



## **Pre-Course Preparation – Case History #4**

**Exercise: Review the anatomical and metabolic regions involved with the case history and determine what metabolic and neurological factors can impact the brain. A detailed review and videos of the examination will be presented in module titled, “Identifying the Most Common Neurodegenerative Diseases and Clinical Applications” on day 2 in the presentation titled “Case Study” by Dr. Kharrazian. This case will be dissected into the functional neurology decision-making tree flow chart at the end of the document.**

### **Case History #4**

53-year-old, female, business executive

#### **Chief Complaints**

1. Fatigue
2. Hypothyroidism (on thyroid replacement therapy with normal TSH)
3. Chronic digestive complaints despite healthy diet and digestive supplements
4. Frozen shoulder

#### **Medications**

Levothyroxine 68.5 mcg

#### **Supplements**

Enzymes, probiotics, vitamin C, vitamin D, Iron, glycinate, glutathione, multi-vitamin, permeability factor



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**History – Questions were sent to the patient electronically and the patient answered them below**

- 1) Please list your name, age, sex, education, profession, sports and hobbies.  
XXX 53, female, college, vice-president of a company, sports, working out at the gym and hobbies include decorating.
- 2) List your chief complaints in order of your importance. Fatigue and energy level, digestive issues, constipation, feel pain in my eyes at times, hot & cold periodically thyroid medication just suddenly does not feel like it is working right and sometimes headaches.
- 3) Provide a detailed narrative of your health history in a timeline sequence.
  1. January 2012 I had my gallbladder removed. I started getting lower right hand back pain and bad indigestion. I went to my gastro doctor he ran a gallbladder function test we found my gallbladder was functioning only at 12% and shortly after we scheduled the surgery.
  2. In January of 2010 starting feeling extremely fatigued, losing weight, hair falling out, brain fog, severe headaches and health declining by the day. I went to numerous doctors for months and in May of 2010 diagnosed with Celiac disease. I went on a gluten free diet prior to being diagnosed and found I am severely impacted if I ingest gluten. I am currently and have been on a gluten free diet for approximately 2 ½ years. All the products that come in contact with my hair and skin are also gluten free.
  3. I was on thyroid medication for 15 years prior to my diagnosis had a small lump on my thyroid and it turned out to be a benign tumor. The doctor at the time decided to put me on thyroid medication 100 mcg Synthroid to stop the growth of the tumor in lieu of removing the tumor. I had no problem for 15 years however my thyroid became unbalanced when I started experiencing the symptoms from Celiac disease. It took all of the 3 years and several doctors to balance my thyroid and I still have issues today.
  4. I had a full hysterectomy in 2001 and have been on hormone replacement testosterone and estradiol pellets. Approximately every 6-7 months since 2001 I receive pellets for my hormone replacement. When my pellets run out it is difficult to function until I receive my next pellet which is approximately a 5-10-day waiting period. I have tried other methods such as the creams/ gels and feel agitated, get headaches and it does not seem to work for me as well as the pellets. It has been a challenge between my celiac disease, thyroid and hormones being balanced on a consistent basis.



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- 4) List all diagnosis given to you in a timeline sequence and your personal opinions about the diagnosis. Approximately 15 years ago I was diagnosed with a benign tumor on my thyroid and put on thyroid medication to avoid growth of the tumor and surgery. Since then I had nodules checked twice that resulted with a negative finding. I believe I did not have a choice and feel I had to take this course of action. I had a full hysterectomy in 2001 had endometriosis and constant issues with my period. If I had to do it over I would have not had the surgery, I spent the last 11 years cycling when my hormones run out and when receiving my next pellet. In 2010 I was diagnosed with Celiac disease I actually diagnosed myself prior to receiving my diagnosis. I did my best to figure out a gluten free diet approximately a month prior to my diagnosis and when my 3<sup>rd</sup> gastro doctor finally figured it out he did a biopsy however since I was gluten free for 1 month it came out negative. Along with my endoscope they found duodenitis, twisted colon and hiatal hernia see attached reports. I feel I found a good gastro doctor and he seems to always take the necessary course of action in a timely manner. In 2012 I had lower right hand back pain and indigestion my gastro doctor sent me for a functioning test at Hoag Hospital and I was diagnosed with a gallbladder functioning at 12%. Shortly after I had my gallbladder removed. Approximately 3 weeks ago I had the same back pain, nausea and indigestion and my gastro doctor seemed to think I had a stone in the bile duct. My blood test revealed my liver enzymes were slightly elevated. I woke up one morning and had extreme nausea and he sent me to the hospital to take an MRI, CT scan and sonogram. The test came out negative and since then the pain, nausea subsided he seems to think I passed the stone. I am still following up with my gastro doctor for this event. I was also tested for Mercury levels this year and found I have high mercury levels and I am not surprised due to the tuna consumption. Lastly I was diagnosed with frozen shoulder and presently receiving therapy for the last 3 months. Since then my shoulder is much better.
- 5) List your opinion on what you think has happened to your health. I believe I had Celiac disease years prior to my extreme decline in my health. I always had major constipation issues and for years I took medication such as zelnorm, Amitiza and Dr. XXX's intestinal formula #1 which basically is an herbal formula that works as a laxative. I also had stomach aches after meals and that seemed to be the norm for me. In retrospect I wish I never used these medications however I was under the care of my first gastro doctor and in my opinion the medications just masked the problem in lieu of finding out what really was causing the problem. I trusted my doctor which was a mistake. Also I was under extreme stress between my job, my mom lived



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back east and had Parkinson's disease and I was flying back east periodically as my mom declined. My mom, my husband's brother and mom passed away in a matter of 1 year. Since then I learned to manage my stress, educate myself on my medical issues and make my health the priority.

- 6) List of all healthcare providers you have consulted and their opinions and treatments about your case. **1. Dr. XXX, Naturopathic medical doctor-** presently treating me for thyroid and assisting in my supplement program. I have been with Doctor XXX for approx. 1 ½ years and have seen improvement for my overall health however I am still having to many bad days. Dr. XXXs opinion is I have a lot of sensitivities to some of the treatments/supplements and would like to work on the sensitivities and start chelation for my high mercury levels. He feels my high mercury levels are interfering with some of the treatments and proper function of my thyroid. His concern was to get my thyroid stabilized prior to chelation treatments. He has also provided supplements for my digestive health. **2. Dr. XXX, MD Gastro doctor-** He takes care of the testing and diagnosis of my gastro issues only he does not provide any supplements or further treatments. When he diagnosed me with Celiac disease he sent me to a nutritionist only and I follow up with Dr. XXX for the supplements to strengthen my gastro system. **3. Dr. XXX Gynecologist-** He provides my pellets for my hormones which are typically 50 mgs Estradiol and 50 mgs testosterone. Dr. XXX tried the estrogen and testosterone creams however I did not respond well to the creams. I had extreme headaches and would feel very agitated from the creams. **4. XXX Acupuncturist-** receiving acupuncture approximately 1 a week sometime 1 every two weeks. He is treating my ailments for that particular week.
- 7) List any treatments, medications, or supplements that have improved your health. **Acupuncture, Vitamin D & C, Supreme multi vitamin, probiotic, enzymes, Iron glycinate, permeability factors targeted for nutritional support for the gastro health and Glutathione.**
- 8) List any treatments, medications, or supplements that have caused reactions or decreased your health. **None that decreased my health however I have sensitivity issues I have put some of my supplements on hold due to sensitivity issues (See attached items). I have low progesterone levels and tried a progesterone cream and due to my reaction could not continue. As well as a bad reaction to Estrad/Estriol, and testosterone cream**



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- 9) List in a timeline sequence and medications you have taken- **(Morning)** (1) E4M 65 mcg Levothyroxine & (1) E4M 3.5 mcg Levothyroxine. My current doctor has kept the 65 constant and we are not sure at this time if I need to be at 68.5 or little more or less so that is why he is changing the dose my adding or removing in smaller doses. **(Noon)** (1) Supreme multi vitamin, (1) vitamin C, (1) Vitamin D, (1) enzyme before lunch, (1) Iron glycinate and (1) Glutathione plus. **(Diner)** (1) enzyme, (1) Iron glycinate, (1) permeability factor and (1) Supreme multi vitamin. **(Night)** (1) Probiotic.
- 10) List in a timeline sequence any medical procedures or surgeries you have had. [Answer]- Approx. 1978 had a cyst removed from my anus, Approx. 1989 cyst removed from my right breast, 2001 had a full hysterectomy, 2012 my gallbladder removed.
- 11) List in a timeline sequence any significant laboratory or imaging results. [Answer]- I have attached all my laboratory and imaging result for your review.
- 12) List in a timeline sequence any exposure to environmental, industrial, or toxic compounds. [Answer]- None that I am aware of.



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## Clinical Decision Process in Functional Neurology

