

OHb CASE STUDY, "LAURIE"

Patient Details

Gender: Female

Age: 54 yrs.

Height: 5' 3"

Weight: 140 lbs.

Additional Information: Menopausal

EVALUATION

ASSESSMENT EVALUATION

Estrogen Deficient - Primary	Moderate++	Adrenal Deficient	Moderate
Estrogen Deficient - Secondary	Moderate++	Testosterone Deficient	Moderate
Estrogen Excess - Primary	Moderate++	Thyroid Deficient	Moderate
Progesterone Deficient	Moderate++	Thyroid Excess	Unlikely

MEDICATIONS & ALLERGIES

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Medications	Nutritional Supplements	Allergies
prempo-0.3/1.5 mg-Oral-for hormonal support	Antioxidants	PCN-Drug-Difficulty breathing
synthroid/levothroxine-25MCG-Oral-maintenance dose only	Calcium-Calcium Citrate	mold & pollen-Environmental - Mold-Watery, itchy eyes
calcium with 500 IU vitD-1200 mg daily (630/500 IU)-Oral-for bone loss	Vitamin D3-400 u	certain pollen-Environmental - Pollen-Runny nose
	Digestive Enzymes	
	Pro-biotics	
	Immune System	
	Liver Support	
	Melatonin-1-3mg	
	Multi Vitamins	
	Sleep Supplements	
	Stress, Anxiety or Mood Support	
	Thyroid Support	
	Weight Management-Metabolic Boosters	

NOTES

- Patient discontinued Prempro for 1 month prior to first set of labs
- BHRT therapy start 1/2014
- Started on Bi-Est 80/20% 5mg/cc (E3 80%/ E2 20%)
- Sig: apply ½ cc transdermally qAM and PM
- Progesterone 125mg-SR Sig: 1 cap p.o. qHS
- Testosterone 5mg/cc Sig: apply ½ cc transdermally qAM
- DHEA 10mg-SR Sig: 1 cap qAM
- d/c Synthroid 25mcg
- Start Armour thyroid 60mg Sig: 1 tab qAM on empty stomach

LAB TESTS

Lab Test	Reference Range	OHb Optimum Range	Current Results (10/3/2014)	Result (09/22/2014)	Result (04/28/2014)	Result (01/14/2014)	Result (NA)	Result (NA)	History
Estradiol-E2	6 - 54.7	30 - 100	<div style="width: 100%;"></div>	22.2	15.6	-	-	-	
Estrone-E1	14 - 103	30 - 60	<div style="width: 100%;"></div>	-	-	78	-	-	
Progesterone	0.1 - 0.8	6 - 20	<div style="width: 100%;"></div>	8.21	1.4	-	-	-	
Testosterone Total	7 - 40	35 - 60	<div style="width: 100%;"></div>	11	16	6	-	-	
Testosterone Free	0 - 2.2	2 - 2.2	<div style="width: 100%;"></div>	-	0.4	-	-	-	
DHEA-S	29.4 - 220.5	200 - 337	<div style="width: 100%;"></div>	-	115.4	44	-	-	
Cortisol AM	2.2 - 19.2	14.1 - 19.4	<div style="width: 100%;"></div>	-	12.6	18.6	-	-	
Luteinizing Hormone-LH	7.7 - 58.5	7.7 - 58.5	<div style="width: 100%;"></div>	-	48.9	-	-	-	
Follicle Stimulating Hormone -FSH	25.8 - 134	1.7 - 8	<div style="width: 100%;"></div>	-	107	-	-	-	
Free T3	2 - 4.4	3 - 4.4	<div style="width: 100%;"></div>	0.72	2.6	2.2	-	-	
Free T4	0.82 - 1.77	1.39 - 1.77	<div style="width: 100%;"></div>	0.75	0.99	0.99	-	-	
Reverse T3	9.2 - 24.1	7 - 16	<div style="width: 100%;"></div>	-	11.1	14	-	-	
TSH	0.45 - 4.5	0.45 - 1.6	<div style="width: 100%;"></div>	2.89	1.7	3.3	-	-	
Thyroid Peroxidase	0 - 34	0 - 34	<div style="width: 100%;"></div>	-	-	8	-	-	
Anti-Thyroglobulin Antibodies	0 - 0.9	0 - 0.9	<div style="width: 100%;"></div>	-	-	-	-	-	
25-Hydroxy-Vit-D	30 - 100	55 - 100	<div style="width: 100%;"></div>	34.6	35.3	55	-	-	
Hemoglobin A1C	4.8 - 5.6	4.8 - 5.3	<div style="width: 100%;"></div>	-	5.2	5.4	-	-	
C-Peptide	1.1 - 4	1.1 - 2	<div style="width: 100%;"></div>	-	1.4	1.4	-	-	
Total Cholesterol	100 - 199	100 - 199	<div style="width: 100%;"></div>	-	-	203	-	-	
HDL	40 - 40	60 - 110	<div style="width: 100%;"></div>	-	-	68	-	-	
LDL	0 - 99	0 - 84	<div style="width: 100%;"></div>	-	-	113	-	-	
Triglycerides	0 - 149	0 - 89	<div style="width: 100%;"></div>	-	-	111	-	-	
WBC	3.4 - 10.8	3.4 - 10.8	<div style="width: 100%;"></div>	-	-	-	-	-	

PATIENT HISTORY SYSTEM RESPONSES

PATIENT HISTORY -- SYMPTOM RESPONSES

Name:	Lauree Ford	DOB:	09/11/1959	Age:	55 Years.
Gender:	Female	Hormonal Status:	Menopausal		
Comments		2/27/2014	11/26/2013		
Weight		140 P	140 P		
Estrogen Deficient - Primary ---- Aggregate		Moderate	Moderate++		
1. Hot flashes		0	4		
2. Night sweats		0	4		
3. Vaginal dryness		0	0		
4. Forgetfulness or mental fogginess		5	2		
5. Mood change or recent onset of depression		4	2		
6. Difficulty falling asleep		4	4		
Estrogen Deficient - Secondary ---- Aggregate		Moderate	Moderate++		
1. Sagging breasts and loss of breast fullness		0	4		
2. Loss of skin radiance or quickly aging skin		4	3		
3. Dry eyes		3	3		
4. Lessened self-image and attention to appearance		0	3		
5. Weight gain		3	4		

ADDITIONAL TREATMENT NOTES

- BHRT dosage adjustments 4/2014
- continue Bi-Est 80/20% 5mg/cc (E3 80%/ E2 20%)
- Sig: apply ½ cc transdermally qAM and PM
- Increase Progesterone from 125mg-SR to 175mg-SR Sig: 1 cap p.o. qHS
- Increase Testosterone Testosterone 5mg/cc to 7mg/cc Sig: apply ½ cc transdermally qAM
- DHEA 10mg-SR Sig: 1 cap qAM
- continue Armour thyroid 60mg Sig: 1 tab qAM on empty stomach

PATIENT SYMPTOM RESPONSES

PATIENT SYMPTOM RESPONSES

Estrogen Deficient - Primary	Estrogen Deficient - Secondary	Estrogen Excess - Primary
Hot flashes 4	Sagging breasts and loss of breast fullness 4	Weight gain, especially in hips 4
Night sweats 4	Loss of skin radiance or quickly aging skin 3	
Forgetfulness or mental fogginess 2	Dry eyes 3	
Mood change or recent onset of depression 2	Lessened self-image and attention to appearance 3	
Difficulty falling asleep 4	Weight gain 4	
	Increased joint or muscle pain 4	
	Decreasing bladder control 2	
	Decreased sexual drive or sensuality 5	
	Increased anxiety 3	
Progesterone Deficient	Adrenal Deficient	Testosterone Deficient
Insomnia 4	Lack of stamina or slow recovery after exertion 4	Decreased sex drive 5
Anxiety, irritability and nervousness 4	Constant fatigue 4	Loss of muscle tone or muscle mass 3
	Stressed 4	Indecisiveness 3
	Poor mood 3	Decreased memory or foggy brain 3
	Intolerance to loud noises 3	Lack of energy and stamina 4
	Poor sex drive 3	Slowed metabolism 5
Thyroid Deficient	Thyroid Excess	
Fatigue 4	Nervousness and/or anxiety 4	
Weight gain (evenly over body) 4	Insomnia 4	
Cold hands and feet 3		
Intolerance to cold 3		
Dry skin 4		
Decreased memory and concentration 5		
Weak or digested nails 3		
Depressed mood 4		
Muscle Weakness 4		
Decreased sex drive 5		