



## Ontario Herbalists Association Case Study Options

**Give a complete treatment plan, focusing on herbs, for TWO of the following presentations.**

- What would you consider important to know before deciding upon a treatment plan?
- Describe what is happening internally to produce the symptoms.
- Include detailed herbal formulas and dosing instructions, as well as brief lifestyle and dietary recommendations.
- Why are you using these particular herbs?
- Are there any special considerations for future treatment, particularly if initial treatment is not wholly effective?

**Each answer should be a minimum of three pages of double spaced text.**

1. A 35 year old female with a high-stress job complains of heartburn after every meal. Her family doctor has run some tests, but everything has come back negative. Is there more than one possible cause for her problem?

2. A 78 year old man, now retired from a high stress job involving travel and poor eating, has been diagnosed with diabetes Type 2. He was prescribed Metformin HCl 500mg twice a day, Gliclazide 60mg, once a day and Rosuvastatin Ca once a day which made him light-headed and mentally 'spaced out'. He is physically active but in cold weather, gets a tightness in his chest. Because of the bad reaction to medication, he refuses to consult an MD.

3. A 35 year old male complains of some pain and discomfort upon eating. He has been under a lot of stress recently. His history includes a gastric ulcer about five years ago.

4. A 62 year old, non-smoking female comes to see you because she has been experiencing recurring bouts of bronchitis once or twice every year for the past three years. She is concerned about all the antibiotics she has been given, and wants to know if there are any herbs that can help.

5. A 68 year old woman has been diagnosed as having osteoarthritis in her right hand and both knees. She does not like taking a lot of over-the-counter painkillers, so she is hoping to try a herbal approach.

6. A 25 year old male comes to see you suffering from severe one-sided headaches. They occur about once a month and usually stop him from going to work for the day. He often gets vague visual distortions just before the headache starts. What do you think the problem is most likely to be?

7. The mother of a 12 year old girl asks for help with her daughter who is anorexic and bulimic. The girl is willing to try herbal treatment.

8. A 48 year old, overweight female complains of a constant craving for sweet foods, insatiable hunger and admits to bad eating habits. She experiences excessive thirst and is constantly running to the bathroom. She has a hard time getting up in the morning, drags herself through the days and is often fuzzy headed. After years of unsuccessful dieting, she is now losing weight without trying.

9. A 63 year old woman has decided, on the advice of her doctor, to have surgery to correct a prolapsed bladder. The scheduled date is eight months in the future but she wants to be in the best shape possible for surgery and to avoid any possible issues that might arise after surgery.

10. A 65 year old man comes to see you with chronic diarrhea and abdominal pain. He has been diagnosed with a duodenal ulcer. He has finished the prescribed PPI (proton pump inhibitor) medication which made the symptoms worse and it will be months before his appointment with a surgeon. In the meantime, his symptoms continue without relief.

11. A 28 year old female complains of periods of anxiety and depression alternating with periods of well-being. She experiences pain the first few days of her menstrual cycle which is irregular but always preceded with several days of enormous appetite. She has tried prescription antidepressants to which she reacted badly. She would like to try a herbal approach.

12. A 70 year old man has recently experienced symptoms of dizziness, headache in the left temple and momentary inability to move his left arm. He now finds his thoughts are slower and he sometimes can't remember names. He thinks he has had a minor stroke (transient ischemic attack). He asks you if there is anything he can do to help prevent future TIAs. So far he is not taking any prescription medication.

13. A 49 year old woman complains of heart palpitations, mood swings, waking in the night drenched in sweat. She has gained 20 pounds in the last few months, has no energy and is generally feeling anxious about the future. She has tried prescription hormone replacement to which she reacted badly.

14. A 54 year old female has been told by her doctor that she is osteopenic. She admits to bad eating habits but experiences no symptoms related to the diagnosis. Her doctor wants to prescribe medication but she has heard negative things about it. She wonders if there is a herbal alternative.

15. A 55 year old male comes to you because he has been diagnosed as having high blood pressure. His doctor is willing to monitor his b.p. for the next few months and your client wants to avoid having to take medication in the future. He has come to you for a more natural approach.

16. A 65 year old female comes to you because she has been taking Ramipril, 5mg, 1.5 tablets daily for 2 years for high blood pressure. She has no side effects but wants to stop taking the medication. What can you do?

17. A 37 year old male was diagnosed with Crohn's disease in his late teens but has been symptom free for many years. He is now experiencing symptoms again. His doctor recommends strong drugs and possibly surgery but he is reluctant. He wonders if there is a herbal alternative for both the painful flare-ups and for long term control.

18. A 19 year old female comes to you because she experiences pain with menstruation nearly every month. Also, she has severe, embarrassing cystic acne. She had tried several prescription medications without success. Despite this, she is a cheerful person with a positive outlook.

19. A 55 year old male comes to you because he has been diagnosed as having elevated cholesterol levels in the blood. His doctor is willing to monitor his levels for the next few months, and your client wants to avoid having to take medication in the future. He has come to you for a natural approach.

20. A 41 year old female comes to see you suffering from episodes of intermittent aching pains which change location from under the right lung, upper or lower left back, stomach and occasionally lower neck. Occasionally, these episodes are accompanied by nausea, sweating and severe pain. Her diet is poor, with a high proportion of fried foods.

21. A 63 year old woman shows you that she has swollen knuckles and some of her

fingers are no longer straight. She has trouble gripping things tightly, making it difficult to open jars. She does not like taking a lot of over-the-counter painkillers, has heard bad things about prescription drugs and wonders if a herbal approach can help her.

22. A 41 year old man has been diagnosed with gluten intolerance and is in constant discomfort. He is trying to change his diet but everything he eats seems to make things worse. His former diet was mainly bread and he needs help finding alternatives. Can you use herbs to help ease his discomfort and ease his transition to a healthier diet?

23. A 28 year old female complains of recurring bladder infections. She has had numerous infections over the past few years and her doctor keeps giving her antibiotics for them. They work, but the infection always returns, sometimes as soon as she stops the prescription, with stabbing, needle-like pains. She does not have an infection at the present time, but there always seems to be irritation and discomfort in her pelvic area.

24. A 46 year old male has begun to experience alternating diarrhea and constipation. Foods he has always enjoyed now cause him digestive upset and gas. He had broken out in hives in the creases of his arms, behind knees and ears which hasn't happened since he was a young child. He is also beginning to feel pain in his elbows and shoulders on occasion.

25. A 28 year old female with a history of drug and alcohol abuse has decided to change her life. She has stopped drugs and only occasionally over-indulges with alcohol. She has improved her general diet but wants to do more. She experiences numbness in one arm, light-headedness, chronic sinus congestion, frequent sore throats, low energy and occasional stabbing backache. She feels her doctor does not address her concerns.

26. A 46 year old male has experienced extreme pain in his left big toe and ankle. After using strong prescription painkillers that gave him headaches and nausea the pain goes away but he was left with a lingering ache. Now he has pain in the right big toe. He is worried that the condition is getting worse but he wants to avoid prescription painkillers.

27. A 28 year old female with a history of asthma which has kept her from doing sports, dancing or intense exercise of any kind because of shortness of breath asks for help. The puffers she uses cause irritation in her nasal passages and post-nasal drip. She now has a dry cough at night when trying to sleep and no resistance to any infections going around.

28. An individual with hypertension, digestive problem, disfiguring pimples & red patches on skin, joint pain, unable to achieve restful sleep, and is exhausted. Where do you start? Describe an overall protocol.

29. An adult with hay fever (spring and autumn) presenting swollen, teary eyes, runny nose, sneezing and generally feeling miserable.

30. A 17 year old, overweight female complains of a constant craving for sweet foods, insatiable hunger and admits to bad eating habits. She is often listless and depressed. She keeps trying to diet, loses a few pounds and is tempted back to poor foods.