

## ANNA'S MEDICAL HISTORY

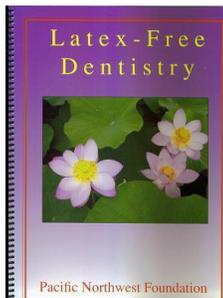
### SUBJECTS COVERED:

Birth  
Childhood  
Young Adult  
Adult

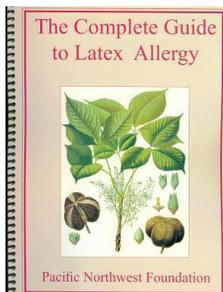
- Contact dermatitis
- The 1990's
  - Urinary tract infections (UTI)
  - Pyelonephritis
  - Klebsiella
  - Staph
  - Strep
  - Chronic fatigue syndrome
  - Endometriosis with uterine fibroid
  - Exploratory laporotomy
  - Bilateral oophorohysterectomy
  - Anaphylaxis
  - Cross reactive foods to latex
  - NAET
- Skin, hair, nails
- Head, eyes, ears, nose, throat, mouth
- Heart and lungs
- Urinary tract
- Reproductive
- Extremities and musculoskeletal
- Central nervous system
- Endocrine
  
- Health care professionals who cared for Anna
- Review of systems
  - Skin, hair, nails
  - Head, eyes, ears, nose, throat, mouth
  - Heart and lungs
  - Urinary tract
  - Reproductive
  - Extremities and musculoskeletal
  - Central nervous system



[Latex Allergy Resource Guide](#)



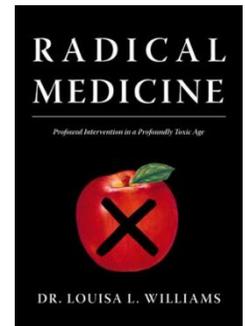
[Latex-Free Dentistry](#)



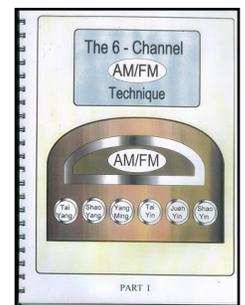
[Complete Guide to Latex Allergy](#)



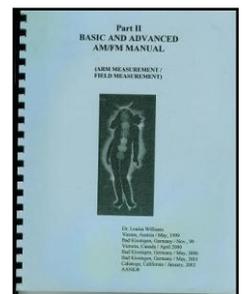
[Latex-Free First Aid Kit](#)



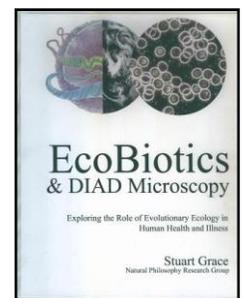
[Radical Medicine](#)



[The 6-Channel AM/FM Technique](#)



[Basic and Advanced AM/FM Manual](#)



[EcoBiotics](#)

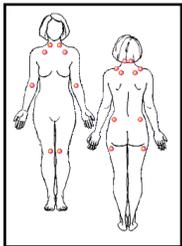
# PACIFIC NORTHWEST FOUNDATION

- Endocrine

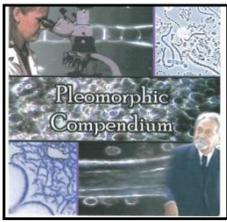
Allergies  
Medications  
Injury history  
Surgical history  
Dental history  
References



[Chelita: A Cancer Survivor' Story](#)



[Overcoming Fibromyalgia](#)



[Pleomorphic Compendium](#)



[T-shirt](#)

*This is excerpted from a statement written for a doctor in November 1997.*

Born January 26, 1952. My mother's pregnancy was without complications. I received the normal childhood vaccinations.

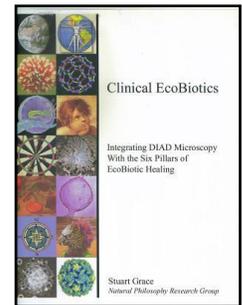
During childhood I was very healthy. I contracted a mild case of chickenpox, a more severe case of measles. I did not contract mumps. During childhood and adolescence I had occasional occurrences of minor colds and flu. Around the age of seven, I gagged on food frequently. I remember fainting several times around the age of 12. I was evaluated for both conditions, no diagnosis were made.

As a young adult I had occasional, mild, springtime allergies that did not require medical treatment.

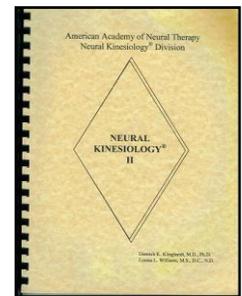
In 1973, I graduated from college and began my nursing career in the [Bothin Research Burn Unit](#) in San Francisco. In that I developed [contact dermatitis](#) from gloves or [sulfa](#) creams, I was only able to work there for approximately six months. My hands were swollen, cracked and would develop small blisters. I received [decadron](#) injections.

I left my job at the burn unit continuing to work as a Registered Nurse (RN) until 1991. I have worked primarily in critical care units, emergency rooms, dialysis units most of my career. I used hypoallergenic latex gloves when sterile gloves were needed; otherwise I used vinyl.

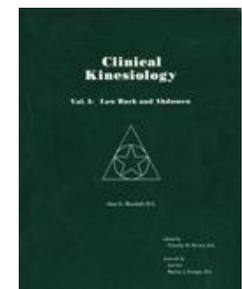
I was very healthy until 1991. Up to this time I was very active and full of energy. I was able to manage and do



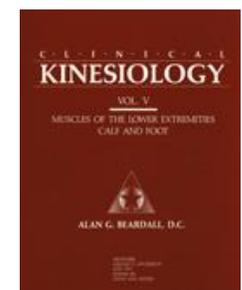
[Clinical EcoBiotics](#)



[Neural Kinesiology \(aka A.R.T.\)](#)



[Muscles of the Lower Back & Abdomen](#)

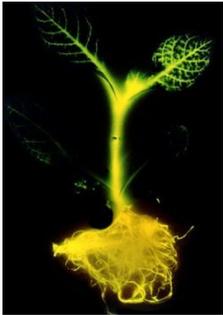


[Muscles of the Lower Extremities](#)

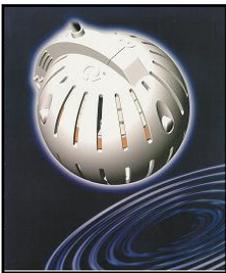
# PACIFIC NORTHWEST FOUNDATION



[Coffee: To Drink, or Not to Drink?](#)



[Genetically Engineered Food](#)



[Q2 B.E.F.E.](#)



[Multiwave Oscillator](#)

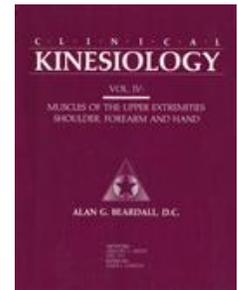
the actual physical labor on a 50-acre ranch, while working two days per week as an Emergency Room (ER) RN. I was jogging approximately four miles every other day.

In 1991, while working as a hospice/home care RN, I cared for very ill patients, a number of whom had infected wounds requiring frequent dressing changes. It was during this time that I became quite ill. I had multiple lab and diagnostic exams. The test results were inconclusive. Some of the diagnoses were [urinary tract infections](#) (UTI), [pyelonephritis](#), [chronic fatigue syndrome](#), and [endometriosis](#) with [uterine fibroid](#). An exploratory [laparotomy](#) surgery followed resulting in a bilateral oophorohysterectomy (surgical removal of the uterus and ovaries). I have had poor health since this time.

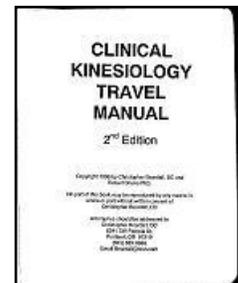
I experienced my first [anaphylaxis](#) reaction in July 1994. I received intravenous (IV) [Gentamycin](#), which I had previously been given in a three-day hospital stay. Approximately 20 minutes later I had hives over much of my body. I felt tightness in my throat and was seen multiple times in the ER during the next several weeks. The doctors were not certain if this reaction was due to latex or the antibiotic.

After this incident, I began having sensitivity reactions to foods that were cross-reactive to latex. Consequently, I avoided these foods, latex, and [antibiotics](#), as much as possible

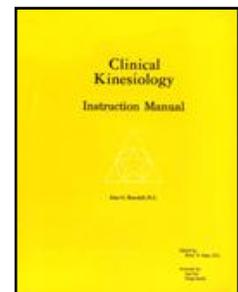
I was beginning to feel better until December 1996, when I had a severe reaction after eating a meal that had been prepared by someone wearing latex gloves. My eyes began itching. I developed generalized itching and hives. My skin was flushed. I began wheezing and coughing.. My throat began to tighten. My heart was racing and I felt dizzy. I required immediate emergency care consisting of multiple injections of [epinephrine](#), [Benadryl](#), IV [steroids](#) and close observation. This was the most severe reaction I have ever had. Since this reaction, I have become much more sensitive to latex in clothing, shoes, cross reactive



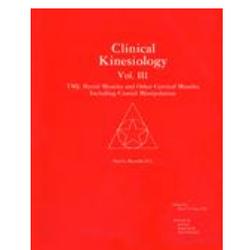
[Clinical Kinesiology: Muscles of the Upper Extremities](#)



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)

# PACIFIC NORTHWEST FOUNDATION

foods, airborne latex particles, envelope glue, masking tape and many more items too numerous to list.

Since starting [NAET](#) treatments, my overall energy and general well-being has increased.

I have seen these healthcare professionals for my various conditions:

- D. W. Aranson, M.D., Aaronson Asthma & Allergy Associates and [University of Chicago Medical Center](#), Chicago, IL
- Emil Bardana, M.D., [Oregon Health Sciences University](#), Portland, OR
- William Harden, D.C., Portland, OR
- Harold Nelson, M.D., [National Jewish Center for Immunology and Respiratory Medicine](#), Denver, CO
- Mark Stolar, M.D., and various specialists at [Northwestern Medical Faculty](#), Chicago, IL
- Jan Rizzo, [Rolfer](#), Portland, OR
- [Ellen Shefi](#), L.Ac., Portland, OR
- Frances Storrs, M.D., Dermatology Clinic, [Oregon Health Sciences University](#), Portland, OR
- Chris Surek, M.D., Chicago, IL
- Dixon Thom, N.D., D.D.S., Beaverton, OR

## Review of Systems:

**Skin, Hair, Nails:** allergic reaction to latex. When I touch an item containing latex and touch my skin I experience burning itching, redness which may last up to three days with [antihistamine](#) use. Hair loss

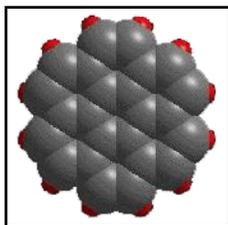
**Head, Eyes, Ears, Nose, Throat, Mouth:** sinus headaches, associated with post nasal drainage, areas around my eyes and lips are swollen. Decreased sense of smell and taste. Sometimes the inside of my ears itch when I have eaten something I am sensitive to. Just prior to a hot flash I sometimes experience pressure or anxious feeling in my throat. I experience occasional nasal [herpes](#).



[Biomodulator](#)



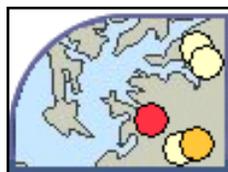
[SCENAR](#)



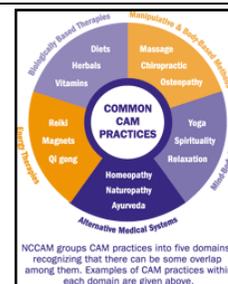
[Toxicity Study](#)



[Our Toxic Times](#)



[TOXMAP](#)

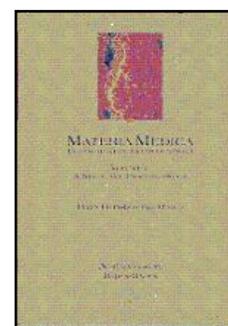


NCCAM groups CAM practices into five domains, recognizing that there can be some overlap among them. Examples of CAM practices within each domain are given above.

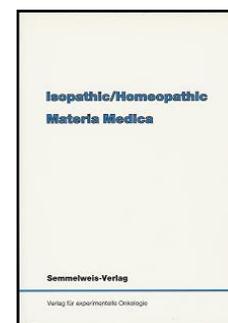
[NCCAM](#)



[Homotoxicology  
Materia Medica I](#)



[Homotoxicology  
Materia Medica II](#)

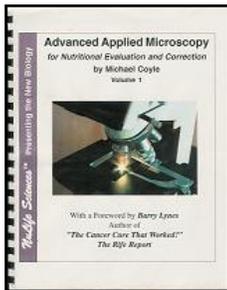


[Isopathic/  
Homeopathic  
Materia Medica](#)

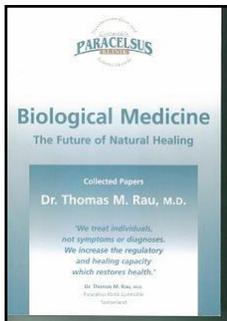
# PACIFIC NORTHWEST FOUNDATION



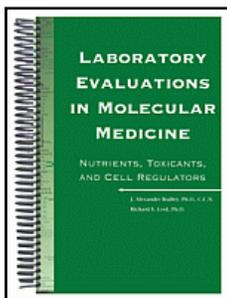
[My AminoPlex](#)



[Advanced Applied Microscopy](#)



[Biological Medicine](#)



[Laboratory Evaluations in Molecular Medicine](#)

**Heart and Lungs:** slight expiratory wheeze, occasional chest ache unrelated to activity.

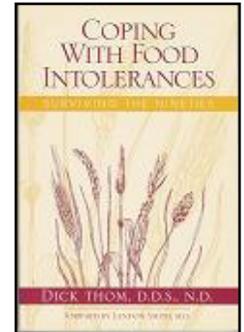
**Gastrointestinal:** large appetite, diminished slightly after I discontinued the [thyroid](#) medication.

**Urinary Tract:** previous frequent [urinary tract infections](#), 11 between 1991-1993. Received [Urovac vaccine](#) in 1993 and have not had any UTI's since. Atypical infections such as [Klebsiella](#), [Staph](#) and [Strep](#).

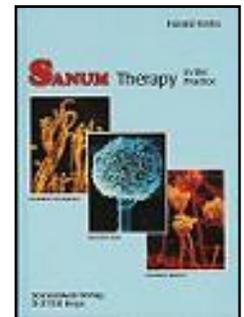
**Reproductive:** regular periods, no PMS and only rarely did I have cramps. I had occasional right quadrant pain and was diagnosed with [endometriosis](#) and ovarian cysts. During my period of illnesses a [fibroid](#) was identified during a [CAT scan](#) and [total hysterectomy](#) surgery with removal of both ovaries was later performed. I was pregnant a total of three times with two live births, one miscarriage. I used [birth control pills](#) and [IUD](#) as birth control. I became pregnant with each method. I had difficulty with use of birth control pills, as I would experience vascular/migraine headaches, water retention. I have developed cystic breasts after my hysterectomy. I have had one breast [biopsy](#) that was classified as benign with severe atypia.

**Extremities and Musculoskeletal:** fractured left elbow 1976, neck injuries 1989, 1991, thoracic strain and whiplash as a result of motor vehicle accident, 1992. I have experienced at times some decreased sensation to left leg and foot and left hip pain. In the past I have experienced some numbness, tingling to left 4<sup>th</sup> and 5<sup>th</sup> fingers, decreased sensation to left half of face, and neck pain. I have had physical therapy, [chiropractic care](#), neuromuscular massage, and [Rolfing](#) which have been very effective. I see a [chiropractor](#) once a month and a [Rolfier](#) for approximately three visits yearly. My hands and feet are generally cooler than the rest of my body but not as cold as they have been in the past.

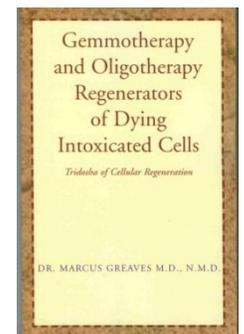
**Central Nervous System:** numbness and tingling as related to above-mentioned injuries. I have occasional difficulty thinking clearly but that is improving. I had



[Coping with Food Intolerances](#)



[Sanum Therapy](#)



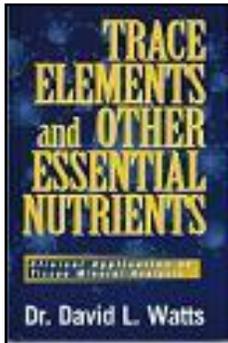
[Gemmotherapy and Oligotherapy Regenerators of Dying Intoxicated Cells](#)

several fainting episodes around the age of 12.

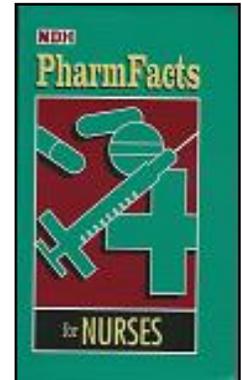
**Endocrine:** problems with [hormone](#) balance since 1991 that is improving. I continue to experience hot flashes accompanied by an anxiousness and feeling of pressure in my throat. On occasions if I have been experiencing hot flashes for a few days, I may have difficulty sleeping. With estrogen and its precursors, I generally tend to experience migraine headaches and weight gain.

**Allergies:** medication allergies include [sulfa](#), [penicillin](#), [Keflex](#), [Ancef](#), all mycins, and [prednisone](#).

- Food Allergies and Sensitivities (as of September 26, 1997, many of which are latex cross reactive):
  - Dairy: skim milk, whole cow's milk, cow's milk casein, goat's milk, buttermilk, cheddar cheese, cottage cheese, butter, yogurt, kefir and lactose;
  - Grains: wheat flour, wheat bran and corn;
  - Vegetables: tomato;
  - [Sugar](#): refined sugar, molasses and corn syrup;
  - [Caffeine](#): chocolate, coffee (including decaffeinated), black tea;
  - Fruits: apple, banana, orange, grapefruit, kiwi and avocado;
  - Nuts: peanuts, cashews and filberts;
  - Spices: cinnamon;
  - Alcohol: grain alcohol, beer, wine (white and red), tequila and kahlua;
  - Oils: corn oil;
  - Additives: NutraSweet, saccharin, sorbitol, acesulfame-K, sodium sulfite, MSG (glutamate), sodium nitrate, benzoic acid and FD&C (blue, green, red, yellow)
  - Other allergies and sensitivities:
    - Animal: cat hair
    - Mold: virtually all
    - Dust: virtually all
    - Pollens: virtually all
    - Trees: cedar mix (mountain, red, salt), cottonwood mix (east, west, black) oak mix (red, black, white), pine mix (loblolly, white,



[Trace Elements and Other Essential Nutrients](#)



[PharmFacts for Nurses](#)



yellow) and sage mix (prairie, common)

#### Latex

- Chemicals: tobacco smoke, cosmetologic toxins (beauty products), perfume, petroleum (gas, oil, crude, kerosene, diesel, etc.), air pollution, chemical toxins (industrial products), radiation (gamma, alpha, beta, x-ray, microwave, TV), paint (acrylic, latex, oil-based), plastics (nylon, polyester, polyurethane, etc.), chlorine, fluorine, formaldehyde, mothballs (naphthalene), insecticides, aspirin, ibuprofen and Tylenol.

**Medications:** occasional [homeopathic estrogen](#) 6x and homeopathic [progesterone](#) 3x daily. I take homeopathic, sublingual allergy pills or a part of a 25 mg. [Benadryl](#) for allergic symptoms. Selenium 200 mg daily, acidophilus two tid (three times per day), quercetin 500 mg tid, vitamin E 400 iu tid, multivitamin one tid, calcium 80 mg/magnesium 80 mg bid (twice daily), vitamin C 1000 mg tid, enzymes one qd (once daily), B complex one qd, betaplex 105,000 iu.

**Injury History:** large gash on right thigh from barbwire, neck, back strains as previously mentioned. Stitches to left index finger from a knife cut. Fractured elbow.

**Surgical History:** early thirties a [laparoscopy](#); [total hysterectomy with removal of ovaries](#) and appendix 1991.

**Dental History:** extensive dental work since about the age of five. I fractured two of my permanent front teeth at age seven and they were removed. I had braces as an adult in 1981 and oral surgery for [TMJ](#) (Temporomandibular Disorder) and severe overbite in 1983. I have had gum surgery in 1992. I have had three root canals ([gutta-percha](#) the filler), one bridge, eight crowns, and twelve fillings with various amalgams.

#### REFERENCES



- [Alternative Approaches to Cancer](#): University of Pennsylvania Cancer Center
- [American Thyroid Association](#)
- Austin, Steve, N.D., and Hitchcock, Cathy M.S.W., [Breast Cancer: What You Should Know \(But May Not Have Been Told\) About Prevention, Diagnosis and Treatment](#), Prima Publishing, 1994. A straightforward, incisive analysis by someone (Hitchcock) who went through it.
- [Cancer Information Service](#): National Institute of Health
- [DHEA](#): Web site devoted entirely to DHEA
- [Herpes](#): Information and support groups
- [Hormone Replacement Therapy](#)
- [Menopause](#): Internet Resources
- [National Adrenal Diseases Foundation](#)
- Northrop, Christine, M.D., "Health Wisdom for Women", a newsletter, and [Women's Bodies, Women's Wisdom](#); former president of the [American Holistic Medical Association](#); she is an excellent resource.
- Nambudripad, Devi S., D.C., L.Ac. R.N., Ph.D. [Say Goodbye to Illness](#), an incredible resource about the wonderful potential of [Nambudripad's Allergy Elimination Technique](#) (NAET), with implications well beyond allergies.
- [Steroids](#): a good overview of what they are.
- [Urinary Tract Infections](#): information about the various aspects of UTI's.