



PTP Fellowship Grand Rounds Case Study Submission

Patient / Client Information

Age

40

Sex

Female

Date of first visit

10/05/2017

Date of most recent visit

29/05/2024

Fellowship Student Information

Name

Petra Planinc

Email

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License Type

MD, radiologist

Area of Specialty / Focus

hormones, fertility

Patient Case Details

Primary Complaints

- hypothyroidism
- from high school - recurrent flu/virus type illness (not sure if it was EBV but it seems that she had prolonged neurologic symptoms with delayed speech, fatigue, muscle fatigue) - next 10 years she had mysterious symptoms with fatigue, brain fog, headaches
GUT issues - poor digestion, bloating, gas, diarrhea, nausea, Gilbert's Syndrome, gallbladder stones, cholecystectomy 2015
HORMONAL issues: menstrual cycle very irregular. Her basal body temp became really low and her ovulation was off, her luteal phase was full of PMS symptoms with anxiety, depression and fatigue, miscarriage (2 early miscarriages, 2016, 2017), breast cancer (2024)
INFLAMMATION issues: chronic neck pain, joint pain

Current Medications

Armour Thyroid 60 mg + 15 mg
Bismuth subsalicylate 250, 4x1 for 14 days (diarrhea)
Lexapro (escitalopram, antidepressant SSRIs) 10 mg 1x1



Current Supplements

- Ova Balanced Balanced Body System (combination of botanicals, hormonal issues)
- Coptis Detoxifying formula 3 x1
- Mastic gum (Pylori-Plex) 4 x 2
- Berberine Complex TID 3 x1
- Zinc-Carnosine 2 x 1
- Magnesium Bisglycinate NSF 1 x 1
- DHEA 10mg 1x 1 (morning)
- Viramin D 2000 IU
- Vitamin D3 + K2 (2000IU + 150 mcg)
- EVCLO Rosita 3 x 2 softgels

PAST:

- DIM Detox for estrogen balance (High primary estrogens (E1, E2, E3) with low phase 1 metabolites?)
- Methyl B Complex for methylation and B vitamin support

Pertinent Diet Information

2017 Went gluten free, tried to increase vegetable intake, AIP in 05/2017 that was somewhat helpful but not much.

100% gluten free, Paleo diet

Cut out all refined sugar ; is not counting calories or carbs but she is eating on the lower side. Focusing on protein and non-starchy vegetables. Occasional sweet potato. Her energy and brain fog have improved with this way of eating, and her inflammation has decreased. Has lost a few pounds, but her face doesn't look as puffy. No longer as bloated.

Chronic neck pain went away since changing her diet.

Gut health - got better with diet changes, but still very sensitive. Tends toward loose stools. Doesn't have a gallbladder. Doesn't feel like she did when she had SIBO.

Pertinent Imbalances Identified Throughout Your Care

H. pylor, mild SIBO (methan)
Food intolerances, Wheat germ agglutinin IgG 1.40; Deaminated gliadin 33 IgG 1.21; Gluteomorphin IgA 1.43; Ttg-3 1.61
Chronic glucose dysregulation
DUTCH (2017): Normal DHEA, low DHEA-S, High primary estrogens (E1, E2, E3) with low phase 1 metabolites 16-OH, 4-OH and 2-OH



Pertinent Lab Results

low vitamin D 26
low Zinc
high glucose, HbA1c 5.4-6
low cholesterol 148
high bilirubin 1,3
CRP 4
homocysteine 7,5

Treatment Plan & Outcomes in Chronological Order

Antimicrobial Protocol with H. Pylori Treatment for 60 days - GI Synergy, Lauricidin InterFase Plus, GastroMend-HP and Crucera-SGS, PHGG and probiotics. Felt better, NEVER RETESTED after treatment
5/2024 GD GI Effects Comprehensive Profile 5-1-24 (MG) Fecal secretory IgA 2,131 H, Enterobacter cloacae 4+ PP - susc to berberine and oregano positive H. pylori: Coptis Detoxifying Formula first - 3x1. After 4-7 days start the H. pylori regimen: *Mastic gum (Pylori-Plex), 2 g (4 pills) x2, *Zinc carnosine 75 mg (one pill) x2, *Bismuth, 250 mg, 2 pills 4x per day. *Berberine complex 2 pills x3. Treatment 6-8 weeks + 2 weeks off + repeat the H Pylori stool antigen test.

Allied Providers

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Additional Notable Information

She's had 3 kids - 8 yo, 3 y and 1 y. Is very busy with the 3 little. Breastfeeding, late nights, she stays home with the kids. It's depleting.

Periods got worse in the last months (after giving 3. birth 2023), became heavier, cramps, more PMS.

Questions / Discussion

Miscarriage - suggested testing?
Thyroid regulation and pregnancy - any specifics?
Breast cancer - options for functional support?