

FRANCA, Isaac (id #2028, dob: 11/06/2018)



LIGHTHOUSE COMPLEX CARE
720 S COLORADO BLVD, PH N
DENVER, CO 80246-1962
Phone: (303) 219-0030, Fax: 303-600-7340

Date: 10/25/2023

Dear Isaac Franca,

The following is a summary of your visit today. If you have any questions, please contact our office.

Sincerely,

Electronically Signed by: MARY BURCH, NP

Patient Care Summary for Isaac Franca

Most Recent Encounter

10/25/2023 Mary Margaret Burch: 720 S Colorado Blvd, Ph N, Denver, CO 80246-1962, Ph. tel:+1-303-2190030

Reason for Visit

lab follow-up; Neurological Disorder; Digestive Disorder

Assessment and Plan

The following list includes any diagnoses that were discussed at your visit.

1. Disorder of the central nervous system

2. Disorder of digestive system

3. Disorder of immune function

4. Laboratory test result abnormal

5. Screening for disorder

6. Altered microbiota

7. Mitochondrial metabolism defect

8. Genetic investigation procedure

9. Cerebral folate transport deficiency

Discussion Note

I have personally spent a total of 45 minutes on this patient's case today. 30 minutes of this time was spent over Zoom with the family in their home, and 15 minutes of this time was spent in counseling/coordination of care with the remainder in pharmacology and supplements. This family verbally consented to video consult. This family verbally verified their location for the visit is Brazil

Patient educational handouts: No information available.

Plan of Care

Patient Goals

STEPS FOR VISIT 10/25/23:

Diagnostic Steps:

Please do this as soon as possible so that the results will be back by your next appointment.

1. Please repeat your stool test with DD CSAP.
2. We will send 2 additional stool tests to your preferred address in the US for when you come in November.

Treatment steps:

Please start each intervention with 5 days in between to judge response. Supplement prescriptions will be emailed to you through FullScript (with discounts) unless otherwise indicated.

1. Start Meclizine, twice daily for sound sensitivity. He would take 7.5mg twice daily. If you can not find this locally, then I can send a prescription to Hopewell Pharmacy in the USA & it can be shipped to you. See following link for the product:
<https://www.cvs.com/shop/content/meclizine-hydrochloride>
2. Then add Hydroxyzine at bedtime for sleep. Start with 6ml (dosed off your current product that is 2mg/ml) at bedtime. You can increase up to 12ml, if needed.
3. Then since you have stopped NAC, instead add taurine, 500mg in the morning.
<https://www.iherb.com/pr/now-foods-aurine-500-mg-100-veg-capsules/852>

We can better serve you and prepare for your visit if you can help us by giving us some basic information before your appointment. Please fill out the Upcoming Visit Form 7-10 days before your next visit.

Here is the link to the form: <https://forms.gle/P1vhvXzbh5nrNqWZ6> It can also be found on our website: LighthouseComplexCare.com on the Current Patients page.

FUTURE STEPS:

-Start Kidney Kool 1 ml, twice daily for Elevated AST and support kidneys.

<https://www.ubuy.com.br/pt/product/4DTK32N20-kidney-kool-for-kids/?ref=list-es&uq=kidney+kool&ti=1>

1. Start Kirkman Biofilm Defense once a day on empty stomach to help break down the possible Biofilm. Start this a few days before starting the rest of the protocol.

<https://br.iherb.com/pr/kirkman-labs-biofilm-defense-60-capsules/91050>

2. GUT PROTOCOL:

** Please continue to use Glutathione 0.5 ml (1 spray), twice daily, at least 5 days before and during gut modulation.

<https://br.iherb.com/pr/aurora-nutrascience-mega-liposomal-glutathione-plus-vitamin-c-organic-fruit-750-mg-16-fl-oz-480-ml/99988>

START ALL OF THESE ON THE SAME DAY:

A) Continue to use Kirkman Biofilm Defense once a day on empty stomach until finishing the protocol. This will help to break down the possible Biofilm.

B) Uva Ursi 10 drops, 3 times a day for 14 days. [Strep, Klebs, Kocuria, Citrobacter]

<https://br.iherb.com/pr/nature-s-answer-uva-ursi-extract-low-alcohol-1-000-mg-1-fl-oz-30-ml/5215>

C) Oregon Grape Root 3 ml, 3 times a day for 14 days. [Clostridium, Citrobacter]

<https://www.ubuy.com.br/en/product/1PBCGQQY-oregon-grape-alcohol-free-liquid-extract-oregon-grape-mahonia-aquifolium-dried-root-glycerite-natura/?ref=list-es&uq=oregon+grape+root+alcohol+free&ti=3>

D) Clove, 10 drops, 4 times a day for 14 days. If needed, mix with honey or monk fruit. [Enterococcus]

<https://www.ubuy.com.br/en/product/3NSYD4BJO-clove-tincture-alcohol-free-extract-organic-syzygium-aromaticum-benefits-the-immune-system-2-oz/?ref=list-es&uq=clove+tincture+alcohol+free&ti=6>

E) Culturelle Kids Chewable, 1 chewable daily. At least two hours away from the Uva Ursi/Oregon Grape Root/Alchomea.

<https://br.iherb.com/pr/culturelle-kids-purely-probiotics-chewables-3-years-bursting-berry-30-chewable-tablets/56051>

NEED TO REVIEW : GPL OAT (2021)

Need to address the remaining bloodwork (01/31/23 & 09/29/22) and OAT results.

Patient Instructions

I discussed with the family risks, benefits, side effects, alternatives and target symptoms of allopathic and functional medicine treatment options.

Family understands that Lighthouse Complex Care does not function as a patient's primary care provider. We recommend that every patient maintain a relationship with an outside provider as their primary care provider.

Reminders

Appointments Return to Office on or around 12/25/2023

Lab None recorded.

Provider

Mary Margaret Burch, NP

Referral	None recorded.
Procedures	None recorded.
Surgeries	None recorded.
Imaging	None recorded.

Current Medications

Your medical record indicates you are on the following medicine. If this list is not consistent with the medications you are currently taking, or if you are taking additional over-the-counter medicines, please inform your provider.

Name	Prescribed Date	Start Date
alpha lipoic acid 1 capsule, QAM		
B12 Hydroxy B12, 1 drop, BID, not after 4pm		
betaine TID with meals		
biotin 1 pill QD		
Carnitine L-Carnitine 3ml, BID, not after 4pm.		
choline Body Bio PC 1/8 tsp BID, not after 4pm		
dietary supplement DHH_B 1/2 capsule, QHS;		
Fish Oil Omega3 3ml		
glutathione 0.5 ml, BID		
lutein Lutimax 1/4 tsp BID		
melatonin 1x QHS		
Probiotic Culturelle		
ubiquinol (bulk) 1 cap QAM		
Vitamin D3 Vitamin D 2 drops; 5 drops at night before sleeping		
Notes: Stopped-5MTHF: He as very nervous and agitated;		

Medications Administered

None recorded.

Vitals

None recorded.

Results

Lab Results

None recorded.

Allergies

Please review your allergy list for accuracy. Contact your provider if this list needs to be updated.

Notes: Injectable metylcobalamine made him too agitated. We're going back to ethycobalamine oral drops. Last week we had trouble with him waking up in the middle of the night (woke 3am-6am). Dr Rogerio told us to stop with the vitamins (which we did)

Problems

Name	Status	Onset Date	Source
Onychomycosis	Active	11/15/2022	
Obsessive Behavior	Active	11/15/2022	
Initial Insomnia	Active	11/15/2022	
Excessive Chewing	Active	11/15/2022	
Running Away	Active	11/15/2022	
Expressive Language Delay	Active	11/15/2022	
Slowness and Poor Responsiveness	Active	11/15/2022	
Developmental Regression	Active	11/15/2022	
Autism Spectrum Disorder	Active	11/15/2022	
Cognitive Developmental Delay	Active	11/15/2022	
Insomnia	Active	11/15/2022	
Poor Focus	Active	11/15/2022	
Fatigue	Active	11/15/2022	
Pain	Active	11/15/2022	
Impairment	Active	11/15/2022	
Carbohydrate Craving	Active	11/15/2022	
Echolalia	Active	11/15/2022	
Poor Eye Contact	Active	11/15/2022	
Mood Swings	Active	11/15/2022	
Allergy to Food	Active	11/15/2022	
Screaming	Active	11/15/2022	
Intestinal Dysbiosis	Active	11/15/2022	
Immunization/vaccination Management	Active	11/15/2022	
Therapy	Active	11/15/2022	
Asleep	Active	11/15/2022	
Birth	Active	11/15/2022	
Breast Fed	Active	11/15/2022	
Exercises	Active	11/15/2022	
Frequent Night Waking	Active	11/15/2022	
Insufficient Rest/sleep for Age	Active	11/15/2022	
Neglect of Common Dangers	Active	11/15/2022	
Mitochondrial Metabolism Defect	Active	10/24/2023	

Notes: *Evals: Stool analysis, Speech and language evals, Auditory Evals, Therapy Evals, EEG testing, Organic acid test - nutritional and metabolic profile GPL, IgG allergies test, IgG food map, Microbial organic acid test, Few blood test.

*- Pt. last felt well: He is well. Isaac has good physical health. He eats well, runs around, likes to sing a lot. He knows quite a few words but doesn't use them to communicate with others.;

- Trigger health change: At ~16 months age we noticed that he lost visual contact, stopped babbling his first words and wouldn't look when called by name. We investigated further and at ~20months was diagnosed with autism.;

- Makes pt. feel worse: Staying home for too long (couple of days). Not sleeping properly (which he has trouble with sometimes). Having too many activities on a single day (school, therapy, etc)

- Feel better: FOOD. He loves to eat and is frequently looking for food. He also likes to go outside and play at parks / nature, especially if water is involved (pool / beach).

*Tv time: 1h/day; Comp/Video games time: ~2h/week. ;

*applicable: None. ;

Readiness assessment

Willingness to modify diet: 5/5

Taking supplements: 5/5

Modify lifestyle: 5/5,

Engage in therapies or exercise: 5/5,

Have periodic lab tests to assess progress: 5/5

Organize and follow health activities: 3/5

How supportive do you think the people in your household will be to your

Implementing the above change: 5/5

Ongoing support implement health program: 4/5

Able to function Today as a (or an)

- individual (self care): 2/5,

-member of your family: 2/5,

- member of the community: 2/5,

- member of greater society and culture: 2/5.

Procedures

None recorded.

Vaccine List

Here is a copy of your most up-to-date vaccination list.

None recorded.

Tobacco Smoking Status

None recorded.

Past Encounters

Encounter Date	Diagnosis	Provider
10/25/2023	Disorder of the Central Nervous System; Disorder of Digestive System; Disorder of Immune Function; Laboratory Test Result Abnormal; Screening for Disorder; Altered Microbiota; Mitochondrial Metabolism Defect; Genetic Investigation Procedure; Cerebral Folate Transport Deficiency	Mary Margaret Burch, NP: 720 S Colorado Blvd, Ph N, Denver, CO 80246-1962, Ph. (303) 219-0030

Demographics

Sex:	Male	Ethnicity:	Information not available
DOB:	11/06/2018	Race:	White
Preferred language:	English	Marital status:	Never Married
Contact:	SAO PAULO 12233-380, BR, Ph. tel:+1-551-2981440;ext=013		

Note: Patients are solely responsible for maintaining the privacy and security of all information printed from the Patient Portal.
