

Detailed Medical Summary for Healthcare Provider

Veronika (Female) 33 years old

CURRENT CRISIS SITUATION

- **Acute insomnia:** 3 weeks with maximum 3-4 hours sleep per night
 - **Psychiatric symptoms:** Severe depression, panic attacks, exhaustion and suicidal thoughts
 - **Current state:** Critically deteriorated today, unable to function
 - **Urgent need:** Intervention for sleep and stabilization
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RELEVANT MEDICAL HISTORY

Initial Event (~18 months ago)

- Diagnosed with pneumonia
- Stayed home 10 days, prescribed antibiotics
- **Adverse reaction to antibiotics:** Condition worsened
- Hospitalized and given medication fluoroquinolones antibiotic IV
- **Severe adverse reaction:**
 - Suicidal thoughts upon discharge
 - Unable to walk normally
 - Severe psychiatric symptoms
 - Attributes ongoing problems to this medication reaction ("toxic" effects)

Recovery Period (18 months ago - April 2024)

- Relocated to Spain, remained very ill

- Multiple Spanish doctors recommended antidepressants (Veronika refused)
- Consulted functional medicine doctor in New Zealand
- Followed functional medicine protocol with gradual improvement over 1+ year
- By April 2024: Working, exercising, functioning relatively normally

Current Episode Onset (April - Present)

- Began drinking wine occasionally (1-2 glasses)
 - Symptoms returned: crying, depression
 - **3 weeks ago:** Complete inability to sleep (insomnia triggered after one sleepless night)
 - Stopped all smoking and alcohol
 - Has not recovered normal sleep since
 - Ruminating thoughts all the time
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RECENT MEDICAL WORKUP

went to Geneva for check up last week:

- **Brain EEG:** Normal
- **Brain MRI:** Normal
- **Blood tests revealed: Severe iron deficiency**
 - **Ferritin: 4** (normal minimum: 30-100)
- **Recommendation:** Antidepressants prescribed
- Refuses antidepressants due to fear of repeat adverse reaction

Barcelona - Delfos Clinic (Yesterday)

- **Sleep study (somnography):** Surprisingly, slept well during study WITHOUT medication
- Psychiatric consultation: Medications prescribed but not yet provided, no written conclusions given

- Attempted iron infusion: **Only Ferinject available**
 - Didn't make it
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CURRENT MEDICATIONS & TREATMENTS

Recently Tried

1. **Lorazepam** (taken ~8 times during 3 weeks for sleep)
 - Enabled sleep temporarily
 - **Caused worsening:** Depression, panic attacks, "fainting sensations"
 - Will not take again
 1. **Other sleep aids** (milder than lorazepam): Ineffective
 2. **Natural treatments:**
 - Restarted yesterday
 - Couldn't sleep last night after starting
 - Not providing rapid enough improvement
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CURRENT TREATMENT DILEMMAS

1. Iron Deficiency Management

Problem: Severe ferritin deficiency (level: 4) likely contributing to symptoms

Available: Ferinject (ferric carboxymaltose) - considered too aggressive/stressful

Seeking: Alternative IV iron formulations:

- Venofer (iron sucrose)
- Monofer (iron isomaltoside)
- Other less-stressful iron preparations

Question: Where can alternative IV iron formulations be obtained in Barcelona/Spain?

2. Psychiatric Management

Problem: Severe insomnia, depression, panic attacks, suicidal ideation

Fears:

- Antidepressants (due to previous severe adverse reaction to antibiotics)
- Lorazepam (worsening symptoms with use)

Challenges:

- Antidepressants take 2+ weeks to work
 - Functional medicine approach too slow for current crisis?
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CURRENT MENTAL STATE

- Confused about whom to trust
 - Terrified of medications
 - Desperate for help but paralyzed by fear
 - Willingness to try iron infusion if safer formulation available
 - Considering antidepressants despite fear due to severity of condition
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QUESTIONS

1. **Immediate sleep management:** Safe options for someone who has reacted poorly to lorazepam and fears antidepressants?

2. **Iron supplementation:**

- Can severe iron deficiency (ferritin 4) cause insomnia, depression, and panic attacks?
- Where to obtain Venofer, Monofer, or other gentler IV iron formulations in Barcelona/Spain?
- Is oral iron supplementation an option, or must it be IV?

1. **Bridge treatment:** What can stabilize NOW while waiting for longer-term treatments to work?

2. **Past adverse reaction:** Could previous antibiotic reaction (possibly fluoroquinolone) create ongoing vulnerability? Should this influence current medication choices?
 3. **The paradox:** Veronika slept well during hospital sleep study without medication - what does this suggest about the insomnia?
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IMMEDIATE NEEDS

1. Safe intervention for sleep restoration
2. Treatment for acute psychiatric symptoms
3. Appropriate iron supplementation protocol
4. Coordination between conventional and functional medicine approaches