

Health and Wellness

Dr. Ann Onymous
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NUTRITION EVALUATION: 03/03/2022

PATIENT INFORMATION

Ann Onymous
1234 Anywhere St.
Dayton OH 45429
555-555-5555 kdenny@sbnstaff.com
Sex: Female
Sex Assigned at Birth: Female
Gender Identification: Female
Birth Date: 10/01/1966
Age: 55

DATA USED FOR ANALYSIS

Vitals	11/03/2021
PSS	01/25/2022
Medication	01/25/2022

VITALS

Height: 5'6"
Weight: 145

PRESENTING SYMPTOMS

Acne L70.8 • ADD/ADHD F90.1/F90.9 • Alzheimer's G30.9 • Anemia D64.9 • Anxiety Disorder F41.9 • Breast Cancer (male) C50.929 • Cancer • Eye Problems H57.13 • Gallbladder Disorder K82.9 • Hypertension (High Blood Pressure) I10 • Low blood pressure I95.9 • Lupus, systemic M32.10 • Pelvic Pain • Poor Concentration/Memory F07.8 • Rheumatoid Arthritis M06.9 • Skin Disorder L25.9 • Urticaria (Hives) L50.9 • Appendix removed • Gallbladder removed • Tonsils and/or Adenoids removed • Family history of Diabetes • Is underweight • Pains in the heart or chest • Unusually slow heart rate (Bradycardia) • Frequently feels hot • Diverticulitis • Reflux/Hiatal Hernia • Bad breath • Frequent headaches • Spits up blood • Bruises easily • Excessive perspiration • Frequent goose bumps • Frequent urination • Loses bladder control

MEDICATIONS

- Lipitor - More than 2 years.
- Synthroid - 6 months - 2 years.
- Metoprolol - Less than 6 months.

SIDE EFFECTS OF MEDICATIONS

- **Lipitor (also known as Atorvastatin)** is used to treat cholesterol problems. **Side Effects:** liver dysfunction; adrenal failure; diffused muscle pain; muscle tenderness; weakness; malaise, fever; myopathy; muscle disease; edema; digestive problems; gastritis; colitis; vomiting; ulcers; bleeding gums; bleeding ulcers; hepatitis, pancreatitis; gall bladder disease; asthma; decreased libido; leg cramps; bursitis; itching; alopecia; dry skin; acne; cystitis; hematuria; kidney stone; breast tenderness; various hemorrhage; loss of taste; palpitations; migraines; arrhythmia; and gout. **Possible Nutrients Depleted:** Vitamin A, Vitamin D, Vitamin E, Vitamin K, Vitamin B12, Calcium, Folic Acid, Iron, Magnesium, Potassium, and CoQ10.

- **Toprol-XL** (Otherwise known as Metoprolol) is indicated for the treatment of hypertension.
Side Effects: hypotension, angina, tiredness and dizziness, depression, mental confusion and short-term memory, headache, somnolence, nightmares, and insomnia, shortness of breath and bradycardia, cold extremities; arterial insufficiency, usually of the Raynaud type; palpitations; congestive heart failure; peripheral edema; syncope; chest pain; and hypotension, wheezing (bronchospasm) and dyspnea, diarrhea, nausea, dry mouth, gastric pain, constipation, flatulence, digestive tract disorders and heartburn, pruritus or rash, worsening of psoriasis has also been reported, Peronei's disease has been reported, blurred vision, decreased libido and tinnitus have also been reported. There have been rare reports of reversible alopecia, agranulocytosis, and dry eyes, reversible mental depression progressing to catatonia; an acute reversible syndrome characterized by disorientation for time and place, short-term memory loss, emotional lability, slightly clouded sensorium, and decreased performance on neuro psychometrics, agranulocytosis, non-thrombocytopenic purpura, thrombocytopenic purpura, fever combined with aching and sore throat, laryngospasm, and respiratory distress, heart failure. **Possible Nutrients Depleted:** Coenzyme Q10.

- **Levothyroxine** (Otherwise known as Synthroid, Levoxyl, Levothroid) is indicated for the treatment of hypothyroidism.
Side Effects: hyperthyroid symptoms; hypersensitivity; cortical adrenal problems; rash; urticaria; hair loss, fatigue, increased appetite, weight loss, heat intolerance, fever, sweating; headache, hyperactivity, nervousness, anxiety, irritability, emotional lability, insomnia; tremors, muscle weakness; palpitations, tachycardia, arrhythmias, increased blood and pulse pressure, heart failure, angina, myocardial infarction, cardiac arrest; dyspnea; diarrhea, vomiting, abdominal cramps; hair loss, flushing; menstrual irregularities, impaired fertility. Pseudotumor cerebri has been reported in children receiving levothyroxine therapy. Seizures have been reported rarely with the institution of levothyroxine therapy. Inadequate levothyroxine dosage will produce or fail to ameliorate the signs and symptoms of hypothyroidism. Hypersensitivity reactions to inactive ingredients have occurred in patients that are treated with thyroid hormone products. These include urticaria, pruritus, skin rash, flushing, angioedema, various GI symptoms (abdominal pain, nausea, vomiting, and diarrhea), fever, arthralgia, serum sickness, and wheezing.

Special considerations: Iron, calcium and magnesium and antacids containing aluminum and magnesium can reduce the effect of thyroid medication. Taking such supplements 2-4 hours away from intake of Synthroid or similar medications is recommended.

Possible Nutrients Depleted: Calcium.

RECOMMENDED TESTING

SBN Panel	Advanced Coronary Panel (ACP)
B-Type Natriuretic Peptide (BNP)	C-Peptide
Cancer Panel (CP)	Hormone Panel (HP)
Prostate-Specific Antigen, Serum (PSA)	Toxic & Essential Elements Hair
Occult Stool	Dipstick UA
Toxic Metals, Urine (UTEK)	

SBN Panel

320661 SBN Panel includes: ABO Grouping, RH Factor, Glucose, Blood Urea Nitrogen (BUN), Creatinine, eGFR, BUN/Creatinine Ratio, Sodium, Potassium, Chloride, Calcium, Total Protein, Albumin, Globulin, A/G Ratio, Total Bilirubin, Alkaline Phosphatase, White Blood Count, Red Blood Count, Hemoglobin, Hematocrit, MCV, MCH, MCHC, RDW, Platelets, Polys (SEGS-PMNS), Lymphocytes, Monocytes, Eosinophils, Basophils, Immature Granulocytes, Total Cholesterol, Triglyceride, HDL Cholesterol, LDL Cholesterol, VLDL Cholesterol, Total Cholesterol / HDL Ratio, ALT (SGPT), AST (SGOT), GGT, TSH, T4 (Thyroxine), T3 Uptake, Free Thyroxine Index (FTI / T7), Ferritin, LDH (Lactate Dehydrogenase), Uric Acid, Hemoglobin A1C, Serum Iron, Magnesium, Phosphorous, Erythrocytes Sedimentation Rate Westergren (ESR), CRP (C-Reactive Protein), Creatine Kinase, Vitamin D 25 Hydroxy

Recommended for: Acne L70.8 • ADD/ADHD F90.1/F90.9 • Alzheimer's G30.9 • Anemia D64.9 • Eye Problems H57.13 • Gallbladder Disorder K82.9 • Hypertension (High Blood Pressure) I10 • Lupus, systemic M32.10 • Poor Concentration/Memory F07.8 • Skin Disorder L25.9 • Urticaria (Hives) L50.9 • Is underweight • Spits up blood • Low blood pressure I95.9 • Pains in the heart or chest • Unusually slow heart rate (Bradycardia) • Frequent headaches • Bruises easily • Frequent goose bumps • Excessive perspiration • Frequent urination • Loses bladder control • Frequently feels hot • Cancer • Tonsils and/or Adenoids removed • Appendix removed • Gallbladder removed • Reflux/Hiatal Hernia • Rheumatoid Arthritis M06.9 • Anxiety Disorder F41.9 • Diverticulitis • Family history of Diabetes • Breast Cancer (male) C50.929

Advanced Coronary Panel (ACP)

821413 ADMA/SDMA
820478 F2-Isoprostane/Creatinine Ratio
004110 Galectin-3
823430 OmegaCheck
123283 Lp-PLA2 Activity
123006 Myeloperoxidase (MPO)
123023 Oxidized LDL
140889 B-Type Natriuretic Peptide (BNP)
123413 TMAO (Trimethylamine N-oxide)
005199 Prothrombin Time (PT) with INR included

Recommended for: Hypertension (High Blood Pressure) I10 • Unusually slow heart rate (Bradycardia)

B-Type Natriuretic Peptide (BNP)

140889 B-Type Natriuretic Peptide (BNP)

Recommended for: Hypertension (High Blood Pressure) I10

C-Peptide

010108 C-Peptide

Recommended for: Family history of Diabetes

Cancer Panel (CP)

251481 CEA, CA125, CA15-3, CA19-9, CA27.29, DHEA Sulfate, hCG beta

Recommended for: Breast Cancer (male) C50.929

Hormone Panel (HP)

339348 Estrogen total, Estradiol, Testosterone total, FSH, LH, Prolactin, Progesterone, DHEA, SHBG, FAI

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The information in this report has not been evaluated by the FDA and is not intended to treat, cure or prevent any disease.

Recommended for: Anxiety Disorder F41.9

Prostate-Specific Antigen, Serum (PSA)

Recommended for: Frequent urination • Loses bladder control

Toxic & Essential Elements Hair

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Occult Stool

Recommended for: Anemia D64.9 • Eye Problems H57.13 • Gallbladder Disorder K82.9 • Hypertension (High Blood Pressure) I10 • Is underweight • Low blood pressure I95.9 • Pains in the heart or chest • Unusually slow heart rate (Bradycardia) • Frequent headaches • Bruises easily • Excessive perspiration • Frequent urination • Loses bladder control • Frequently feels hot • Cancer • Tonsils and/or Adenoids removed • Appendix removed • Gallbladder removed • Reflux/Hiatal Hernia • Rheumatoid Arthritis M06.9 • Anxiety Disorder F41.9 • Diverticulitis • Family history of Diabetes • Breast Cancer (male) C50.929

Dipstick UA

003038 Specific Gravity, pH, Urine-Color, Appearance, WBC Esterase, Protein, Glucose, Ketones, Occult Blood, Bilirubin, Urobilinogen Semi-Qn, Nitrite Urine, Microscopic Examination on Positives

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Toxic Metals, Urine (UTEC)

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