



Tanya McDonald
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Date: 12/07/2025

To:
Dr. Ruwani
Bridge Medical Centre
98 Maitland St, Narrabri NSW 2390

Dear Dr. Ruwani

Re: Referral for Margaret Paull, D.O.B: 19/03/1963

I am writing to refer my patient, Margaret Paull, who is known with eczema, a family history of rheumatoid arthritis and osteoarthritis.

Margaret presented to me on the 9th July with swelling in the feet and ankles and thighs, exacerbated by being on her feet all day, although this resolves with elevation. She also reports right hip discomfort even when still, and knee creaking and soreness which has worsened. Examination revealed oedema in the lower legs and thighs, with a positive indentation on palpation, suggestive of potential lymphoedema.

Your expertise would be greatly appreciated in assisting with further management strategies for this patient. I have recommended a referral to the Lymphoedema Early Intervention Clinic in Tamworth. Thank you for your time and ongoing care of this client.

Kind regards,
Tanya McDonald
Remedial Massage Therapist
AMT 17719
Tanya's Health and Wellbeing