

## Strengths in relation to my health...

### I try to:

- Be self aware in relation to health & wellbeing
- Persist & be open minded in trying new things
- Stay strong and positive
- Always find a laugh even in difficult situations

## Roslyn's Health Profile – 10.9.10

### Recent Events:

On the 4<sup>th</sup> August I discovered I was pregnant & was ecstatically happy. On the 3<sup>rd</sup> of September my 9 week scan showed no heartbeat and that development had likely stopped around a week earlier. I then had a Curette (D&C?) on the 4<sup>th</sup>.

### What's important to me right now:

- To get pregnant again – with maximum joy and minimal anxiety
- To feel competent in my work and daily activities
- For my relationship to thrive in spite of how difficult this is
- To understand all there is to possibly understand and to be able to let go of the unknowable
- Feeling clear about who I see/talk to about what, and knowing what to expect from every appointment I have
- That all doctors are direct with me and share all information they have with me.
- To employ a range of alternative/ complimentary approaches in managing my health
- To have some sense of what's normal/expected and when I'm just being a sook?

### Questions or things I'm uncertain about:

- What is going on with my body now? (as specifically as possible)
- When do I start feeling better?
- Is there anything I can/should be doing differently?
- Will I continue seeing obstetrician after the post op appointment or be going back to the fertility specialist?
- What is the best way to advocate for the role of the Chinese Medicine stuff in my fertility etc?

### Support I need from professionals at the moment:

- Know that I have wanted this pregnancy for years and its loss is extremely difficult for me to process**
- The most difficult thing has been the sense of helplessness in not knowing why the miscarriage occurred – it is difficult not to search for answers in every possible corner – not knowing makes it hard to feel I'm being proactive in how I approach trying again
- I am naturally quite an emotional person, but feel quite uncomfortable crying in front of people I don't know well – the simple act of handing me a tissue and waiting till I can speak is most helpful when I do cry
- I am a strongly visual person and it really helps if I can picture exactly what is happening with my body. This also means I need to avoid unhelpful images as they will stick in my head!
- I believe in looking beyond Western medicine – I think I am quite sensible in relation to this, but it is helpful for me to understand the facts and to know if you have any hesitation in relation to any approach I may be using – I need information based on facts not skepticism alone
- When stressed & emotional, lots of small details overwhelm me. It can be hard to reconcile this with the fact that I need information in order to move on – written material (hard copies or weblinks) are helpful to read later on – BUT I do need to know what's okay and what isn't in relation to following up with more questions later on – I hate to feel like I'm being a nuisance!
- It feels very important to be relaxed in trying to get pregnant again – I want this so much that I honestly have no idea how to do this – any practical tips would be welcome and helpful
- I want to be able to talk about another pregnancy as *when* rather than *if* but I need to feel like I'm being realistic & not building up false hope – I need as much information & guidance with this as possible – keeping hope in balance with self protection is incredibly difficult.

### **Info about me & fertility – including family history:**

- I have Polycystic ovaries, but have never actually stopped ovulating
- My maternal grandmother died of ovarian cancer
- My mother had a full hysterectomy due to Fibroids
- At least one of my mother's aunts also died of ovarian cancer, as did one of her first cousins.
- I'm a bit paranoid about ovarian cancer, especially as I really don't understand how to recognise signs as anything other than everyday life.
- I also worry a lot about how my age & my partner's age could be impacting on our fertility.

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**Blood Group: O Rh (D) Positive**

### **General stuff about me that can impact on my health/wellbeing:**

- I am passionate about my work which often leads to working ridiculous hours, becoming stressed & exhausted – this is probably my biggest health challenge as I see it
- I have a habit of putting others before myself so if I'm very busy or stressed, I won't naturally prioritise time out, rest or relaxation for myself.

### **Other Health Info:**

- I have very mild asthma – usually triggered by stress, dust, cigarette smoke (I don't smoke and never have) or my back being out of place between my shoulder blades
- I don't drink alcohol – makes my heart race, gives me a headache even in small quantities, generally isn't worth it. I don't use illicit drugs & never have
- I tend not to tolerate lactose or yeast very well and try to avoid them in my diet – I'm not very good at it though. They don't have a massive impact on how I feel day to day, but I feel much better when I don't eat them
- I have reacted to Vitamin B tablets and injections in the past – itching, swelling, difficulty breathing – antihistamine resolved it but I remain wary
- I don't tolerate coffee well, or much caffeine at all.

### **Things I do for my health/wellbeing. Other professionals that I see**

I see an osteopath (monthly ish) as my back and neck cause me some discomfort (many horse riding accidents in the past) – I don't have any specific serious problem as far as I know though.

I have remedial massage roughly every 2 weeks

For about the past 5 years I've been taking Chinese herbs on and off & occasionally having acupuncture

I try to go to a yoga class every week & try to practice in between (rarely achieve this though)

Horse riding is a great stress relief for me – it's impact on my back/neck isn't great, but is always worth it in other ways – giving up alcohol, coffee, tea etc for pregnancy is not difficult for me. Giving up horseriding is.