



dutch cases

DISCLAIMER

Please be aware that different healthcare providers may have varying approaches to lab testing and interpretation. The selection of specific tests, methodologies, and treatment recommendations can differ based on the provider's training, experience, and the individual needs of the patient. Providers should always use their best clinical judgment when making decisions for patient care.

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Case 1: Teresa

Burnout

Case 1: Teresa, a 42-yr Female with Burnout

Chief Complaints

- Low mood (depression)
- Poor exercise tolerance
- Sleep issues
- Significant daytime fatigue
- Joint pain
- Chronic ongoing stress

PMHx

- Irregular cycles 17-45 days
- Stress: started Masters program and went through divorce 2 years ago
- 2 teenage children, single-parent house
- Drinks a glass of wine nightly

Physical Exam

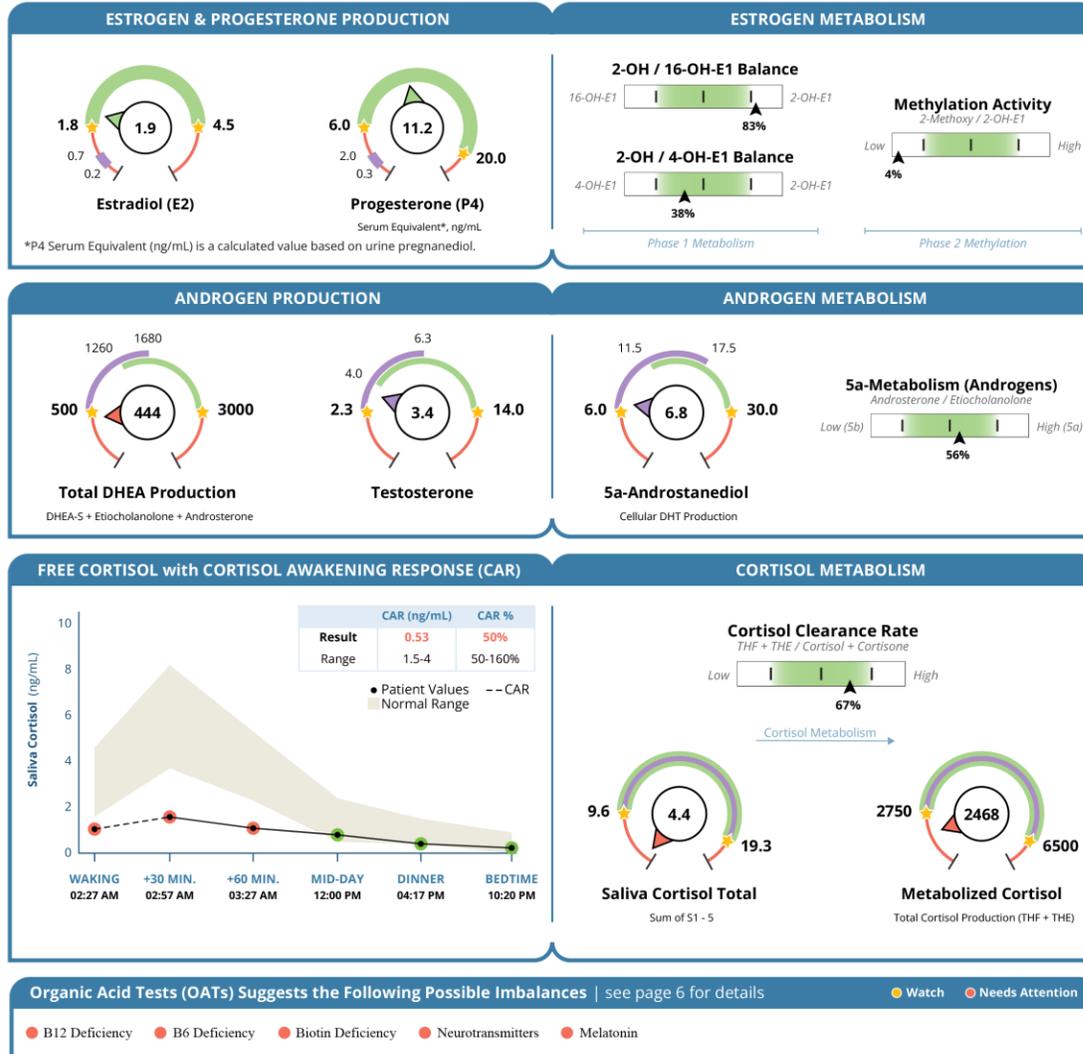
- 5'5"; 145 lbs.; BMI 24
- BP 110/66 mm Hg
- Pulse 80 bpm

Pertinent Serum Labs

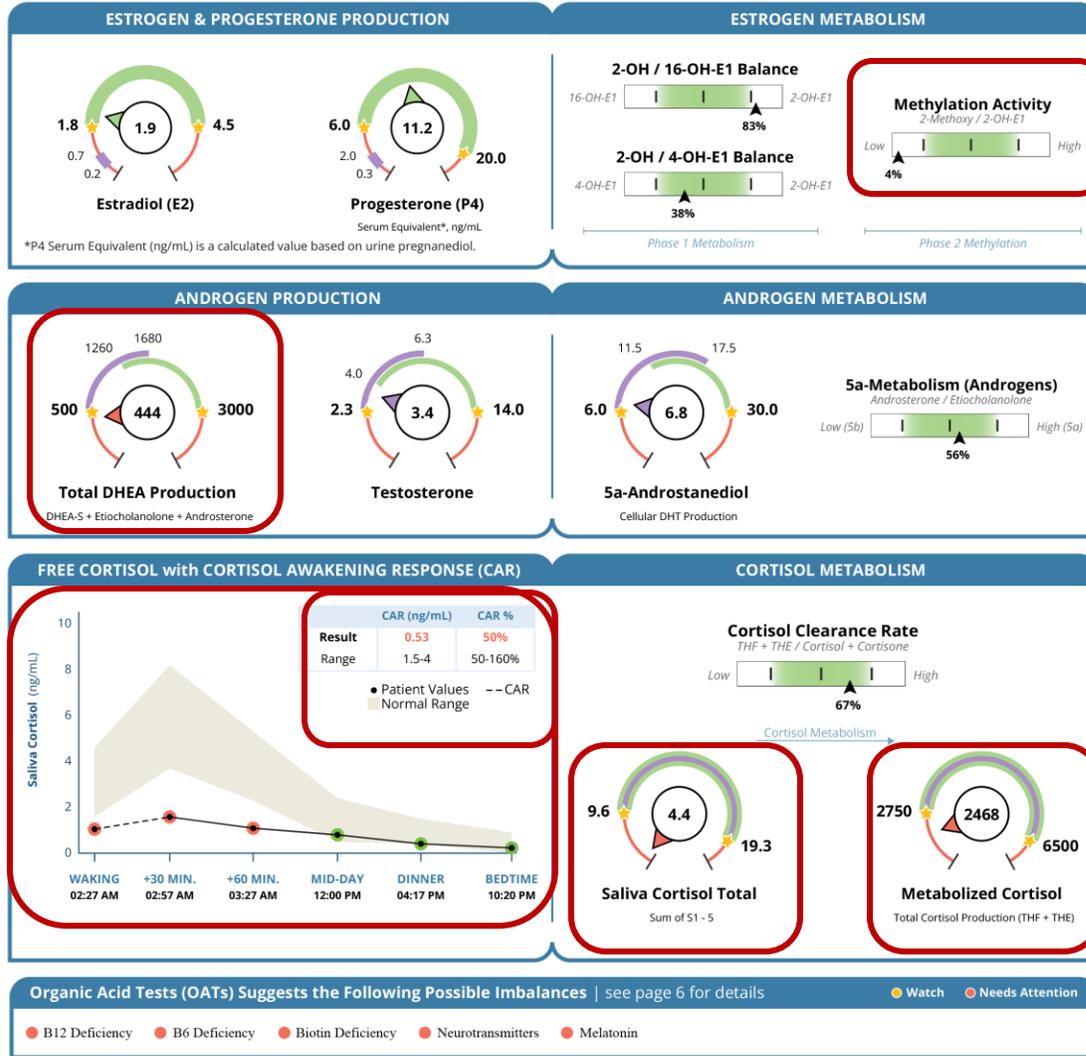
- **High** triglycerides, **low** HDL



Case 1: Teresa, a 42-yo Female with Burnout



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Goals of Treatment

DUTCH Test Goals

- Regulate menstrual cycle
- Support low COMT methylation
- Support low androgen levels
- Increase HPA axis activity
- Correct nutrient deficiencies
- Support melatonin & neurotransmitters

Blood Lab Goals

- Lower triglycerides
- Increase HDL

Lifestyle Goals

- Improve sleep
- Manage stress

Treatment Guide Key:

Ovarian Health Support
Page 59

Estrogen Detox Support
Page 26

T and DHEA
Support if Low
Pages 16, 24

HPA Axis Support
Pages 34, 36, 37

Nutrient Support
Page 44
Neurotransmitter
Support
Page 46

Sleep & Stress Support
Page 60-63

What is your treatment plan?



HPO Axis Support



HPA Axis Support



Other Hormone support



OATs Support



Symptom Support



Detox Support



Lifestyle Support



Other Support

Sample Treatment Plan:

Supplements

- **Consider** herbal cycle support formula containing Vitex, Red clover, Black Cohosh, Maca (etc.)
 - **To support ovarian health, cycle regularity, and mood.**
- **Consider** DHEA PO 5mg daily
 - **To support low androgens**
- **Consider** adaptogen formula containing herbs like eleuthero, rhodiola, ashwagandha, etc.
 - **To support optimal cortisol levels and adrenal output of androgens**
- **Consider** Specialized Pro-Resolving Mediators
 - **To reduce triglycerides, improve exercise tolerance, decrease joint pain**
- **Consider** Methylated B Complex
 - **Resolve deficiencies, support COMT methylation, and support HPA axis function**
- **Consider:** Melatonin 2-5 mg at bedtime

Diet

- **Consider** whole foods, protein rich diet
 - **To support lipid profile and metabolic health**

Lifestyle

- **Consider** Restorative yoga 3 days weekly; Walk for 30-60 minutes outside (preferably with a friend) on non-yoga days
 - **To improve sleep, daytime energy levels, reduce stress, increase HDL**
- **Consider** replacing nightly wine ritual with a healthier option: a fragrant hot tea or an herbal mocktail with bitters, tonic, and citrus
 - **To improve sleep, and daytime energy levels**



Polling Question:

What was the key finding that influenced your treatment plan the most?

- A. Low DHEA (or low androgens)
- B. Low free cortisol and low CAR
- C. Low COMT methylation
- D. Nutrient deficiencies

- 1. How do you know your treatment plan is working?**
- 2. When would you retest?**
- 3. Which DUTCH panel would you order?**

Thank You!

DUTCH Fest 2026

