

Case Study

50 year old female patient with
chief complaint of recurrent STRESS FRACTURES



This menopausal patient had been referred by her Orthopedic surgeon for recurrent ankle stress fractures. She had 3 fractures and 3 surgeries in 18 months. She had a secondary diagnosis of Osteopenia and a tertiary diagnosis of Rheumatoid Arthritis. The patient presented symptoms which included foot pain and swelling, delayed wound healing, fatigue and gastric upset with certain foods, largely fruit. Medications she had been taking include Mobic, Caltrate D, Prempro and Vesicare. SpectraCell's MicroNutrient Testing revealed functional deficiencies of vitamin B12, magnesium, insulin, fructose and zinc. **Based upon these deficiencies, he was administered the following daily nutritional supplement protocol:**

- 1) 1,000 mg IM of Vitamin B12 (total of 3 injections over 6 weeks).
Followed by 100 mcg oral methyl B12 daily.
- 2) 2,000 mg Omega 3, DHA/EPA daily
- 3) Hormone Replacement Regimen – Estradiol, Estriol, Testosterone
- 4) Fostemum twice daily for Osteopenia
- 5) 25 mg Zinc oral daily
- 6) 525 mg of Magnesium Glycinate orally at bedtime

In addition to the above supplements, diet and exercise programs were implemented. The patient had to limit fruit intake to a single fruit per day. No high fructose corn syrup, no sugar and no simple carbohydrates were also apart of the restriction. The patient had to exercise by swimming and upper extremity weight bearing. She continued physical therapy with Orthopedic therapists and stopped playing tennis.

Follow up SpectraCell's MicroNutrient Testing was performed 12 months later.

Clinical Outcome:

Insulin and magnesium marked improvement. Resolution of most symptoms occurred including wound healing, improved immune system function, healed fractures, resolved foot swelling, 8 pound weight loss, foot pain was resolved, GI stress was resolved, energy levels increased and the patient was able to go back to playing her primary sport of tennis. The patient also discontinued their narcotics. There was an early detection and diagnosis of Chronic Lymphocytic Leukemia after excessive amounts of lymphocytes were revealed. To date, there have been no fracture reoccurrences.



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