



10.11.24

Re: Mahala Blakely

Date of Birth: 19.10.91

Dear Dr Zelko Pecotich

Mahala presented for a Naturopathy appointment on 01.10.24, seeking assistance with her ongoing symptoms of gastrointestinal bloating, pain, faecal incontinence and food intolerances. With this in mind, would you consider referring her for the following investigations at your discretion:

- **Coeliac serology** - due to gastrointestinal symptoms upon ingestion of gluten, in addition to non classical features of fatigue, elevated liver enzymes and iron deficiency. Mahala reports a negative coeliac test 10 years ago. Updated pathology would be useful to rule out coeliac disease.
- **Hydrogen breath test (lactulose, lactose, fructose, and glucose)** - due to symptoms of bloating, gastrointestinal pain and altered motility. SIBO could be considered due to dietary triggers of onion, garlic, gluten and dairy

Alternatively, if these investigations have already been completed recently, I would appreciate it if a copy of the results can be provided to Mahala.

I would also like to bring to your attention that she was reporting severe lower right quadrant pain (without fever or nausea) which Mahala associates with her menstrual cycle. She is currently experiencing amenorrhoea (ddx hypothalamic amenorrhoea due to her energy restricted diet).

Please contact me if you require further information relating to our patient.

Thank you in advance for your consideration.

Yours sincerely,

Jodie Lagana

Jodie Lagana BHSc(Nat)

I, _____ 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: