

250530_DrShiling_Transcript

Me

Beautiful place by the way.

Dr. Shilian

Thank you.

Me

Typical day for me, so like with work and stuff and like symptoms. Yeah, I work 9 to 5. I'm head of post operations at an agency. It's a fairly stressful job, but I've gotten to a point where it's much less stressful now. It's very, I can manage it better. But day to day, I mean, it's up and down. Some days I'm totally fine. And then some days just randomly, middle of the day. Doesn't seem like there's anything that causes it. I'll just start getting pains all over. I'll get sinus headaches. That's things that I get a lot. A lot of sinus headaches.

Dr. Shilian

What else? Fatigue?

Me

Fatigue, neck pain, shoulder pain, arm pain.

Dr. Shilian

Brain fog?

Me

Little bit of brain fog if it's a bad crash. Again, flare up. I'll have very bad brain fog. I'll have to lay down. I'll have a little bit of light and noise sensitivity if it's particularly a bad day. But again, it's not exactly clear. It happens maybe a lot on Tuesdays. I don't know. It happens just randomly. Like yesterday, I started to feel that a little bit.

Dr. Shilian

The noise sensitivity or? All the symptoms.

Me

All the symptoms.

Dr. Shilian

Okay.

Me

Yeah.

Dr. Shilian

And then, this is the...

Me

Those are all my labs. Historical labs.

Dr. Shilian

we had some serum ige level testing for environmental allergens that was yes both skin 2023 so both skin and blood tests were negative okay but you never had any targeted testing for mass cell disease

Me

no no like tryptase or whatever the test is

Dr. Shilian

okay, they checked for sjogrens yeah this includes everything in your [unintelligible] in 2023 okay nothing else right just these medications

Me

just those right now um dr chia is going to have my trial a um... paxlovid going to have me trial a uh paxlovid special paxlovid regimen to try and see if that helps my symptoms but i've been waiting to see you first in case you wanted to do any tests before i start

Dr. Shilian

just to be on it like prophylactically

Me

yeah it's we've tried that before and it has potentially improved my symptoms but i wasn't really controlling properly for all variables in the past but this time i'm ready to kind of control for everything sure we're running more tests on that

Dr. Shilian

gabapentin caused vomiting yes we had some sensitivity to eggs red meat

Me

ground yeah eggs for sure um ground red meat same kind of thing with the eggs it's like a nausea kind of queasy feeling all day

Dr. Shilian

surgery wise?

Me

None

Dr. Shilian

None? Okay.

Me

In terms of other immunity things, when I was a kid, I was hospitalized for pneumonia

Dr. Shilian

Hospitalized for Pneumonia? Okay I'm order right now i'm going to order some immune

workup which this was okay but you haven't had the main immunology workup so i'm going to order some blood work and urine urine test blood blood and urine test for your mast cell so i can order both both of those together

Me

now um question i've only read a little bit about this obviously no more uh for the mast cell stuff when i get tested does it have to be during a flare, specifically?

Dr. Shilian

it seems like you have every couple of days you have a flare?

Me

yeah it's just hard to know

Dr. Shilian

so i would say wait until you start experiencing some some of those symptoms that you just described to me uh when then when those symptoms start uh stop your uh empty your bladder and start a 24-hour urine collection so you're going to go to the lab

Me

-oh, there's a 24 hours... okay

Dr. Shilian

urine test that you need to do and there's blood test and then 24-hour urine okay so time it in a way that you start collecting that 24-hour urine so you could go get that those tests done and get the blood tests and the standard urine test done anytime yeah okay but for your 24-hour urine test wait until you have a flare, empty your bladder and start collecting

Me

empty bladder then the next time I have to go to the bathroom and start collecting?

Dr. Shilian

yes because that's so whatever urine you have in your bladder at that time is from before, but from that time that you start collecting is you just make sure the symptoms start, empty your bladder, that starts the time for the collection

Me

makes sense

Dr. Shilian

so that will give us the best results

Me

sounds good

Dr. Shilian

and then i'll see you in about two or three weeks so if you want to wait for your symptoms to uh

Me

yeah i'll start next week i mean i'll see you with the earliest appointment i can get there is so i can get the container and then yeah i'll try and do that as soon as possible

Dr. Shilian

excellent and then based on that we can see if there's anything going on that there's targeted treatments for it okay okay if there's anything you can do for your immune system right look through that with you which lab do you normally go to?

Me

Quest

Dr. Shilian

quest is good quest integrates with this is my system too so that's great it seems like

Me

we used to go to lacorp but they're not around so much anymore so uh quest is the one

Dr. Shilian

when was the last time you did the last allergy test? It's been two years?

Me

probably two years yeah

Dr. Shilian

okay so i'm gonna repeat just a blood panel, okay?

Me

yeah it's very weird i mean there's no i lived

Dr. Shilian

has there been a change in the past year or two with your uh symptoms allergy symptoms

Me

um allergies been fairly consistent i mean my general symptoms overall got a lot worse in january that's another thing i got-

Dr. Shilian

just this january?

Me

I got sick in january with some bad cold and um the it really knocked me down quite a bit i was like lethargic but very bad for maybe a month or two thankfully i've gotten better now but it took -- my whole family had it they got over just fine i had that lingering sickness for a while yeah i don't know the weird thing with i mean i'm definitely allergic to dogs i had to take inhalable steroids when i was living with a dog for a minute but the tests come back negative for that

Dr. Shilian

but you notice the symptoms around the dog

Me

yeah it's like within a few minutes i can feel my sinus headaches start coming in

Dr. Shilian

let's do a skin testing for you i've got here and i may be a little bit more sensitive so just schedule that with my staff

Me

okay, will do

Dr. Shilian

okay okay and then the wheezing comes on like usually after 20-30 minutes depends on the dog

Me

oh yeah i would do it just to make sure that's such an easy thing to fix just want to make sure that you know maybe nothing is missed okay Appreciate it

Dr. Shilian

of course. Excellent, so um, the immune system is very complex. We may need to do things in a step-wise fashion. So this is a good start.

Me

I do go back to New York. I go there for about a month at the end of June. So I'm going to try and get the blood tests and all that done within the next week.

Dr. Shilian

Excellent. Yeah, and you know, especially the skin testing. If you get that, I don't necessarily need to be here.

Me

Okay. Perfect.

Dr. Shilian

So if we get that done and get all the testing done and let me see you before you leave for your trip.

Me

Okay.

Dr. Shilian

Let me examine you.

Me

Sure.

Dr. Shilian

The labs are sent directed to quest.

Me

Great. Doesn't have to be... Should it be fasting?

Dr. Shilian

No. No. They ask you when you're there. They ask everybody. So that doesn't mean you need to be fasting. It's the job to ask, are you fasting?

Me

I just do most of mine fasting.

Dr. Shilian

Okay. You don't need to. Not for this.

Me

That helps. You can go any time of day, then?

Dr. Shilian

Yes. I see a little bit of inferior turbanned edema. A little bit of swelling in your nose. Have you used a nose spray before?

Me

Like, uh...

Dr. Shilian

Flonase?

Me

Yes, I have for allergies.

Dr. Shilian

I see. You sound good.

Me

Good. I did just have, um... a test done. It was supposed to be for celiac, but... uh... when they tested me, Immuglobin A, and it was a little elevated. I don't know, so...

Dr. Shilian

Bring that. Let me see it.

Me

Uh, actually. Okay, I have it right here. Let me just take a quick look Slightly elevated.

Dr. Shilian

That's inflammation

Me

Yes.

Dr. Shilian

So it could be... Anything you could be setting that off.

Me

Okay. Yes, uh... It was my endocrinologist. She mentioned it was, you know, potentially in the gut or in the sinus.

Dr. Shilian

And it's good you're taking vitamin D

Me

Yeah. I'm trying to get that up, but it's tough.

Dr. Shilian

Yeah, good. No, optimizing that actually helps your symptoms in general. Okay. Great. So, let's... This is a good start with a good immune workup to begin with. And then, it's a stepwise fashion. You see what those results show us, and then that will guide us on what to do next.

Me

Okay. Sounds good.

Dr. Shilian

So, you're going to come back, do the skin testing for environmental allergies, and then get your blood work, urine test, 24 hour urine test done, and then I'll probably see you in about three weeks or so before you leave.

Me

Great, okay. So I'll just talk with the person up front about all that?

Dr. Shilian

Yes. Okay, great.

Me

Pleasure to meet you. Thank you, sir.

Dr. Shilian

My pleasure.

Me

Appreciate it.