

## **NV TIMELINE HISTORY**

### Antecedents:

Family Hx

Mom - 58 years old - hashimotos, sjogrens, hx bariatric surgery, environmental allergies

Dad - unknown - alcoholic

one of 5 children (3 half brothers and 1 half sister)

### Mediators / Perpetuators:

Stress, Gut issues, Anxiety, Depression

### Timeline:

Birth - 1982, born at 42 weeks after inducing labor, vaginal delivery

Infancy - 1982, severe colic, unable to breastfeed, was formula fed

Age 4 - 1986, had chicken pox

Age 5 - 1987, Mom got divorced from her first husband (not my father)

Age 8/9 - 1990, developed migraines

Age 9 - 1991, Mom gets married for the second time and is pregnant

Age 11 - 1992, oral surgery to remove some teeth for braces

Age 14 - 1996, maternal grandmother passed away, she basically raised me. This was in December and only time as a child I got the flu. I was definitely depressed but didn't realize it. My step dad at this time was abusive to my mom, myself and my half sister.

Age 15 - 1997, mom get divorced from her second husband (sister's father) and we make a huge move from Orange County CA to Los Angeles County CA

Age 16, 1998, severe right ankle sprain that required crutches. Started birth control pills

Age 17 - 1999, moved out of mom house and in with a boyfriend and his family. Found out the boyfriend was cheating on me and the stress caused me to start vomiting almost daily after I ate. This was not induced by me but would just happen anytime I was talking about the issue.

Age 18 - 2000, graduated high school and soon after was diagnosed with IBS at that time was diarrhea dominant. Was told to eat only a small list of foods, most of which were white like white bread, white rice, plain chicken breast, noddles, crackers, etc, never saw an RD. I lost significant weight during this time, was working full time and not going to college.

Age 20 - 2002, took diet pills in an effort to lose weight I had gained back after I started to eat more foods, ended up in the Dr's office for side effects so stopped that. I was quickly there after laid off from my full time job and decided to go to college.

Age 22 - 2004, has my first (and only) miscarriage and was simultaneously diagnosed with hashimotos, started on levothyroxine. This is the start of major weight gain.

Age 25 - 2007, broke up with my long time boyfriend. I had a massive depressive episode. Lost an incredible amount of weight and binge drank almost daily for a couple weeks. Was going to school full time, working retail and volunteering at local hospitals this whole time.

Age 26 - 2008, graduated from CSULB with my BS. Started volunteering with habitat for humanity global village, traveled South America with them.

Age 28 - 2010, completed my internship at the VA in Los Angeles, obtained my RD and moved to New York City. I was very excited and optimistic about the future. Was dating someone who was abusive at this time

Age 28 - 2011, depressed, gained a ton of weight (was up to 205 lbs), living in a new state in a job I hated so I quit and moved back to CA. Boyfriend breaks up with me. Around this time, I start to get every year in the winter an upper respiratory infection and/or strep throat.

Age 29 - 2012, moved from LA to Orange County with my best friend. Got into a major car accident, no serious injuries other than whiplash, seat belt bruising.

Age 31 - 2013, meet my now husband, who is amazing. Starting training for half marathons and sprint triathlons

Age 32 - 2014, completed my first half marathon and sprint tri, got engaged to my now husband. Started having more serious GI symptoms like constant gas, smelly gas, bloating, diarrhea.

Age 33 - 2015, sprained my left knee during a half marathon, then got married two weeks later!

Age 34 - 2016, feel terrible, want to start a family but I am tired all the time, joint pain, brain fog, irritable. Start experimenting with gluten free diet. Concerned that I may have celiac disease, my Dr tells me to eat a high gluten diet for 1 month and then she will test my blood for antibodies. I only make it 2.5 weeks on a high gluten diet, I feel the worst I have ever felt and having severe mood swings. Get the blood work done and it is negative, Dr says I do not have celiac disease. About of month after this, I have a severe anxiety attack, have to take 3 weeks off of work. I decided to go gluten free anyway, my symptoms improve but without a diagnosis I find it difficult to stick with.

Age 34 - 2017, after 6 months of trying to get pregnant, we don't succeed. We are referred to a Reproductive Endocrinologist. After a many tests, I am put on Clomid with very great results; which they find unusual and suspect I may have PCOS. Although this is never formally diagnosed. I get pregnant this first round.

Age 35 - 2017/2018 At 29 weeks into my pregnancy, I am admitted to the hospital for severe pre eclampsia. I am started on a Mg drip and other blood pressure medications. They are able to stabilize me for 5 days after which I am no longer stable and have to deliver. I had a complete placenta previa so I had to have a c section, my son was 29 weeks 5 days when he was born on New Years Day. I improved and was sent home 3 days later. My severe pre eclampsia however was not resolved and I was re admitted to the hospital only 24 hours later, this time I stayed for 5 days. We did not get to take my son home until he was 6 weeks old.

Age 38 - current, still feel terrible in some regard most days. Acid reflux, joint pain, muscle injuries (I currently have hamstring tendinitis from running), headaches, brain fog, fatigue, stomach pain, gas, water retention, bloating, mood swings, diarrhea and constipation, nausea. I am mostly gluten free which I do find makes me feel better, definitely has improved the headaches and joint pain. I stopped drinking alcohol because it just makes me feel sick every time I drink any kind.