

CASE

Sarah Arnold

PATIENT

Name: Sarah Arnold
Age: 43
Occupation: Primary School teacher
Family situation: Married, two teenage children. Parents both alive. Mother has early dementia.
Past history: Nil Significant
Medications: Nil

Description of the Situation

You are a 43 year old primary school teacher presenting today with what you think is possibly indications of an early change of life. Your period have been somewhat irregular - you go for 5 to 7 weeks between periods and have a heavy bleed for 10 to 12 days. There is no bleeding between the periods and specifically no bleeding after sex. Your husband has had a Vasectomy. You also say that you have become very emotional and easily burst into tears (which you could do today). If you are asked about how other things are in your life, you are more than happy to talk about your worries about your mother who is in her late 60s. Over the past two or three years, she has been increasingly affected by memory loss and up till now your father has coped remarkably well. Over the past month, your father has had surgery and has inoperable bowel cancer. You are the only daughter. You have never got on particularly well with your mother, although you have got on very well with your father. You have been wondering about whether your parents should change their GP as you have been most unhappy with the way he has dealt with both of your parents. You wonder if this GP might take them on. You are also very concerned about how you are going to cope with the impending tragic circumstances as you expect your father to die within the next year and you are not sure what is going to happen to your mother. You have a large house, but have teenage children and your husband is not particularly open to the idea of your mother coming to stay in your home. You would really like the GP to suggest how to proceed.