

Fertility - Early Menopause



Gender: Female

Age: 45

First consultation: 12/09/2015

Last Menstrual Period: 10/10/2015

Duration till pregnant: 1 Month 10 Days

Background Information and Observations:

The patient has been trying to get pregnant for over 2 years without success. She was showing signs of early menopause which made conception extremely difficult. She visited our clinic for assistance in conjunction with IVF in order to conceive.

Tongue Inspection:

- Tongue: Dark Red Tongue, teeth mark along tongue side
- Pulse: Taut, Thin And Chi Mai Weak

Main Symptoms:

- Period is normal 28 days, High FSH Levels
- Hot flash, Dreaminess, Bloating Stomach, Cold hands and feet.

TCM Diagnosis:

Spleen Kidney Yang Deficiency, Qi and Fluid Yin Deficiency, Blood Stasis

Western Diagnosis:

Infertility for 2 years, Early Menopause Symptoms, Prepare to do IVF

Treatment Plan:

- Acupuncture: Twice a week, 30 minutes per session
- Traditional Chinese herbal medicine (Brewed from raw herbs): Twice a day, 100ml each time, 30 minutes after meal.
- Herbal Pills: Cordyceps, Life Power Female

Treatment Plan after LMP:

- Acupuncture: Twice a week, 30 minutes per session
- Traditional Chinese herbal medicine (Brewed from raw herbs): Twice a day, 100ml each time, 30 minutes after meal.
- Herbal Pills: Herb Rhodiolae, Life Power Female
- Cupping
- Moxibustion

Dietary Guidance:

Regular dietary intake with a more nutritious and balanced. Include a variety of fruits, vegetables and whole grains. Eat fish, especially oily fish, at least twice a week (about 8 ounces/week). Limit saturated fats, oils and sugars.

Lifestyle Recommendations:

Keep up with a good mood and regular exercise. When you need rest, rest – don't just talk about resting, do it. All of the relaxation exercises such as qi gong, tai chi, meditation and yoga foster yin and help to recharge and rebuild.

Acupuncture – Acu-points Selection:

Qihai, Guanyuan, Zusanli, Sanyinjiao, Xuehai, Shenshu, Guanyuanshu, Qihai

Traditional Chinese Herbal-Assisted Treatment:

1st Herbal Tea: HuangQin, ShuDiHuang, DangGui, BaiShao, ChuanXiong, FuShen, DanShen, TuSiZi, GouQiZi, NvZhenZi, ShanZhuYu, HeHuanPi, XuDuan, ZhiMu, XiangFu, HuangBai, ShanYao, GanCao

Last Herbal Tea:

ChenPi, XiangFu, ShaRen, GanJiang, BaiZhu, ChangZhu, TuFuLing, DaZao, HuangBaiShenQu, ShanZha, GanCao, LaiFuZi, HuoXiang, SuGeng, BanXia, BaiShao

Prescription analysis:

ShuDiHuang nourishes Liver and Kidney Yin; BaiShao nourishes the Blood and regulates menstruation; DanShen invigorates the Blood and dispels Blood Stasis; TuSiZi strengthens Yang, nourishes Yin, astringes Jing and urine and benefits the marrow; GouQiZi nourishes and tonify Liver and Kidney Blood and Yin; NvZhenZi nourishes and tonify Liver and Kidney Yin, clears Deficiency Heat; ShanZhuYu stabilizes the Kidneys and astringes Jing and body fluids

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