

Date: June 20, 2025

Assessment: Patient demonstrates substantial improvement in Graves' disease symptoms and lab values.

Plan:

- Continue dietary adjustments and maintain supplementation with Selenium and Vitamin D at maintenance dosages.
- Discontinue Omega-3 and herbal adaptogens; reassess if symptoms recur.
- Maintain stress management and mindfulness practices.
- Labs every 6 months moving forward to monitor thyroid function.
- Patient transitioned to maintenance mode; follow-up scheduled in 6 months.

