reports still feeling a bit strained from it.

Past medical history:

- Had mono at 11 y/o
- Tonsil out 20 y/o
- Rolled both ankles separately in 20's – Had surgery on right ankle
- Laser eye surgery 27 y/o
- Used Birth control from 16 y/o to 30 y/o
- Antibiotic use with surgery's, takes a probiotic only after surgery
- 2015 first child was born, at 35 y/o and 2017 her 2nd
- Experienced hypothyroidism with both pregnancies and took thyroid medication (Synthroid) for both– was able to stop after birth (she cannot remember her dosage)
- Had a Hernia during first pregnancy
- Mastitis with first son – 36 y/o
- 2 years ago, had a chest cold and infection that lasted 5 months, felt weak ever since
- In April 2021 received Covid Shot

Current Medications/Supplements/Herbs:

| Supplement | Brand | Dosage | Consistency |
|--------------------|-----------------------------|----------|---------------|
| Iron | Ferramax (over the counter) | 150mg | Daily |
| Vitamin C chewable | Natural Factors | 500mg | Once a week |
| Vit D Drops | St. Francis | 1-2 drop | Twice a month |
| Vit B 100 complex | Kirkland | 100mg | Once a week |
| Magnesium Chewable | SUKU Vitamins | 177mg | Once a week |

Family History:

Mom – 61 y/o **full hysterectomy at 45-** Healthy. Started taking cholesterol medicine recently. Fibroids run in maternal history

Dad- 64 y/o. Dads take Synthroid, has a thyroid condition but is healthy otherwise. Farm to table lifestyle. He works as a nurse. He smokes cannabis daily. He had a heart murmur as a kid but grew out of it. Undiagnosed mood disorder and depression. Has lots of emotional trauma in life.

Sister- Suffers from Headaches/Migraines, OCD Suffers from anxiety. Preeclampsia in both child births. Is obese currently. Went keto for two years and lost some weight. Some weight has returned. Just diagnosed with Psoriatic arthritis May 1st,2021.

Maternal grandmother- HRT disease- Died from HRT attack, smoking related. 65 y/o

Maternal grandfather Died from HRT attack 64 y/o

Paternal grandmother – Healthy for most part, died suddenly at 78 y/o from brain aneurism

Paternal grandfather – Died when A,J father was 12, of Huntington’s disease

Her eldest son- Has a Heart Murmur similar to grandfathers, hoping to grow out of it

Youngest son- healthy

Social History:

Happily married for 7 years to a stable and loving man.

Content for the most part in her life. Is financially stable, happy family/home life, good friendships and settled.

A,J had no post partem depression, but described it as more an identity crisis with regards to the big change’s children bring and their impact on her adult life. A,J works for her husband’s company doing some booking keeping. Loves to be creative and is always making something like soap, beeswax wraps or greeting cards. Has plenty of creative outlets, although is starting to want a bit more stimulus and challenge for her brain.

Drink 2-3 times during week, a glass of wine with dinner, spread throughout the week.

And 2 drinks on weekends each day, red wine, maybe a beer or cider

Cannabis user- 1 joint daily usually ...sometimes more on weekends sometimes less

Never smoked cigarettes

Lacked libido in pregnancy – She let me know “ it came back swimmingly” – feels satisfied with libido with husband.

Goes to cross fit for exercise 2 to 3 times per week.

Review of symptoms:

Cardiovascular:

She experienced hypertension and high blood pressure in both pregnancies.

Gets lightheaded and known to pass/black out. Passing out happened has a few times in adult life

Get dizzy when standing up, due to altitude and pressure

Gets heat stroke easy

Experiences “White coat syndrome” When she goes to see her doctor and they test her blood pressure. It is usually high but if taken again a few minutes later, will have come down.

EENT:

Strep throat this year 2021

Laser eye surgery at 27 y/o ... helped with dry eyes however still finds eyes dry at times

Just started to wear mildly prescribed glasses, they help! Has blue light glasses

Nothing notable with ears or sinus.

Endocrinological:

Took thyroid medication in both pregnancy’s (Synthroid, cannot remember dosage)

Fibroid maternal family history

Slowish metabolism

Gastrointestinal:

Burps often and sometimes gets gas, will pass wind and feels fine

A,J had farm to table upbringing with a dad that hunted meat for the family. Mom was very in control of her eating, was always on a diet so low processed food was eaten in childhood until adulthood. Now has a mix of home-grown, local foods as well as conventional foods in the house. Eats a fair amount of

processed food now, much more than she used to as a child. Has a bit of a late-night eating habit. Feeds herself and family “kid food” (as she describes it) a lot of the time. Cheesy noodles, hot dogs etc. Is conscious and likes to eat good quality, as it feels best in her stomach and for digestion. Feels no unusual discomforts unless she over-eats.

- 1 to 2 bowel movements daily, always one first thing in the morning and maybe another before lunch.

Mostly well-formed and healthy looking brown although sometimes loose. A,J refers to her poop as bit “smelly”. Must wipe 3 or 4 times until clean.

Genito-Urinary:

No History of UTI

Urinate 3-4 times a day

Light colored urine

X1 nocturnal urination

Gynecological:

Childbirth- **First** child was 14 days late. It was a long and hard birth. A,J began to pee protein, showed beginning signs of preeclampsia, so child was induced. Tore quite badly. The length of labour was 28 hr from induction to birth

2nd -child was 10 days late and 24 hours of labour. Was a big baby at 10 lb.

Fallopian tubes were removed after last pregnancy, 3 years ago. Menstruating became a heavier flow after last baby.

Fibroids were identified in both pregnancies. Doctors thought it may complicate the birth and she was set to have a sea section; however, they seem to settle, and she was able to have both her children vaginally.

She had a 4 days menstruation cycle, before giving birth to her children. Has never really experienced much PMS, except for fatigue and headaches. Mood fluctuates sometimes but still pretty stable.

Of the 4 days menstruation 1 or 2 of them were medium flow days, then last 2 days were light flow. Used birth control from 16y/o to 30 y/o until married and decided to just go off, with children in mind. After birthing both babies within 2 months, her menstruation returned. It is heavier now and longer, 5-6 day. Her cycle is 27-days and accompanies heavy clotting for first three days. Color changes throughout flow, two days are dark almost mucousy/slimy, thick, then normal red for 2 days and then 1 or 2 light days with discharge. Experiences being lightheaded sometimes when menstruating, which prompted use of Iron supplement.

Immune:

Mono when young

Feel susceptible to every passing flu. Is often sick much longer than her family.

2 years ago, had a chest cold and infection that lasted 5 months, felt weak ever since.

Musculoskeletal:

Pain in Elbow

Pinched nerve in lower back during pregnancy with both children. Experienced constant 5/10 low lumbar and sciatica pain during pregnancy and for 6 months after childbirth. Feels relief from exercising with cross fit 2-3 times weekly.

Consistent Chiropractor visits for the last 3 years.

Psychological:

Rates stress at 2/10 ...feels low stress.

Gets triggered or stressed when she thinks about her health and pain in her elbow. She states “I start to go down a rabbit hole and start to worry”

Is prone to worry.

Happy being mom. Her eldest is 6 and youngest is 3 and just feeling like she is coming out of a fog of being a new mom. Is finally getting a chance for personal introspection. She has noticed she feeds herself last, she has not made hers a priority and sometimes feels like her true self is tugging at her shirt, aching to be looked at.

Respiratory:

Cannabis user 1 joint daily usually... sometimes more on weekends sometimes less

Never smoked cigarettes

2 years ago, chest cough, still feels strained however no report of cough or wheezing currently

Skin:

A,J has dry skin especially on her back, face and eyes.

Gets an itchy back. Her back skin has varying color with light almost white patches. She treats with dandruff shampoo or sometimes apple cider vinegar, but that burns however eases itching.

No heat signs and is often on the cold side.

No history of hives or acne, just skin is drier and more sensitive.

Sleep:

Loves to sleep but does not wake feeling rested

Lite Sleeper

Wakes x1 nocturnal urination

Sleeps between 7-8 hrs per night

Does not like mornings, takes a bit to get going

Three Day Diet Diary:

| MEAL | Day One | Day Two | Day Three |
|---|---|--|---|
| Morning | Espresso 2 cream | Espresso 2 cream | Espresso 2 cream |
| Late Morning | 2 nd coffee 11 eats first meal. 1 egg on whole wheat Dempster’s toast or avocado and WF cheese on toast | Organic Almond butter on toast | 2 nd coffee 11 eats first meal. Conventional Avocado and cheese on toast |
| Snacks in afternoon and after dinner often. | Nonorganic Apple and peanut butter or orange | Flavoured Yogurt or chocolate sometimes after dinner | Crackers and cheese or small nacho plate |
| Dinner | Pasta and marinara or cheesy noodles (feeds what family wants) | Hot dogs and hamburger | Tacos fish or Curry |
| *Always being a big drinker of water, is always thirsty | 8-12 glasses of purified water. Has a filter system attached to sink. Room Temperature | 8-12 glasses of purified water. Has a filter system attached to sink, Room Temperature X1 glass red wine with dinner | 8-12 glasses of purified water. Has a filter system attached to sink Room Temperature |

Physical Assessment:

Big boned, larger breasted, full bodied, wise eyes.
Oily with dry patched skin
Blond and blue eyed

Tri-Dosha Assessment:

Kapha dominant with Vata
Oily and dry
Late riser, slow mover, warm personality.

Additional Images and paperwork:





| HAEM1 | | | | | | |
|-------------------------|--------|-----|-----------------|----------------------|---------------------|--------|
| Test Name(s) | Result | Abn | Reference Range | Units | Date/Time Completed | Status |
| Hematology Panel | | | | | | |
| WBC | 7.2 | | 4.0-11.0 | x10 ⁹ /L | 2021-02-24 14:21:32 | F |
| RBC | 4.24 | | 3.80-5.20 | x10 ¹² /L | 2021-02-24 14:21:32 | F |
| Hemoglobin | 121 | | 120-155 | g/L | 2021-02-24 14:21:32 | F |
| Hematocrit | 0.38 | | 0.35-0.45 | | 2021-02-24 14:21:32 | F |
| MCV | 89 | | 82-98 | fL | 2021-02-24 14:21:32 | F |
| MCH | 29 | | 25-34 | pg | 2021-02-24 14:21:32 | F |
| RDW | 12.9 | | 11.0-15.0 | % | 2021-02-24 14:21:32 | F |
| Platelet Count | 341 | | 150-400 | x10 ⁹ /L | 2021-02-24 14:21:32 | F |
| MPV | 10.3 | | 9.5-12.5 | fL | 2021-02-24 14:21:32 | F |
| Neutrophils | 4.1 | | 2.0-8.0 | x10 ⁹ /L | 2021-02-24 14:21:32 | F |
| Lymphocytes | 2.4 | | 1.2-3.5 | x10 ⁹ /L | 2021-02-24 14:21:32 | F |
| Monocytes | 0.5 | | 0.2-1.0 | x10 ⁹ /L | 2021-02-24 14:21:32 | F |
| Eosinophils | 0.2 | | 0.0-0.7 | x10 ⁹ /L | 2021-02-24 14:21:32 | F |
| Basophils | 0.0 | | 0.0-0.2 | x10 ⁹ /L | 2021-02-24 14:21:32 | F |

| CHEM1 | | | | | | |
|--|--------|-----|-----------------|-------|---------------------|--------|
| Test Name(s) | Result | Abn | Reference Range | Units | Date/Time Completed | Status |
| Ferritin | 22 | | 15-130 | ug/L | 2021-02-24 20:22:57 | F |
| Probable iron deficiency. See www.bcguidelines.ca | | | | | | |

| CHEM4 | | | | | | |
|--|--------|-----|-----------------|--------|---------------------|--------|
| Test Name(s) | Result | Abn | Reference Range | Units | Date/Time Completed | Status |
| Creatinine/eGFR | | | | | | |
| Creatinine | 61 | | 40-95 | umol/L | 2021-02-24 16:00:47 | F |
| Estimated GFR | 109 | | >59 | mL/min | 2021-02-24 16:00:47 | F |
| Kidney function estimate based on assumption of a stable serum creatinine concentration; diet, drugs, pregnancy, clinical state and muscle mass can affect accuracy of the estimate. Urinary ACR may assist interpretation. See www.bcguidelines.ca/pdf/ckd.pdf | | | | | | |

| CHEM11 | | | | | | |
|--------------|--------|-----|-----------------|-------|---------------------|--------|
| Test Name(s) | Result | Abn | Reference Range | Units | Date/Time Completed | Status |
| TSH | 3.04 | | 0.34-4.82 | mU/L | 2021-02-24 20:22:57 | F |