

DocAppointmentCall_DrHarutyunyan

Dr. Harutyunyan

Glitch, okay, it's started. How's everything going? How is there any updates from the other people that are not at UCLA?

Me

No, I don't think I've seen anyone else. I sent you over a document just with kind of, you know, the information, the latest, but

Dr. Harutyunyan

Oh, let me see. Oh, I didn't get, you just sent it today. Let me see. I didn't. Yeah, I just made it up.

Me

Okay, but I'll take you through it anyway, because it's there's not too much to run through. I haven't seen any other doctors since to follow up on your stuff. I tried calling the East West Clinic and I sort of got the the old healthcare rigmarole. The Westwood office told me I needed to be a part of the Extensivist Program, but to call the Santa Monica office because you don't have to. I called the, you don't have to be a part of that program. I called the Santa Monica office and they told me I have to be a part of the Extensivist Program and they need the referral specifically for that place. So I said, you know what, instead of going back and forth further, we had this call scheduled. I'll just talk with you about it first.

Dr. Harutyunyan

Okay, I still think East West is good. You do well, don't qualify for the Extensivist Program. It's for like people that are super sick and in and out of the hospital and use a recircuit. So the Santa Monica location should be fine. What was the holdup? They just don't have appointments or...

Me

Santa Monica once said I have to be a part of the Extensivist Program too.

Dr. Harutyunyan

Santa Monica and a Westwood, no? Santa Monica too.

Me

Santa Monica said that when I called them.

Dr. Harutyunyan

Oh, no, I don't know why they would say that, but I will...

Me

I don't know why people do many things in this industry...

Dr. Harutyunyan

Yeah, it's authorized. I'll have my assistant look into it. That shouldn't be the case. I have plenty of people that are in the Santa Monica program.

Me

Cool, cool. Yeah, I think then it's just a matter of if that is the case, then just switching to referral to the Santa Monica office.

Dr. Harutyunyan

[typing]

Me

Thank you, I appreciate it.

Dr. Harutyunyan

Oh yeah, sure. Okay, and then you're gonna do the antivirals, it says?

Me

Yeah, no, that was recommended by Dr. Chia. a few months ago.

Dr. Harutyunyan

[typing]

Me

It's going to expire soon, so I have to do this test.

Dr. Harutyunyan

[typing]

Me

I was supposed to take it with Luteolin, but I... I think I mentioned to you, and I actually... Oh, I did... You know what? I did have one doctor's appointment since I met with my psychiatrist who manages the duloxetine. And he told me there could absolutely be a... Interaction between Luteolin and duloxetine, so that's why I had a problem with that.

Dr. Harutyunyan

Oh, okay.

Me

So anyway, I'm just gonna take the... Monupiravir, or Legev-Brio, whatever the name is there. I'm gonna take that very soon, just to test it according to Dr. Chia's instructions.

Dr. Harutyunyan

Okay.

Me

Uh, but shouldn't be... I mean, that shouldn't be... I've taken antivirals before, I've tested them before. I think I've had problems, which should be fine. Be straightforward.

Dr. Harutyunyan

[typing] Um, I don't know what else to say. My, you know, yeah, blood work... You're so used to the blood work kind of looking normal, but you're still having symptoms. The vitamin D was interestingly low.

Me

I have a weird thing with vitamin D. Um... Uh... All last summer, I spent trying to, you know, spend a lot of time in the sun. My vitamin D would not go up, despite spending at least 30 minutes each day in, like, the, you know, middle of the day out in the sun. Um... I've done protocols in the past with the endocrinologist, um, for loading, to get the vitamin D up.

Dr. Harutyunyan

Yeah, like the 50,000 units. You don't want to do that again?

Me

I've already started it.

Dr. Harutyunyan

Oh, okay, sounds good.

Me

Once a week, and I also take it this time with vitamin K2.

Dr. Harutyunyan

Okay, yeah, hopefully get more absorption, yeah.

Me

Exactly, and then I'm going to do that for about six to eight weeks, and then I'm going to... Here's where I think we'll fix it. In the past, I've gone down to 2,000 IUs a day. But that has never kept my numbers up, so I think I'm going to instead switch to 5,000 as a maintenance dose after this. But that's not going to be for six to eight weeks or so. And then that'll hopefully keep my vitamin D levels up.

Dr. Harutyunyan

Okay.

Me

And then, um... Do we want to run through, I mean, the labs just in general, is there anything to talk otherwise about the labs?

Dr. Harutyunyan

Sure, the, um, no anemia, immune cells are normal. That mean platelet volume, that's a little off. It's clinically not relevant.

Me

Okay, yeah, I've had that forever.

Dr. Harutyunyan

Yeah, it's not relevant. Your electrolytes are fine. Your kidney function is perfect. You know, your fasting glucose was 101, I guess. You know, not a big deal. We ideally want it under 90, but your A1C was really, really low, so 4.9.

Me

I did have a lot of sugar the night before.

Dr. Harutyunyan

The night before, exactly. So that's why we go off the A1C more. But nowhere near, like, you know, where I'd be concerned about diabetes or anything. Your good cholesterol is slightly low. That's pretty easy to rectify. I would just increase some avocados, a lot of fish, those types of things will improve that. I wouldn't necessarily, you know, you could take an omega-3, but I tend to say that just the healthy fats are better. The healthy, like, fats and food are better.

Me

That's interesting. I do eat a lot of fish, and I have chia seeds every morning, which has omega-3.

Dr. Harutyunyan

Yeah, flax seeds, chia seeds, fish, avocados, incorporating that into your, if you do protein shakes or things like that, avocados are a good source of to get that HDL up. And then all the oil.

Me

I mean, I think I already do take a lot of that. I think what it probably just comes down to is that I cannot exercise as much as perhaps other people, which is probably...

Dr. Harutyunyan

That won't affect the HDL.

Me

No.

Dr. Harutyunyan

No. The LDL will be affected, and your LDL is actually fine. It's under 100, which is great. Your HDL is oftentimes an intake. Your high density.

Me

That doesn't make sense to me then, because I eat salmon maybe two, three times a week, and I have chia seeds every morning, and I use pretty much exclusively avocado oil for cooking.

Dr. Harutyunyan

Actually, olive oil is going to be probably better too.

Me

Okay.

Dr. Harutyunyan

Yeah.

Me

Good to know.

Dr. Harutyunyan

That's, you know, liver tests were fine, and we already talked about vitamin D and the COVID test.

Me

Yes, yes, yes, yes. Right, yeah, I mean, I'm not surprised about the COVID test, despite having had COVID two or three times. I mean...

Dr. Harutyunyan

Yeah, healthy people clear it, right? Like, that's what it is. Like, they clear the antibody. It doesn't mean that you don't have long COVID or other symptoms of a long COVID. It just means that modern medicine has found a cutoff value in order to decrease the referrals, essentially So...

Me

Yeah, yeah, yeah, I get it. I'm not really surprised. That was kind of just a long shot worth taking. So, yeah, so then, you know, I'll try UCLA East West again once we get the Santa Monica referral in. And then the last thing, the only test that I have not really done, that's been recommended for people like myself, is it's a bit more of a heavy test, but a tilt table test. And the reason why I've been thinking about it lately is because I'm noticing that a lot of my symptoms actually occur and get worse when I'm sort of bending over, crouching down, doing all those sorts of things, and then getting up. As opposed to when I, you know, ride my recumbent bike, I can actually do that for like 15, 20 minutes and have no problem. But it's why I'm doing stuff around my place, you know, getting under the cabinets, trying to do stuff on the baseboards, and then standing up that I get very dizzy, I get very shaky, all that kind of stuff. And I've done, you know, I've taken the NASA lean tests before. And those have turned out fine. But I don't believe that they can find the little intricacies of maybe like cerebral blood flow or whatever that, you know, a more dedicated test could.

Dr. Harutyunyan

Yeah, we can, I can send you for an automatic reflex screen, which is a tilt table test. We do it with our cardiology offices. You just have to make an appointment and do it.

Me

Okay. Yeah, if you have a, my cardiologist, with the one that I had seen years ago, many, many years ago.

Dr. Harutyunyan

Yeah, you don't even need to, I mean, you could see a cardiologist, but I could just order the test directly for you.

Me

Oh, you can? Oh, that'd be great.

Dr. Harutyunyan

Yeah.

Me

That's awesome. Thank you.

Dr. Harutyunyan

I don't think it's a bad idea.

Me

Yeah, I think it's really the last thing to try. And now especially, my symptoms were not as bad, you know, three, four years ago, but now I've, as time's gone on, I've started to notice it even more with crouching and things like that, changing positions, you know.

Dr. Harutyunyan

I still think that there is a component of fibromyalgia that's probably causing some of your symptoms, like fibromyalgia is a spectrum and it doesn't always present itself with just frank pain. Fatigue is often a symptom. I mean, the duloxetine is the way to treat it, so that's why I'm happy you're on it. I just, you know, whether it's fibromyalgia and like long COVID or like long COVID causing fibromyalgia or something like that, I don't know.

Me

Well, let's see this actually about that. So we did try, I did try, you know, talk to a rheumatologist many years ago. He was kind of like whatever you might have it, you might not. I was like, okay. Pain was not necessarily the biggest issue, but you know, I hear you saying it's not.

Dr. Harutyunyan

That's what I'm saying. It's a mood point because like you're already on the treatment for it.

Me

But, well, something I do want to add too is it's too early to tell, but you know, I took this vitamin D dose and I took this K2 dose. I do feel like the general aches and pains are starting to subside a little bit. Again, it's a little too early. It's only been one week. I don't know if that's really enough time for this stuff to work. But I do feel less ache and pain. I still feel that sort of dizziness and the shakiness, but less aches and pains, less of that like coat hanger pain and like that sort of deep pain that I have like in my legs and stuff. A lot of that's kind of subsided, but it's too early. I need more time to really tell. So I don't know if the point is pain right now is getting better, which is good.

Dr. Harutyunyan

Good. Good. Okay. So we hold the course. I'll try to figure out what in the world happened with East West. I put in for the tilt table test. Let me know if any issues with those referrals. Okay. That sound like...

Me

Sounds good. Sounds like a plan.

Dr. Harutyunyan

And keeps me updated with the other people because I can't see their results or stuff. So keep me updated.

Me

Yeah, I absolutely will do. And then I guess next steps then for the for the test, for the tilt table test, I guess just wait and see what the results are and then maybe we have a follow up if they're problematic.

Dr. Harutyunyan

Yeah, I mean, I'll see you in six months. But if the if the test comes back earlier, we can chat for sure.

Me

Okay, sounds good.

Dr. Harutyunyan

Yeah.

Me

All right, then I think that's it. Thank you.

Dr. Harutyunyan

Yeah, you're so welcome. I hope you have a good weekend.

Me

You as well. Take care.

Dr. Harutyunyan

Keep me updated and sending the summaries help a lot.

Me

Yeah, absolutely. Any info I can provide.

Dr. Harutyunyan

Yeah, I'm very spoiled because I have everything at UCLA. So whenever there's like people that are seeing people outside of UCLA, I get really nervous, but then it's helpful to have those summaries.

Me

That's the world that I only knew. That's why I got to UCLA. But so I'm very prepped with communicating between doctors.

Dr. Harutyunyan

Yeah, I know. I love it. Thank you. For sure. Okay. Yes, you have a great weekend as well. Thanks. Bye.