



GREATER GLASGOW HEALTH BOARD
WESTERN INFIRMARY / GARTNAVEL GENERAL HOSPITAL UNIT

CLINICAL TEACHING CASE STUDY

**ADULT
HOMEOPATHY
CLINIC**

CONFIDENTIAL

Name: Sheila Y.

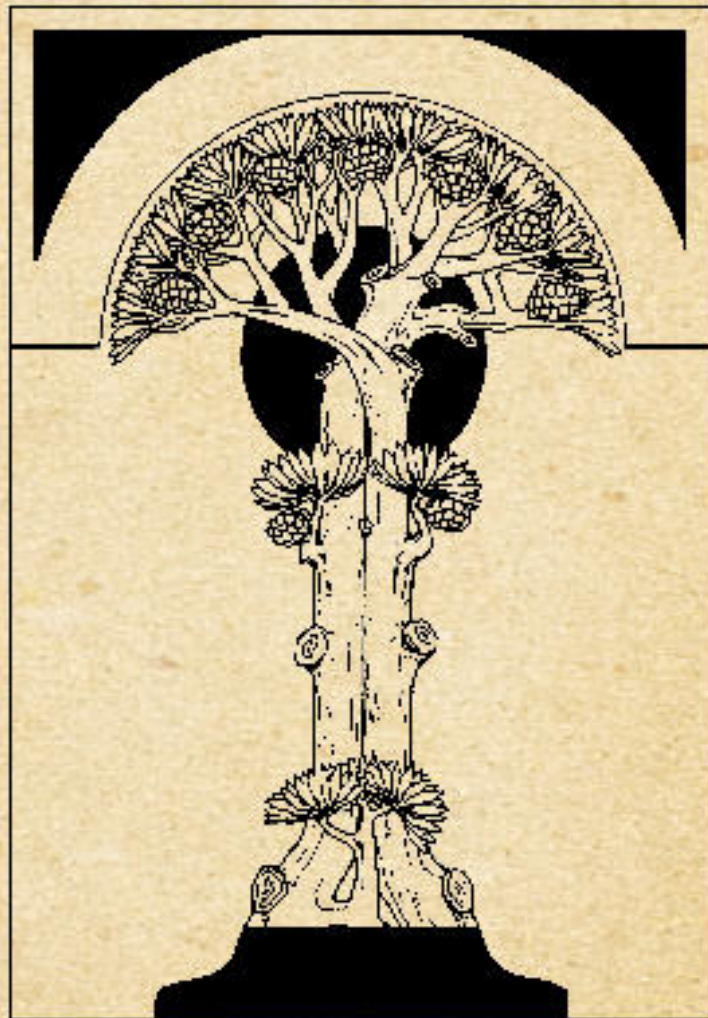
Illustrative Case No. 4.7

CLINICAL TEACHING CASE No 4.7

VIDEO CASE

Respect Patient Confidentiality

Discussion or disclosure is not permitted, except within your training group.



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VIDEO CASE

Name: Sheila Y.
Age at First Consultation 40

Presenting Complaint / Principal diagnosis:
Fatigue

INSTRUCTIONS FOR LEARNERS

Watch the first consultation. With reference to both the notes and what you see and hear, Try to identify appropriate rubrics and repertorise. Select a prescription for the case and provide reasons for your choice. Note that the early prescriptions in this case were unsuccessful, so adjust your repertorisations with any new information that crops up in the early reviews that you think is significant.



ADULT HOMEOPATHY CLINIC

Homeopathy service for this patient originally provided at:
Walker Clinic (MALCOLM)

After you have added your own notes to this interactive pdf file, be sure to save it to your computer. Once the case review for this patient has been concluded, save the final copy to your training portfolio.

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DR. G. S. FOX
DR. J. E. STRINGER

THE HEALTH CENTRE
GREENSIDE
CLECKHEATON
Telephone Cleckheaton 872200

15th June


Dear Dr. Malcolm,

Re: Sheila Y ,19, Avenue, Moortown, Leeds.

Many thanks for seeing Sheila who is a Clinical Psychologist working in West Yorkshire and who has been ill for the past four to five months. Her main symptoms have been extreme tiredness and recurrent lower abdominal pain. Her symptoms were initially associated with bloating and a change in bowel habit but these latter symptoms have now improved considerably with a change in diet. Her symptoms have been severe enough for her to be off work continuously since March and the situation is naturally now causing her some concern.

She has had full investigation from both gynaecologists and general surgeons including blood tests, endoscopy, ultra sound abdomen and laparoscopy and all of these have been normal. She is presently awaiting further investigation under the care of Dr. Howdle physician at St James Hospital in Leeds but she is naturally anxious to pursue other avenues to achieve a diagnosis and hopefully treatment and I would be most grateful for your opinion and any help you can offer with further management.

Yours sincerely,


Dr. J. E. Stringer M.B.Ch.B.

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PATIENT QUESTIONNAIRE

Please complete this questionnaire as fully as possible. Providing this information leaves more time during the interview for a detailed discussion of your problems.



YOUR DETAILS:

Name: MS
 Mr/Ms/Miss* SNEKA

Address:
19
LE
W YORKS

Postcode:.....

Telephone no: 0532 666552

Your Date of Birth: _____

Your General Practitioner's Name & Address:

Dr. J. STEWART
CLECKHUTTON HEALTH CENTRE
GREENSIDE, CLECKHUTTON, W. YORKS

If the patient is a child: Name of Parent / Guardian: _____

CURRENT MEDICATION:

Please list the names of all the medicines you are taking at present, including any creams and ointments that you use.

1. NOVE
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Have you ever experienced side effects from any of the drugs you have listed: Y / N *

Are you allergic to Penicillin? Y / N *

Are you allergic to any other drugs? Please list them below.

- A. POASTAN & RELATED DRUGS
- B. CODEINE
- C. _____
- D. _____

HAVE YOU TAKEN ANY HOMOEOPATHIC MEDICINES IN THE LAST SIX MONTHS? Y / N *

If so, please list them, stating the potency; when and for how long used

- ARNICA
- ACONITE

General Information:

How tall are you? 5'6"

Do you know how much you weigh?

9 Stones 8 lbs.Kilos

Do you drink coffee? Y / N *

6 cups per day.

Do you smoke? Y / N *

20 per day

Do you drink alcohol: Y / N *

6 units per week.

Are you right handed or left handed? Right / Left *

Your Provident Society Number (if applicable)

- *BUPA:
- *PPP:
- *Other:

*Delete where applicable.

If you would prefer to leave this column blank, these details can be covered in the course of your consultation with Dr. Malcolm.

Your Family History:

Marital status:

(Single) / Married / Widowed / Divorced / Separated*

Have you had children ? Y (N)*

Boy / Girl* Age:.....

Boy / Girl* Age:.....

Boy / Girl* Age:.....

Boy / Girl* Age:.....

Boy / Girl* Age:.....

Boy / Girl* Age:.....

Boy / Girl* Age:.....

Family health: ADOPTED

Is there any family history of asthma ? Y / N*

details:.....

Is there any family history of eczema ? Y / N*

details:.....

Has anyone in your family, or in your parents' families, had Tuberculosis ? Y / N*

details:.....

Occupation:

What is your job ?

CONSULTANT CLINICAL PSYCHOLOGIST

How long have you been doing this work ?

13 YEARS

Have you ever worked abroad ? Y / (N)*

Where.....

How long ?.....

With a patient's consent, consultations are sometimes recorded for the purpose of research, or for use in the post-graduate teaching of medical doctors who are studying homoeopathy.

DECLARATION

I Sheila Yi consent to audio-visual recording of my interview, for the purpose of a) further study of my case for therapeutic purposes* / b) research into homoeopathic treatments for my condition* / c) the teaching of postgraduate doctors in homoeopathic medicine (delete as required).

I understand that information is treated confidentially, and used solely and expressly for the purposes outlined above.

Signed, Sheila Yi Date: 20.6.

For office use only:

FH.

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SH.

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FIRST CONSULTATION

Summary Casenote

Patient name / id

Did you phone me a little while back or not ?

My GP did.

VIDEO <https://youtu.be/f8IXMUa1kU0>



It started with a distended abdomen... not any pain but from about January, I began to get lower abdominal pain. I went on quite a strict healthy diet because that has often sorted out indigestion problems before, but it didn't help. Also by about February I began to get increasingly tired.. fairly exhausted... and my sleep patterns went from sort of 6-7 hours a night to around twelve or fourteen. Round about the same time my temperature control seemed to go... as though I was cold most of the time... and all the symptoms really remained the same. I couldn't carry on working and stopped working in March.

What were you doing?

I am a clinical psychologist.

Has anything else evolved and developed since March?

Not really, all the symptoms have stayed the same. As my GP's letter says: I have had numerous tests and they have all come back negative.

Did she check your thyroid function?

I think so.

Have you had any scans or ultrasound, and did they find any problems with the ovaries?

There was a small ovarian cyst, but it was a little one.

Just a single one?

Yes

I have a lot of adhesions from a previous events.

So you have had ovarian cysts removed in the past?

I had one very large one seventeen years ago.

Are you on orthodox medication at the moment?

I am not on anything.

They haven't given you spironolactone in the past or any medication like that?

No

What about illnesses in the past other than the ones you have mentioned?

Generally speaking I am very healthy, having said that I have had about twenty operations, but they have been mainly on my knees, following a sporting accident in my teens...and then the gynae' problems...about four D& Cs, a colposcopy and ***

Why did these operations come about, what were the symptoms that brought you to require investigation?

Which? All of them?

The D&Cs and so on.

I had very heavy periods in my late teens and was becoming virtually anaemic and the cyst was found on routine examination.

[Have there been] changes in your periods, or changes in your physiological reactions?

Periods have been a bit haywire. I had an abnormal smear last summer and had

FIRST CONSULTATION

Continuation sheet

Patient name / id.

colposcopy last June, and over the last year...It used to be very regular...the cycle has gone a bit haywire: from nineteen to thirty days...they used to be bang on twenty-eight, and they have got much heavier and much more painful.

When they did the colposcopy, did they do any cone biopsies or cautery or anything [else] on the cervix.

They burnt something out?

The low abdominal pain that started in January, what was that like...what did you experience?

Most of the time it is just a discomfort, but some of the times... particularly at night it is on both sides just below the waist... and it can become almost stitch like, quite sharp... so that some nights I can't actually sleep lying down.

I have to sleep sitting up... and I certainly can't sleep on my side... if I turn over and lie on my side it gets worse.

Does it get worse on the side you lie on?

YesI tried a lot of exclusion diets to see if I was becoming allergic to something...but that didn't seem to help me...but often after food, half an hour after I have eaten anything...fruit or a larger meal...I can have a sudden attack of pain which leaves me almost doubled up...and usually with this I go quite white and feel quite sick...although I haven't actually been sick and that can last between 30 seconds, to ten or fifteen minutes.

What kind of pain? Is it quite sharp?

Yes, so that I have to double over?

and that is in the same place?

No that is usually (indicates)

...more central.

Yes

More than on the left?

Yes

... and provoked by fruit and some other things?

No, I can't pin it down to anything but it often happens after I have eaten...half an hour after I have eaten.

You had this in the past, and you said that a healthy diet previously helped to resolve the bowel symptoms...is that right or not?

That was nothing like this, I used to get some indigestion after eating and a lot of flatulence. I used the Hay diet and quite often it would just clear up... within a few days really. But that didn't work this time... it just got worse.

So what is your cycle like at the moment... you say it has gone a bit haywire... how would you describe your menstrual cycle at the moment?

Well, the last cycle was thirty days, the one before that was nineteen, the one before that was twenty-three.

And how many days did you bleed?

About five which is more than it usually is.

... and that is associated with some pain?

Yes it is very painful

...and is that pain different form the pain you have already described?

Yes, it is lower down... more in that sort of area... and more cramping than sharp.

Does that come on before the period, during the period, or after the period?

During. Not before or after.

FIRST CONSULTATION

Summary Casenote

Patient name / id

... and it stops when the period stops?

Yes it stops after three days, the last two days I don't have any pain.

Are there any other cyclical symptoms with the period... some premenstrual tension, headaches... things that you would associate with your cycle: changes in your skin?

I feel quite bloated for a couple of days before the period starts and certainly during the period it feels to me that there is a lot of water retention, I don't pass nearly as much urine. More sore breasts associated with the cycle than I used to.

Who is at home with you?

Just me.

Have you had a relationship in recent years?

No not in the last five or six.

...and what about prior to five or six years ago, was there a boyfriend?

Not really, I haven't had a ... I quite like living on my own. It's not a problem. I am not somebody that gets lonely. I have quite an active social life. My last long term relationship was probably twelve years ago... it is not something I miss.

...In the last four months that I have been off work I have tried to do a little exercise, to keep the legs moving and that just exhausts me so I often go back for a sleep after going for a half hours' walk.....I think that my brain is more tired

t I carried on...I do some private work...I carried on doing bits of that...and I feel that I can do it in short [sessions].

Do you feel that the fatigue affects your legs more than your arms? Is there any aching in the muscles?

No, I don't have any muscle pain...

Have you become chillier?

Yes

How does that manifest itself? What do you notice?

I feel cold.

...all the time?

Most of the time. I mean, it feels like a thermostat that has been turned down and occasionally gets turned up. I mean I have the central heating on or a gas fire on and if I feel cold I will turn the fire up and suddenly I will get hot again. I don't know why, it feels like it has gone out of control...I don't know what you would call it. I am worse in the morning, I am cold in the morning from when I first get up.

How much do you perspire?

Not a lot.

If you perspire is it patchy or diffusely the same?

I think diffusely the same.

Are you tolerant of the sun?

No, I burn even in Scotland.

That takes a lot of doing.

Yes. I can't go abroad anywhere in the summer months. I just blister.

FIRST CONSULTATION

Continuation sheet

Patient name / id.

.... Well emotionally I like the sea.. I don't see a lot of it.

Your sleeping...the cycle has become extended now...is it quality sleep? ...are you like a log and refreshed after it?

That can be variable. Sometimes, yes I go out like a light and don't really wake up again 'til morning. But most of the time I wake up four or five times.

Would you say you are a light sleeper?

Yes, but that has changed in recent years. It used to be like trying to wake the dead trying to wake me up, but over the last four or five years I have had a really stressful time at work...I did wonder whether some of this was to do with that... my sleep has become much lighter..

What aspect of your work do you find stressful?

Well, I work with children ... I am involved in uncovering a number of child sex abuse rings, sometimes involving threats and perhaps intimidation and difficult times with children and various court cases. There is press attention... things improved about two years ago and the stress began to diminish.

The individual cases, how do they affect you emotionally?

The whole range. I get very angry, I get really sad and I've been very frightened... people breaking into the house, and things... and as frightened by the stuff that is going on... depressed at people and what they are prepared to do.

Has it affected fundamentally your own beliefs in people and life generally?

I think it did to start with, I think that everybody that was involved with this, in the first two or three years, have found that life has never really been the same again, and then you kind of come back from that... it's like when you first discover the forms of abuse.... so yes I was in despair about the human condition about five years ago but I think I have come back to a more balanced view in the last two or three years.

...How does the emotion express itself... how does anger and sadness, and so on, express itself in you?

Oh I express it verbally, I have this advisor and I have a therapist within the job support network, so I talk about it and experience it.

Is [there] anything that has happened to your children - the children that you have been involved with professionally - are there any of the issues there that are something that exists within your experience?

No, no, I wasn't abused as a child?

Are you dreaming at night?

Yes....

...Are there any others symptoms that you have noticed?

Itchiness...I haven't seen any rash, but I have been... particularly on my arms...I have been scratching.

What does it feel like?

It feels as though it is on the surface, but though I keep scratching it doesn't go away.

Are you catarrhal?

No.

FIRST CONSULTATION

Summary Casenote

Patient name / id

Is there gurgling and churning and activity in the abdomen?

Oh yes, it is noisy all the time...most of the time, and lots of wind.

How would you describe yourself as a person?

That is the kind of question they ask you in job interviews.

...I regard myself as happy... some say I take life too seriously.. but I've taught myself to have fun. Yes, I am contented.. life's OK... I like my work and I like my other life too.

What kind of personality do you bring to your work?.. Another job interview question... I mean, how are you seen in your working environment?

I am seen as the person who provides the support and the supervision to the team I work in, which can be a bind sometimes. I bring my ability to be empathic... that it my most useful attribute and I think it is also a skill. I can be quite outwardly calm in very difficult situations.. I don't feel I fly off the handle or get hysterical about things.

[Do you have a strong sense of duty?]

I don't think that duty is the right word, I am very committed to my work and to treating people kindly and with consideration.

Where does this commitment come from, do you think?

Well I think that some of it definitely comes from my parents, well the ability to succeed... I think I have translated that into commitment... and I think that's something I have always had... if I want to do something I want to do it well. I certainly want to be seen to be doing it well too. I like to get praise.

Do you have high personal standards in terms of what you will and will not accept from yourself?

Yes, yes, but that can become stressful as well, because my standards are sometimes different to other people's. What I... I mean now... that's why the last two years I have been less stressful... I work in a team where we basically each share the same attitude, approach, discipline... that is why I signed myself to an immediate working environment with people who share the same beliefs.

What do you drink mostly?

Coffee.

...The only way that I can cope with the amount of work that is coming in is to have, is to be perhaps almost rigid, certainly very organised.. it is perhaps unkind to be extremely organised, so I am someone who makes lists... but in my personal life I like things to be very spontaneous, on a whim call someone and suggest we do something.

What about hobbies?

Theatre, music, writing, reading

I work on an empathic level, so that I can pick up what is not being said. But I am not seeing something before it has been shown [to] me. So I find children being abused when other people don't, but I'm on that kind of level... others had suspected before they came to me but didn't manage to get the information from the child. I'm not asking for information, just responding to what I get.

Do you cry?

Yes, very much so.

It is a catharsis for you, does it make you feel better?

Yes, I have trouble with anger... expressing anger, but not with tears.

FIRST CONSULTATION

Continuation sheet

Patient name / id.

How bad did things get in March?

I was just exhausting myself by going to work... also the pain was getting bad then. And [there had] been a couple of sessions with a client when I just had to stop because of the pain. I went off to have the laparoscopy and just never went back, basically.

...and the pain when it was at its worst, can you describe exactly what it was you felt...what you experienced at that time?

It was like a very sharp stab like pain, it made me certainly catch my breath, and bring tears to the eyes, and made me so I couldn't concentrate on anything else until it had passed. And there were aftershocks so to speak.

Felt where exactly, would you say?

I could move about...It is all below waistline... or mostly... the pain after food is mostly there (indicates), and the sudden pains that I tend to get in the night are more either side lower down (indicates)

FIRST CONSULTATION

Name SHIELA Y D.O.B. Sex Occ. Date 29/6

Address

Complaint

History of Present Illness

No ART! just started to feel ill.

Abnormal smears last summer

Colposcopy last June.

Cycle has gone haywire

goes to sleep

no myalgic pain

Symptoms started last Oct

distended abd.

No pain ^{Most of time have discomfort. both sides just below waist: stilet-like sharp < on side than on.}

Low abdo pain started January

Started on "healthy diet"

Began to get hired ++ in Feb.

Sleep pattern → 6 → 12-14 hrs

became cold most of the time

Stopped working in March

Symptoms have stayed static since.

Previous Illnesses

20 operations: mainly livers & splenic ops on livers.

4 x D+Cs.

Personal

a bit bloated 2/3 prior to M.P. + dmnis.

Menstrual History

19-30/5 very painful: - suprapubic, crampy. dmnis M.P. only. stops after 3/7

Family History

water retention. Urinary of bowels breaks sets.

Examination

Heavy M.P. in late term: becoming grossly anaemic

liver alone: -

No recent relationship

TFT's N small ovarian cyst.

One very large ovarian cyst removed (6/1)

No current med^c.

No nasal sprays or steroids.

liver cancer

No trigger

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Not so tall. ^(emotionally less so.)
 brows ever in Scotland.

Thermometer control gone < assume;

HOMOEOPATHIC SYMPTOMS

Generals

Heat :-

has become colder

Time :-

Cold :- most of the time

Sweat :-

Stomach

Weather :- ||

Not much perspⁿ

Appetite :-

Disordered

Aversions :-

shellfish, esp^c crab esp.

Thirst

coffee.

Distⁿ <

Desires :-

fruit, veg, chicken, fish, potatoes, tomatoes salt⁺

Sleep :-

waking 4/5. has become a light sleeper

Used to get flatulence

& dyspep. → May diet.

Particulars

dreams :- no themes.

Head :-

No headaches.

Stomach

Some G+C. Noisy all the time

A lot of wind.

Eye

Some flicking eyes. fluttering eyelashes.

Abdomen

Sudden attacks of pain.

Ear

Not catarrhal.

Bowels

30sec + @ side.

Nose

Throat

Face

Tongue a little

Genito-urinary

↓ 1 hr after eating

Mouth

lined, swollen.

Back

No discharges

Respiratory

teeth a little

Extremities

No discharges

no better for scales

Some cramping & wided
 calves. otherwise no movement.

Requires extreme organisation to cope with day.

MENTALS

eyes look sad
 low heavy brows.

likes living on her own
 active social life

lost relationship 12/1 ago.
 Has taught herself how to have fun

likes her work. Content.
 Sensitivity.

Over last 4-5 yrs has had a stressful time at work
 Supports & supervises team. Outwardly calm
 Ability to be empathic

Works with children: uncovered sex abuse rings
 court cases, threats of press exposure.

Gets angry + sad + frightened, depressed
 Good support network in place for internal counselling

Committed to her work
 High personal standards
 Enjoys theatre, music, reading.

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Telephone call

Telephone call

4/7
Severe Odontalgia along 5 teeth
Dentist has performed a nerve ablation
in one to reduce pain after simple
block failed
? aggravated from remedy

200/2 104/1

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FIRST REVIEW

FIRST REVIEW

25/7

Nothing much happened

No change

Nothing changed

Pain was beginning to start while here

Resp 150

Dentist took out fillings and injected analgesic. Did a nerve ablation and pain settled. Didn't take coffee

Chronic breathlessness + abdo distension + pain variable : always there to some extent. No obvious pattern.

Distension @ IF & @ of umbilicus : previous scar + adh.

Pain shifts around has localised to ovarian region sometimes both sides : more predominant on @.

Lying flat exacerbates pain.

Menses :- 27/7 heavy painful, protracted.

cramping duration controlled.

retains a lot of fluid, 4-5 lb.

mood with PMT as seen as period starts >.

No mouth ulcers.

Some itches :- upper arms.

Operative scar has become itchy

Bowel function

No headaches.

R/3

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19 Moor Allerton Avenue,
Leeds.
West Yorkshire. LS17 6SG.
(Tel: 0532 666552)

1st October

Dear Dr Malcolm,

I am writing to bring you up to date with progress on my health since my taking the last remedy you sent through the post (approx. 6 weeks ago).

I can report that there have been some positive effects and my scepticism is on the wane (the last remedy tasted so like sugar I was half convinced you has sent me a placebo!).

Firstly, my extreme tiredness, which the traditional medics are considering labelling chronic fatigue syndrome, not that I understand that necessarily effectively means a great deal. This tiredness began to lift 5 days after taking the remedy, and whilst I am not exactly bounding about like a spring lamb, I do have more energy than I have had in the last 6 months, and I am sleeping nearer a more usual 8-9 hours a day as opposed to the 14-16 before.

Secondly, this remedy also seems to be having a positive effect on my periods. I've had 2 since taking the remedy, and whilst both were relatively early (23 and 24 days), they were less heavy and less painful, and I experienced less dizziness and loss of colour. The pattern of bleeding has also changed, being slower to start and slower to stop.

Thirdly, my abdominal/lower abdominal pain. This is less frequent and less severe, and seems to have settled bi-laterally approximately where I imagine my ovaries to be, and at its most painful close to the gynaecology scar and associated lesions/adhesions.

Fourthly, the stomach/abdominal distension. This remains unchanged, and gurgling and flatulence also persist.

Regarding the hospital tests - all have come back negative. I still await the barium enema, but that is the last invasive procedure I will consider. I am not being offered any treatment and would not accept any without discussing it first with you.

So I am pleased and impressed (if surprised!), and will wait to hear from you as to what direction you think we should follow next.

Yours sincerely,

Sheila Y.

SECOND REVIEW

...How was your trip up?

Alright, busy train

Yes, it would be on a Friday. So, I wonder if you could maybe just recap' on everything that has happened, so that I am just able to patch out in my own mind [the course of events]

It was the twenty-fifth of July, and we sent out the remedy, didn't we, last time. What happened in the period following that?

Nothing for about five days. About five days later, I started to feel less tired and have more energy and that has continued. I find that I'm sleeping a normal eight or nine hours instead of fourteen to sixteen..... A lot of the symptoms have gone, some other ones have gone too.

Which ones do you think are the most obvious?

The pain I was having is much less frequent. It hasn't happened at all in the last fortnight... just the odd twinge.

Periods?

Well, I've had three since I took the remedy. They're mainly early...sort of twenty-three, twenty-four days, but the first two were less painful, less heavy.

The last one felt like it wasn't as good but it certainly wasn't as bad or as painful or as heavy as they had been. The pattern of bleeding has changed too.

In what way?

Slower to start and slower to stop.

How about the skin generally?

I have had some itchiness but nothing really to make note of. The temperature has got better. You remember I used to be either very cold or very hot. That seems to have evened out. It's like the thermostat has started working again.

How have you been in your mood and in your general wellbeing?

Well, happier, but then I've got more energy. I was getting really down about how long I'd been off work and how I was feeling. It seems now that I've got more energy back that my mood has lightened. I'm putting that down to my response to how I was feeling.

The things that are left that need really to be addressed.... The things that are most important are the abdominal symptoms. The remaining abdominal symptoms?

Yes.

Are there any other symptoms that remain, that are a problem for you?

No. If I can get rid of the distension and the gurgling I'll be happy.

When..... Is there a pattern to the symptoms in the course of the day at all,

I think that it's better in the morning... or after a period of not eating or drinking anything.

So fasting improves it?

Yes.



<https://youtu.be/2zhhGUN6C2U>

SECOND REVIEW

28/10

Nothing happened for 7/7

Then started to feel less tired
Generally more energy.

Now sleeping 8-9/24.

→ No initial disturbance

The pain is much less frequent. None at all for past fortnight

M.P. 3 since remedy: still early: 1st two less painful & less heavy. Last one not so good

→ Bleeding pattern has changed. Slower to start + slower to stop. Today a few flecks still there.

Abdominal symptoms remain: distension & gurgling :-

gurgling :-

Probably better in morning.

→ fasting. Not eating or drinking

Gurgling < if empty.

Bowel OK:- Regular: normally formed.

G.I. Still some tendency to retain fluid.

No specific foods affect bowel.

No discharges.

D:- Lardoes, fish, pasta, chicken, red veg.

A:- salt, sweet.

fruit.

General wellbeing has pleased.

Was v. chilly. Thermostat working again.

Abdominal distension & gas → passing flatus.

Happier due to increased energy.

19 Moor Allerton Avenue,
Leeds LS17 6SG.

23rd January.

Please note new tel. no. 0532 935972.

Dear Dr Malcolm,

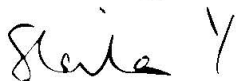
I write to bring you up to date with my progress healthwise. I returned to work at the beginning of December, and am managing relatively well with a four day week, which I can continue till the end of March when I need to return full time. I feel that I have considerably more energy than I have had for some time. However I am still operating at about 80% of previous levels.

Again it feels like I have made more progress since I saw you last, but have reached a plateau once more. The stomach/lower abdo. pain has gone, and the distension is less, and wind less. The itchiness has nearly gone, but my bodily temperature still fluctuates, and when I become cold it is a struggle to warm up again. I no longer have times of feeling very hot.

The main problem is with menstruation. The last two periods were 21 and 27 days, and heaviness of blood loss, pain, bloatedness and water retention, and changed pattern of bleeding (longer - 5 days of heaviness and pain) remain. For the first three days of the period it is a struggle to get through a working day. And I still feel that I am retaining more fluid throughout the month than I used to.

I am hoping that you can suggest a further remedy, if that seems appropriate to you, without my travelling north again, but if you would like to see me in person, I'm sure I can arrange something.

Yours sincerely,



Sheila Y.

SUBSEQUENT REVIEW



<https://youtu.be/Wku6Dh10eMM>



SUBSEQUENT REVIEW

Now I've got your letter. I'm sorry I haven't responded fully to you. So... maybe we could just start with an update on what's been happening since I saw you last. Some things have improved and other things have remained pretty much static, is that right?

Yes. Most things have improved because I'm back at work now.

What things have changed additionally to the last visit in October do you think?

Less exhaustion, although I still don't feel that I'm back to what I was, but that's certainly improved. I haven't had any pain... abdominal pain at all. I think the distension is less. It's occasionally there, but it's less.