

## 17-year-old girl

Chief complaint: amenorrhea

Quiet, bashful during interview

Confirms she is generally very quiet & shy, since a young child. Doesn't speak up, easily embarrassed.

Last period 6 months ago

Onset of menses at age 15 (3 years later than schoolmates)

Periods were very painful

cramps with periods, forcing to bend double

curling up in fetal position helped relieve cramps

Depressed during periods

Very sick before periods

needs quiet, dark

headaches; better cold washcloth on forehead

sleep disturbed; trouble falling asleep, & frequent waking; just can't sleep

crying easily, "I don't know why"

lump in throat, feeling like have to swallow, but won't go away,

lump worse when crying

Often get the lump other times too; crying, or when embarrassed

Had used Pulsatilla 30C on as-needed basis for

PMS & cramps in past. Maybe helped a little

with the headaches. Used it for 3 months, then

the periods stopped.

Prescription:

4 week follow up:

Period 3 weeks ago – first in 6 months.

3 days after dose, weeping "at the drop of a hat – anything would get me going"

Lump in throat from emotions

Like before menses – except: No headache, sleeping well, didn't feel sick.

3 days later, period started. Spotting first day.

2nd day of period normal flow, cramps, better bending double; wanted to curl up on couch, wanted back or feet rubbed. Not as bad as usual, "I don't know, I just felt better".

8 week follow-up:

Period "surprised me", 3 weeks ago (4 weeks after the last one). No symptoms before.

Mild cramping on first day of real flow; wanted feet rubbed, but did not have to curl up on couch.

16 week follow-up:

2 more periods, right on schedule.

No premenstrual symptoms, no headaches, sleeping well.

Has not felt the lump in the throat at all.

Still cries easily, in movies – “sad or when the dog comes home” – or when boyfriend does something nice for her. “That’s just me.”

No cramping with these past two periods.

“I’ve been feeling less hesitant to confront people, to assert my needs.”