



31 May 2024

Re: **Kate Addy**
Date of Birth: **17/04/1996**

Dear Dr Low
Highland Medical Centre

Kate Addy presented for a Naturopathy appointment on 31.05.24. for assistance with acne, gastrointestinal pain, diarrhoea and bloating, and persistent low ferritin. Kate is also experiencing night sweats, which I have asked her to follow up for your investigation.

I would like to identify any factors contributing to her symptoms. With this in mind, would you consider referring her for the following investigations:

- **Full thyroid panel** - TSH, T4, T3, and antibodies - due to symptoms of night sweats and diarrhoea which may be associated with hyperthyroidism
- **Iron studies** - including serum iron, ferritin, transferrin, TIBC and transferrin saturation - due to history of low ferritin. This will allow me to gain a better understanding of her low ferritin.
- **Liver Function Test** - due to symptoms of abdominal pain and bloating, lack of appetite, and history of alcohol consumption.
- **CRP and ESR** - to assess if inflammation may be contributing to poor iron absorption.
- **Faeces PCR** - due to gastrointestinal bloating, pain and diarrhoea. Patient has a history of overseas travel. To investigate if bacterial pathogens and parasites are contributing to gastrointestinal symptoms. Gut pathogens can inhibit iron absorption.

In the mutual care of our patient I would appreciate the sharing of any relevant information that will assist with the health management of Kate. Thank you in advance for your consideration.

Please contact me on 0407 194 682 if you require further information relating to our patient.

Yours sincerely,

Jodie Lagana BHSc(Nat)

Naturopath

I, _____ (patient) have read the details outlined above and consent to share the information contained herein with the practitioner disclosed on this letter. I agree to pass this information on, and for the outcomes to be returned to the consulting practitioner.

Signature: