

Definitions:

Antecedents, Triggers, and Mediators

- ***Antecedents*** are factors, genetic or acquired, that predispose individual to an illness or pattern
- ***Triggers*** are factors that provoke the symptoms and signs of illness
- ***Mediators/mediation*** are factors, biochemical or psychosocial, that contribute to pathological changes and dysfunctional responses

Antecedents

genetics, experiences, past illness,
occupational exposure, nutrition,
lifestyle

Triggers

microbes, allergens, trauma, toxins,
etc.

Mediators

cytokines, prostanoids, nitric oxide,
kinins, hormones,
neurotransmitters, free radicals

Feed-
forward
cycle



Antecedents, Triggers, and Mediators

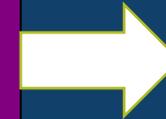
Antecedents

Congenital
Demographic
Dietary
Habitual
Environmental
Occupational
Learned
Traumatic
Disease-induced
Drug-induced



Triggers

Trauma
Microbes
Antigens
Environmental
Toxins
Radiation
Social
Interactions
Memories
Diverse Sensory
Stimuli



Mediators

Hormones,
Cytokines, etc.
Ions
ROS
Metabolites
Thoughts
Beliefs
Social
Reinforcement
Classical
Conditioning

Antecedents

Triggers or Triggering Events

Birth

Current
Concerns

Signs, Symptoms or Diseases Reported

Antecedents

Antecedents

Family history (genetic predisposition), trauma, toxicity, intrauterine history, sexual abuse, intestinal permeability, infection, dietary insufficiencies, drug use

Preconception

Prenatal

Birth

Current Concerns

Signs, Symptoms or Diseases Reported

Preconception

Prenatal

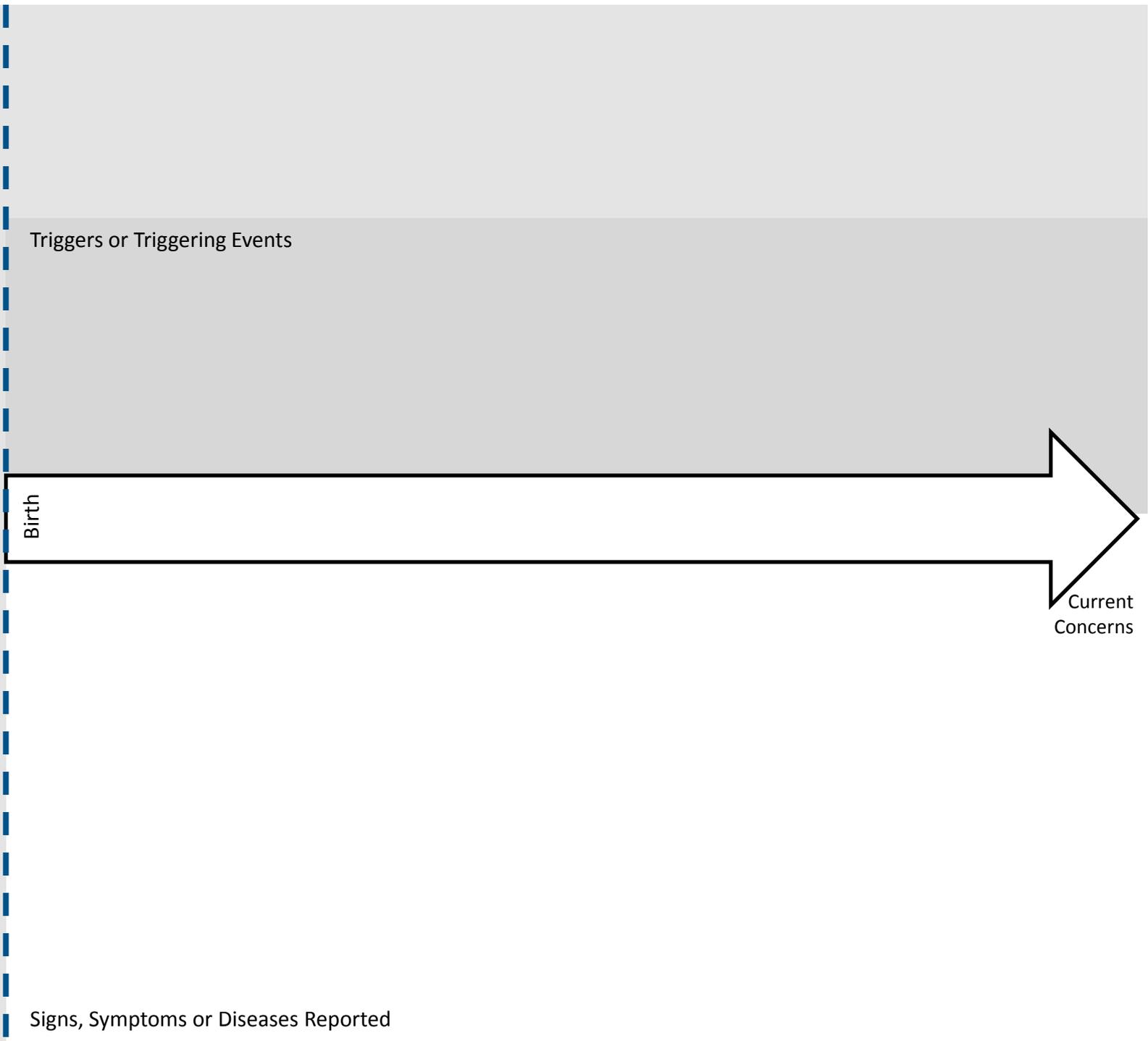
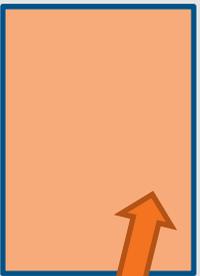
Antecedents

Triggers or Triggering Events

Birth

Signs, Symptoms or Diseases Reported

Current Concerns



Triggers

Antecedents

Triggers or Triggering Events

Physical or psychic trauma, microbes, toxins, memories, stressful event, surgery, infection, etc.

Preconception

Prenatal

Birth

Current Concerns

Signs, Symptoms or Diseases Reported

Mediators/Perpetuators

Antecedents

Inflammatory cytokines, ongoing psychological stress, ongoing exposure to environmental insults i.e. mold, chronic sleep deprivation.

Preconception

Prenatal

Birth

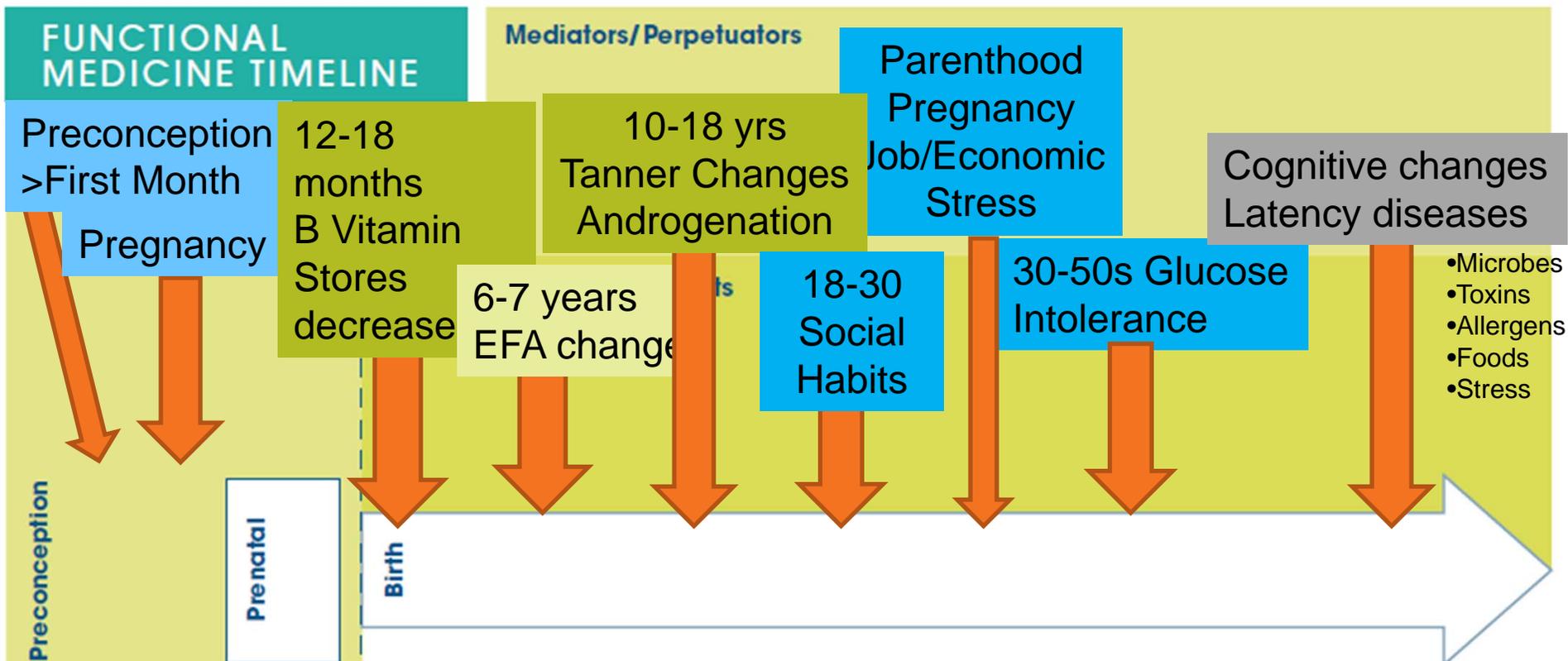
Current Concerns

Signs, Symptoms or Diseases Reported

Name: _____ Date: _____ CC: _____

Ask Unexpected Questions

- What life events occurred just before or around the onset of your illness?
- When were you last well?
- If you could erase 3 problems with a magic wand, what would they be?
- What do you think caused or might be contributing to your illness?



Latency Diseases

The Timeline of the Lifespan
 Metabolic Stress-Nutrient Requirement Changes
 Timeline for methylation stress

Signs, Symptoms or Diseases Reported

FUNCTIONAL MEDICINE TIMELINE

Mediators/Perpetuators

Childhood Nutrition and Stress Levels

Nutrition Influences at Various Life Stages

Antecedents

Triggers or Triggering Events

Preconception
Generational Influences

Prenatal



Prenatal Nutrition

Signs, Symptoms or Diseases Reported

FUNCTIONAL MEDICINE TIMELINE

Mediators/Perpetuators

Antecedents

Fam Hx of IBS, Diverticulitis

Weight gain in college

Weight has continued to "creep up" over the years

History of Depression

Triggers or Triggering Events

Solid foods at 6 months

Parents divorced

Vag Delivery

Vag Delivery

"Post partum depression" after each; no treatment

Bottle fed @ 4wks

Mother Remarried

Married

Preconception

Prenatal
Vag Birth prolonged ABX dt membrane rupture

3 4 7 9 10 25 27 29 44

Birth

Colic @ 6 weeks

Tonsillectomy @4yo

3-5 bouts of OM treated with ABX

Abdominal Pain

- Missed school
- GI eval, no scopes

Dx as lactose intolerance partial improvement.

Current Concerns

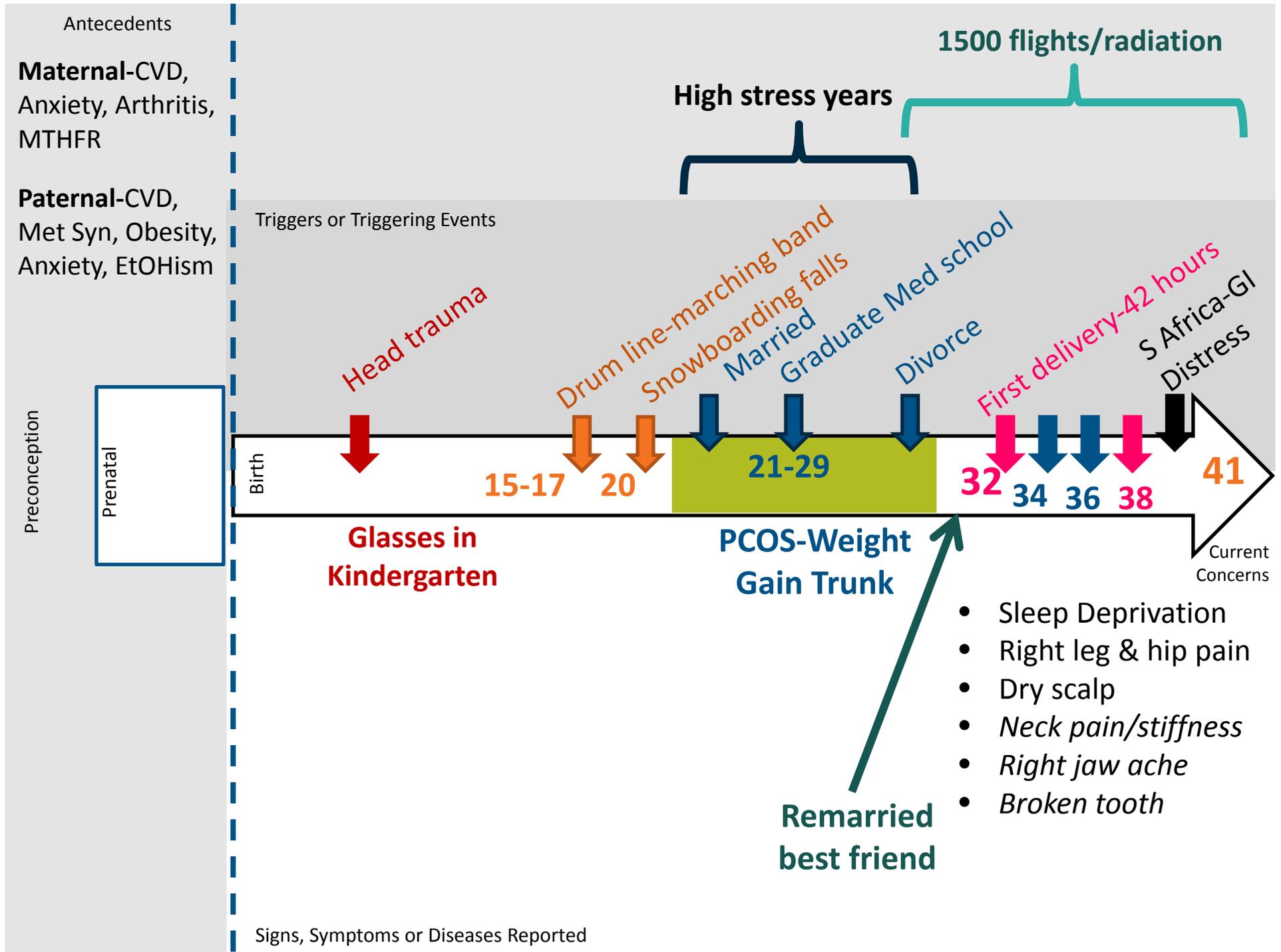
Gas & Bloating, Frequent non-bloody stools, "sensitive stomach", Feeling of incomplete voiding, low energy, depressed mood.

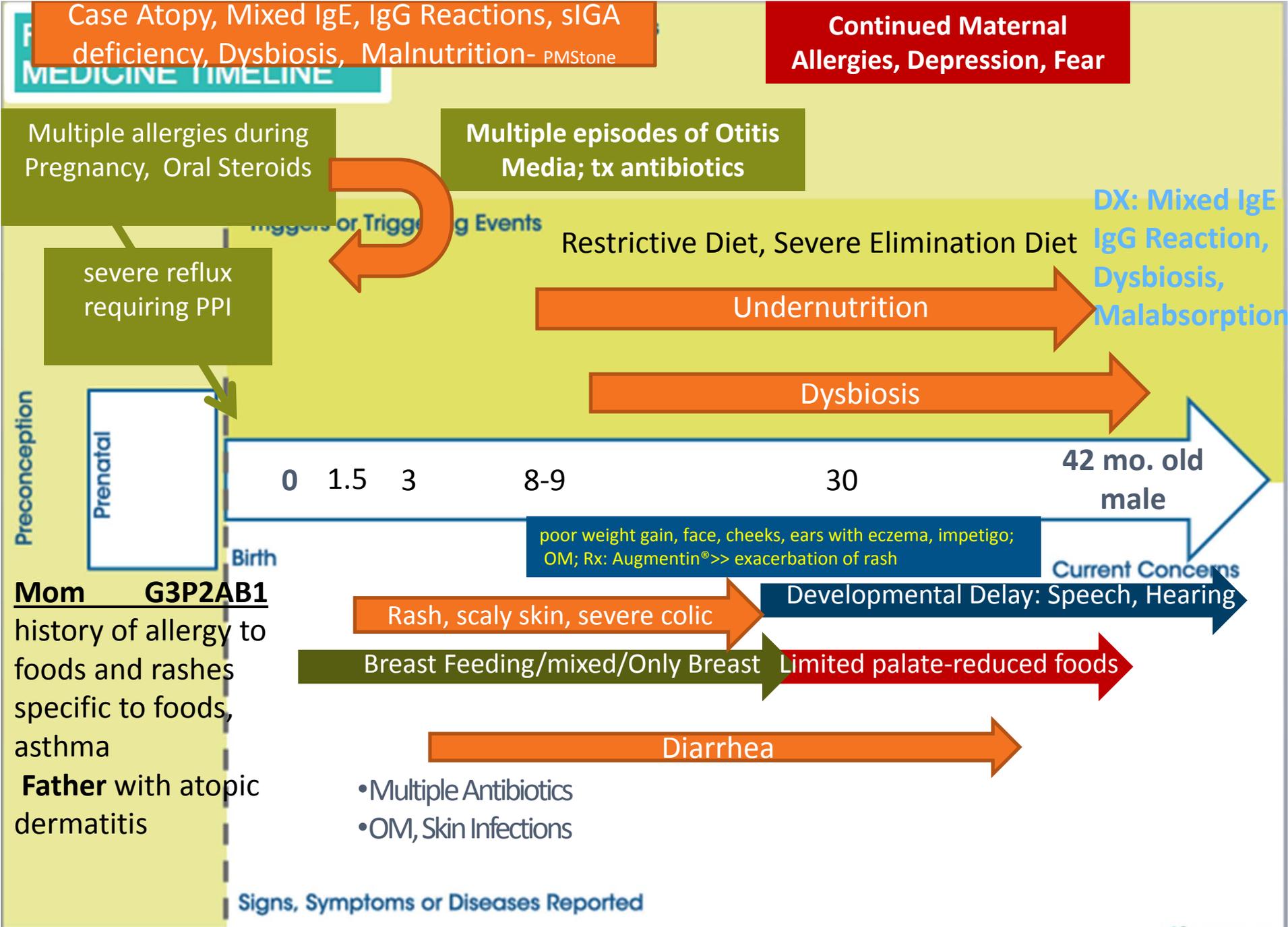
Signs, Symptoms or Diseases Reported

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Name: _____ Date: _____ CC: _____

FUNCTIONAL TIMELINE

Mediators/Perpetuators

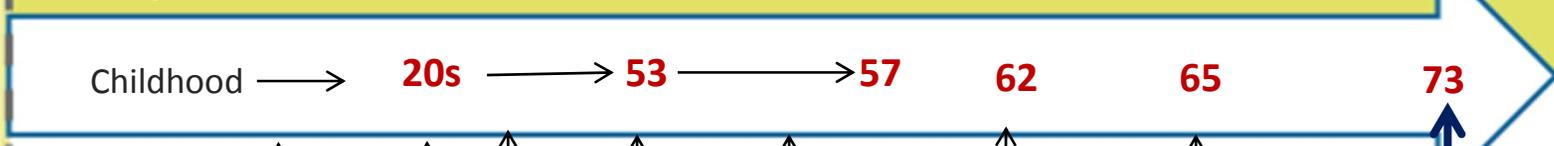
- Not breastfed
- Potential methylation issues (SNPs)?
- Potential glutathione issues (SNPs and nutrition)

Triggers or Triggering Events

Exposure to DDT
 Chicken coop fungi exposure
 Frequent infection and antibiotics
 Working full time/job stress

Preconception

Prenatal



Birth

Current Concerns

Chemical sensitivities as child multiple trips to ER

IBS started in early 20s

Diagnosis of FM

CFS In bed for 5 years

Breast Cancer

Systemic Mastocytosis
 Hashimoto's
 Thyroiditis

Integrative MD: significant nutritional supplementation without benefit

- Chronic debilitating fatigue
- Multiple gastrointestinal symptoms
- Rash on chest

Signs, Symptoms or Diseases Related

Antecedents

Preconception

Prenatal

Triggers or Triggering Events

Frequent Yeast Infection
- Life Long

Infertility

Frequent weight fluctuations

Anxiety worse the last 2 years

9

21

26

31

36

38

39

40

42

43

46

Birth

IBS

Polycystic Ovarian Syndrome

Environmental allergies
Hypertension

- Psoriasis
- Asthma

Sleep Apnea

Gout

Fibromyalgia

- Chronic Sinusitis
- Food Allergies

- Latex Allergy
- Hypoglycemia
- Hypothyroidism
- Bulimia & Anorexia
- Binge Eating Disorder

Kidney Stones

Chronic Pain (2-4 years)

- Headaches
- Migraines
- Chronic Fatigue (comes and goes).
- Depression
- Osteoarthritis

Current Concerns

Signs, Symptoms or Diseases Reported

Antecedents

**Chronic Antibiotic use for years;
2wks of every month and a half**

Triggers or Triggering Events

Exercise Induced

Sports Induced

Sports Induced

Insomnia

Preconception

Prenatal

7-10

13-15

25-29

30

48

52

54

Birth

Asthma, SOB,
& Insomnia

Severe Asthma
& DOE

Asthma Returned
Rx; Heavy exposure
Bronchitis cyclically for yrs
Severe Fatigue Developed

Dx: Dyslipidemia &
Hypothyroidism

LMP

Current
Concerns

3 Children born;
at ages of 25, 27, 29

Asthma; Shortness of Breath
Insomnia and Fatigue
Resistant Weight Loss
Headaches

Signs, Symptoms or Diseases Reported

FUNCTIONAL MEDICINE TIMELINE

Mediators/Perpetuators

Antecedents

Father with Ulcerative Colitis

Preconception

Prenatal

Induced wt Pit. Post srom; Apgar 9-10

Triggers or Triggering Events

ABX: Amox.
ABX: Ceclor x3
Ophthalmic and systemic ABX

15 ABX Tx 1-2/year

Periods with Cramping

Began BCP Married

Both elective C-section; bl tubal ligation after 2nd child

1st daughter born
2nd daughter born

Vitamin D deficiency

Thanksgiving /no water at home; high stress

Varicose Vein surg. (bl)
Minocycline
MYA T-Boned

Plaquenil/dc dt rash

1 2 3 7 12 15 18 19 23 27 30-31 32 33 34

Birth

Roseolla

Ear infxn

Otitis Media & Bronchitis

Conjunctivitis/
Strep throat/Sinusitis

Chicken Pox

Bouts of Bronchitis/
Sinusitis

Violaceous spots on her toes wt. pn

Migraines began

PUPP

Recurrent Yeast infxn

Nodular acne;
Raynaud's

Current Concerns

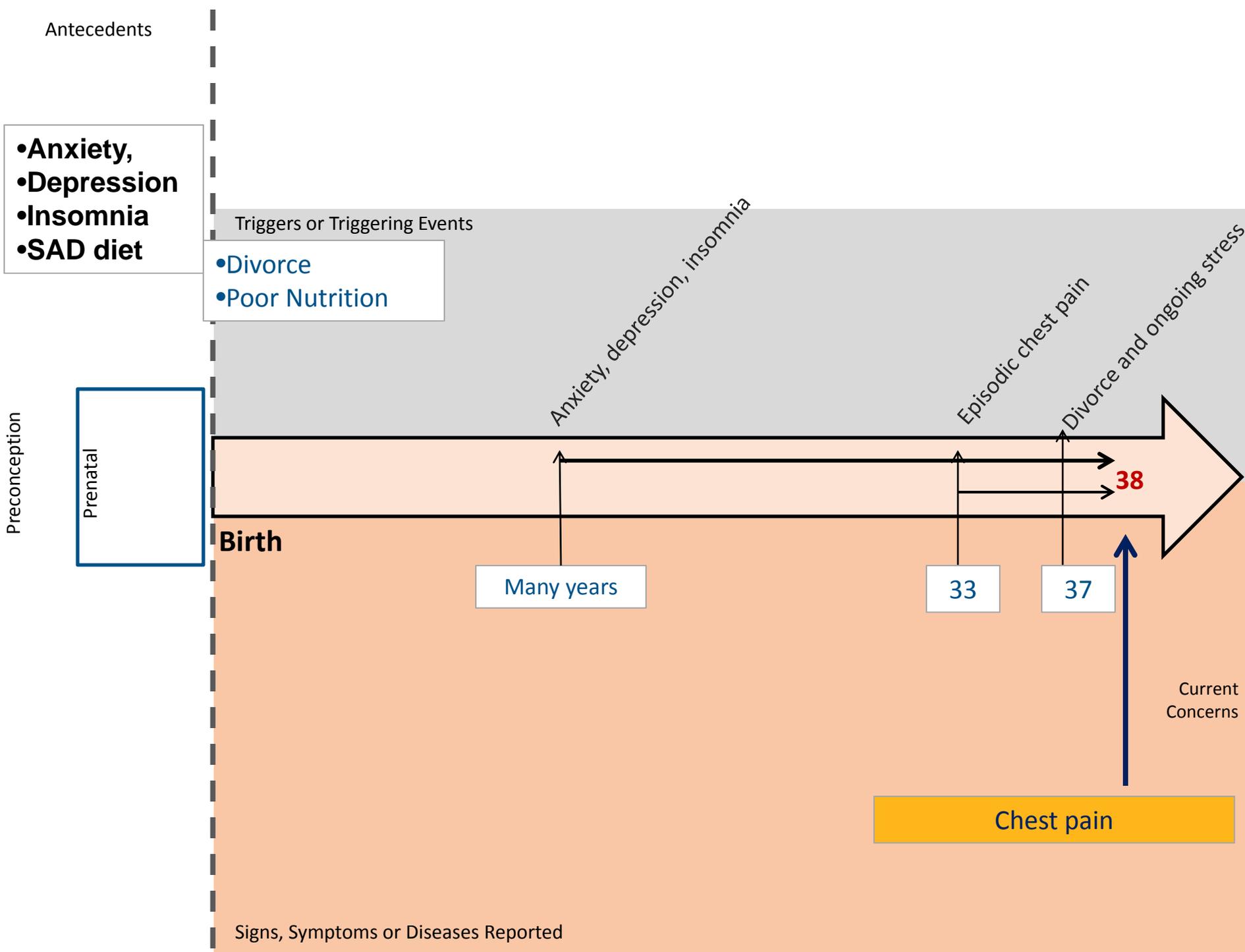
Pustular acne with sinusitis, allergic rhinitis. UTI.

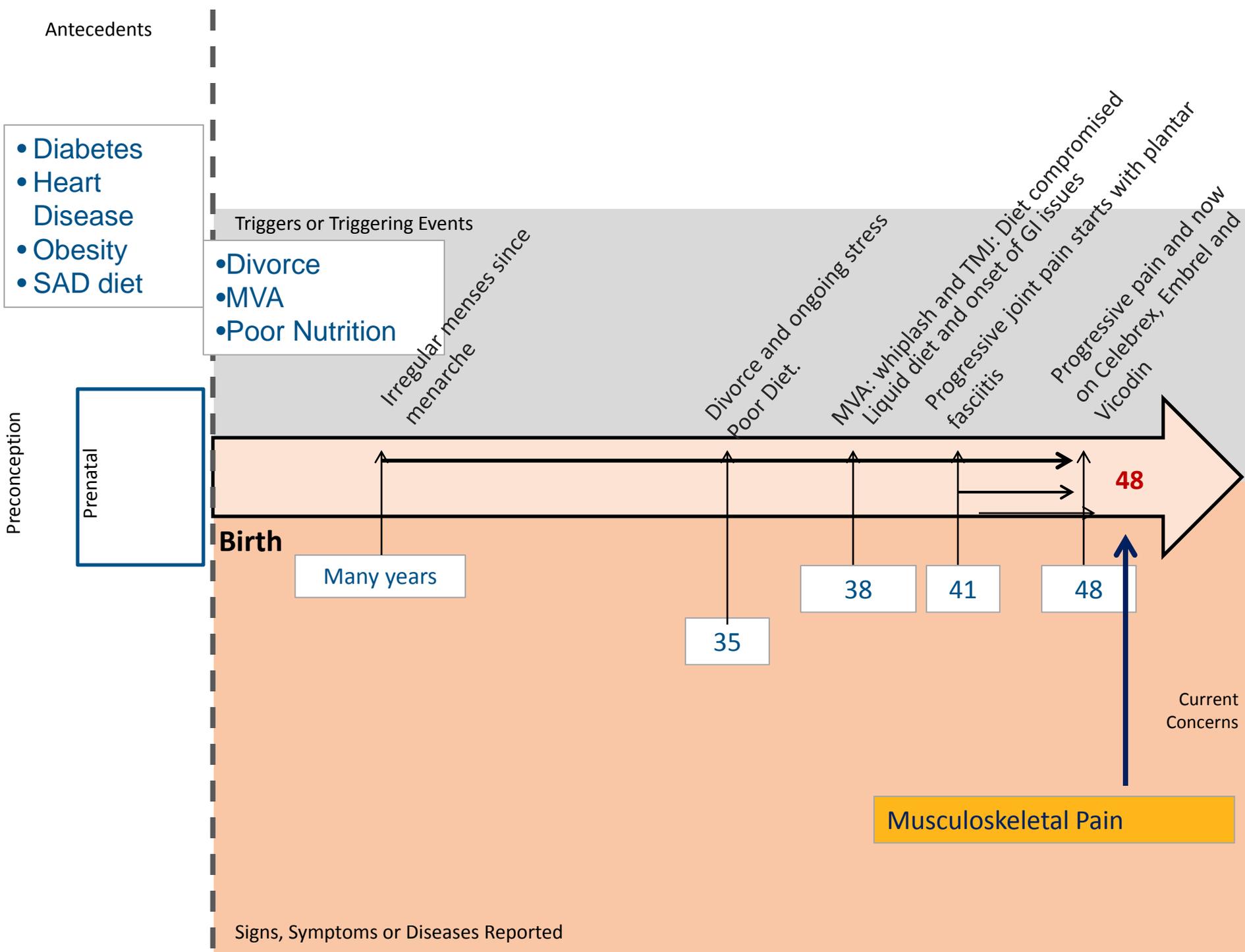
Dx: Lupus

Migratory polyarthritis, Raynaud's, MS injuries to neck, low back, radicular Sx

Signs, Symptoms or Diseases Reported

Name: _____ Date: _____ CC: _____





FUNCTIONAL MEDICINE TIMELINE

Mediators/Perpetuators

- Sister with Crohn's
- Not Breast Feed

Triggers or Triggering Events

Stress of getting Master Degree

Not sure why

Parents getting Divorce

Preconception

Prenatal

10

15

Age 25

Birth

Current Concerns

- Unremarkable

UC

Anxiety
OCD

4 Episodes in the past 6 months

Signs, Symptoms or Diseases Reported

Name: _____ Date: _____ CC: _____

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