

Amenorrhea in Patient with Hypothyroidism

Presented by Evelyn Chan

Female, age: 35, Amenorrhea: 5½ years Occupation: Bank Customer Service Rep

Initial Visit: 1/11/06

Patient has not had a menstrual period since giving birth to her first child 5½ years ago, except for some bleeding that occurred around the time of January in the first 3 years after giving birth. In each of those first 3 years, her one and only period would last 2-3 days long changing in color from dark red to bright red with light flow. Her last menstrual bleeding was in January 2005 and there were only a few drops of bright red/thin blood. This past January 2006, there was no sign of blood.

Patient said her labor was long and difficult, lasting 16 hours long with 45 minutes to 1 hour of pushing. There was no excessive bleeding with labor and patient took 1 year off from work after having her child.

Despite absence of periods, patient experiences premenstrual-like symptoms each month including chocolate cravings and mood swings.

For the past 2 years, patient has had night sweats over entire body 1-3 x / week, experiencing heat from the chest area.

A visit to the gynecologist in 2003 revealed no organic abnormality, a negative Pap smear, and normal bone density. The gynecologist diagnosed her as being borderline menopausal. Two endocrinologists have suggested hormonal therapy, but patient declined it due to potential adverse effects.

Upon palpation, there is tenderness in the areas around her umbilicus around left St 25 and right St 28.

Since pregnancy, patient has been diagnosed with hypothyroidism. At 5'2", patient weighs 160 pounds. Her goal is to be 130 pounds. Patient is more upset by weight gain than by absence of periods. Patient has little physical activity, eats 3 daily small-portion meals. Patient sits down at each meal, taking her time to eat. Patient drinks Noni juice, a Tahitian fruit-based health drink, for weight loss. Patient does not overconsume cold and raw foods, or eat much dairy. Patient dislikes cheese and drinks a cup of milk or yogurt for calcium.

Other symptoms that patient has include:

- Swelling of fingers in hot temperatures
- Swelling of ankles in rainy weather.
- Forgetfulness in past 2 years
- Flowery vision, Occasional dizziness

- Bruises easily, but no gum bleeding.
- Frequent colds: approximately 3x/ year in winter months potentially lasting up to one month. Usual symptoms include runny nose and persistent cough.
- Dry skin on medial aspect of foot, along Sp channel.
- Aversion to cold temperatures, tendency to feel cold
- Left ear, high pitched tinnitus with pain – noise increases when covering ear.
- Energy level is low, around 4/10 with least energy beginning and end of day.
- Upper back tension from stress / TMJ problems from fall
- Numbness in legs after sitting down for long periods of time

Appetite / Digestion: Hungers easily, gaseous even if with small amounts of food.

Energy: Low – 4/10. Least energy beginning and end of day.

Bowel Movements: 1x / day, usually constipation once a week, diarrhea once a week

Urination: Color depends on water intake, cough/sneezing may cause some incontinence
Patient has habitual desire to urinate, claiming that it was a habit from pregnancy.

Tongue: Slight dull pink body, very scalloped along entire both edges, bright red prickles at tip, coffee-stained tongue coat

<u>Pulse:</u>	Left	Right
(cun)	deep, weak	slight slippery
(guan)	deep, moderate	deep, weak
(chi)	moderate	deep, weak

BP: 102/ 69, BPM: 65

Symptom Analysis:

The primary sources of blood come from the kidney and spleen. If either organ becomes deficient, blood cannot be produced and menses cannot occur.

Following symptoms suggest **Sp Qi Deficiency**

- Overweight (spleen qi unable to properly transform food)
- bruises easily (spleen qi unable to contain qi in vessel)
- Gaseous even with little bit of food (spleen qi unable to properly transform food)
- Very scalloped tongue
- Aversion to cold / tendency to feel cold (poor warming yang function of qi)
- Deep / weak spleen pulse

Following symptoms suggest **Blood Deficiency**

- Forgetfulness (Blood cannot nourish brain)
- Occasional dizziness (Blood cannot nourish brain)

- Dull pink tongue (Poor supply of blood in tongue)
- Deep, weak liver pulse

Following suggest **Kidney deficiency**

- Ankle / Finger swelling (improper water transport function of kidney yang)
- night sweats (kidney yin cannot contain fluids)
- ringing in ears (kidney opens in the ears)
- occasional chills / cold tendencies (kidney yang function)
- Frequent desire to urinate / Occasional incontinence (kidney qi unable to hold urine)

Following suggest **Dampness Retention**

- Ankle swelling in rainy conditions (if kidney's water transport function is weak)
- Finger swelling water retention can occur)

Diagnosis:

Amenorrhea due to qi / blood deficiency with underlying dampness retention and kidney deficiency.

Treatment Principle:

Tonify qi, blood, and kidney to promote menses and restore water transport function to remove dampness.

Points:

CV 4 – Meeting point of CV with Sp, Lr, K channels, Fortifies original qi,
Benefits essence, Tonifies/nourishes kidney, Warms/ Fortifies Spleen
Benefits uterus / Assists conception

CV 6 – Fosters original qi, tonifies qi, tonifies kidney / fortifies yang,
Regulates qi / harmonize blood

LI 4/ Lr 3 – Open the Four Gates

Zi Gong – Regulates qi / Regulates menstruation

Sp 10 – Sea of blood, Invigorates blood, harmonizes menstruation

Sp 9 – Regulates spleen, resolves damp, open/moves water passage

St 36 – Tonify Spleen (moxa)

Sp 6 – 3 Foot Yin (Sp, Lr, Kidney) cross here

K 7 – Benefits kidneys, regulates sweating, metal point of kidney

Course of Treatment: 2x / week for 2 months

Progress:

Patient has had 6 treatments so far.

In this time, she has noticed she no longer has forgetfulness tendencies, night sweats, constipation/diarrhea, and ankle swelling only once in the 2 occasions of rain.

Usual upper back and TMJ problems have been less bothersome.

She has begun a twice weekly exercise routine of 24 minutes of leg squats and abdominal crunches.

Poor leg circulation / numbness from extended periods of sitting no longer happens.

Day before 5th treatment, patient noticed bearing down sensation in the CV 2 / CV 3 area similar to sensation of a coming period. Two days later, she felt the sensation again.