

Katie`s Story



Prehabilitation – The lived experience
28-year-old female

2018 total thyroidectomy for multinodular
goitre

Replacement therapy Oroxine 100 mcg Monday
to Friday and 200 mcg daily Saturday and
Sunday

Jan 2023 Weight 265 kg, Height 170, BMI 91.7

Pathology

Full screening and blood work was done

Total Chol *7.1.

T.Protein *83

LDL Chol *4.8.

AST*94

Non-HDL*5.9

ALT*54

Triglycerides*2.4

Insulin *20





Katies social history



Samoan decent

Traditional diet versus western diet

Eldest of 8 siblings, living at home with both parents

2nd year nursing student

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