

Case Study

52 year old female with MULTIPLE SYMPTOMS -



Patient's primary complaints included stress, lacking sleep, low energy, depressed mood and anxiety. This patient has had a family history of breast cancer and ovarian cancer. To date, she has been treated with a breast lumpectomy, unilateral partial mastectomy, chest irradiation and laparoscopic bilateral salpingoophorectomy. Recently, the patient has experienced symptoms of feeling stressed, lacking sleep, low energy and depressed mood and anxiety. She is also Gluten-intolerant. Medications she has taken include multivitamins, Valium prn and has intermittently used Testosterone skin cream in the past, but not recently. SpectraCell's MicroNutrient Testing revealed functional deficiencies of Oleic Acid, Zinc, Glutathione, Cysteine, Vitamin E, Selenium, CoQ10, Lipoic Acid and Vitamin C. **Based upon these deficiencies, she was administered the following nutritional supplement protocol:**

- 1) 1,200 mg po qd Calcium Citrate
- 2) 600 mg po qd of Magnesium
- 3) 1,000-2,000 IU qd of Vitamin D3 replacement
- 4) 600 mg po bid of EPA+DHA in Omega-3 fatty acid form (fish oil)
- 5) 25 mg po qd of Zinc
- 6) 600 mg po qd of NAC
- 7) 200 IU of mixed tocopherols of Vitamin E
- 8) 50 mcg po qd of Selenium
- 9) 300 mg po qd of CoQ10 with meals
- 10) 50 mg po qd of Lipoic Acid
- 11) 250 mg po qd of Vitamin C

In addition to the above supplements, the patient was recommended that she use weight bearing exercises 5 times per week at 30 minutes each. She was also instructed to use Testosterone skin cream (4%, 1/8 tsp qd to fatty skin areas). After doing so, the patient had a feeling of "wellbeing" again. The patient understands the importance of her antioxidant levels (Spectrox) to prevent cancer reoccurrences.

Clinical Outcome:

- Lower risk of hip & spine fractures, thus fewer hospitalizations, and fewer risks of need for long-term care for disability/depression.
- Lower risk of cancer recurrence due to monitoring of antioxidant and nutritional levels and exercise encouragement.
- Higher quality of life, thus more of a contributor to society, based on feeling better, longer: exercise, better nutritional status, better hormonal balance.
- Reducing her need for addictive anti-anxiety medications, thus lower overall cost for prescription drug plans.



MicroNutrient
Testing

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