



St Mary Family Doctors

ACCREDITED GP PRACTICE

2 Elsworth Avenue, Balaclava NSW 2575

Ph: 02 4872 4855 Fax: 02 4872 4066

Email: admin@stmarysurgery.com.au

Web: www.stmarysurgery.com.au

Practice Principal:

Dr Nahla Kirolos

MBBS FRACGP

Provider Number: 251981BL

Dr Arthur Stanton
6/44-48 Bowral St
BOWRAL 2576
4862 1473
4862 1818

31/08/2022

Dear Arthur,

Re: Ms Olivia Smith (D.O.B 12/02/1984)
66-68 Wattle St., Colo Vale 2575
; 0422357360

Thank you for seeing Ms Olivia Smith, age 38 yrs, whom I consulted today. I reprint for your information my history and examination findings together with relevant Past History, Allergies and Current Medications.

SHE COMPLAINS OF BILATERAL FINGERS COLOUR CHANGE TO DUSCKY COLOUR WITH COLD
TODAY SHE HAS NOTICED HER R.MIDDLE FINGER IS WHITE AND TINGLY FEELING IN HER FINGER
SHE WAS DIAGNOSED WITH MILD HYPERTENSION ON MARCH AFTER HAVING GLANDULAR FEVER

SHE DOES NOT FEEL HER SELF SINCE SHE HAD COVID BACK ON JAN/2022
SHE COMPLAINS OF HANDS TINGLING WHEN SHE LIFTS UP HER ARMS TO WASH HER HAIR .

Actions:

Results of ABPMG given to patient.
Results of _Haematology given to patient.
Results of Biochemistry given to patient.
Results of CRP(s) given to patient.
Results of RU-Malb given to patient.
Results of _RF given to patient.
Results of ANA(s) given to patient.
Results of BP Monitor given to patient.

Past History:

25/03/2022 Hypertension
25/05/2022 Iron deficiency

Allergies:

Iron

urticaria

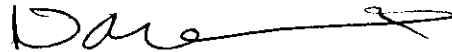
Current Medications:

No long term medications.

Should any of the above need clarification, please feel free to contact me on Telephone 0248724855, or E-mail me at admin@stmarysurgery.com.au

Thankyou for your care and assistance. I look forward to hearing the outcome of Olivia's attendance.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Dahla', with a long horizontal stroke extending to the right.

Dr Nahla Kirolos

Provider Number: 251981BL



Dr Nahla Kirolos
St Mary'S Family Drs
2 Elsworth Avenue
BALACLAVA NSW 2575

K17351
---/OBW/---/---/---

24-hour Ambulatory Blood Pressure Monitoring

PATIENT DETAILS

Height 167 cm Weight 68.0 kg

Medications: Please refer to patient diary for current medications.

Clinical Notes: NO HISTORY

SUMMARY

Avg BP 24-hour 123/82 (NR <130/80)
Avg BP day 128/85 (NR <135/85)
Avg BP night 105/69 (NR <120/75)

INTERPRETATION

Dipper Mild Hypertension

Reported by Dr. Peter Hansen

Please note

The report above is based on a non-pregnant individual with no risk factors. The results need to be correlated with the individual's clinical background.

The National Heart Foundation and High Blood Pressure Research Council of Australia Ambulatory Blood Pressure Committee guidelines (2012) stipulate the hypertensive threshold be lower for the following groups:

1. People with associated clinical conditions or end-organ damage
24 hour: 125/76 Night: 112/67 Day: 128/78
2. Hypertension with proteinuria >1 g per day
24 hour: 121/71 Night: 107/63 Day: 124/74
3. Pregnancy
<22 weeks gestation 132/79
20-30 weeks gestation 133/81
>30 weeks gestation 135/86

Reference: Head GA, et al Ambulatory blood pressure monitoring in Australia: 2011 consensus position statement. *J Hypertens*. 2012 Feb;30(2):253-66.)

TIME

Start 26/08/2022 09:47 07:00 22:32
End 27/08/2022 09:00 22:31 06:59
Duration 23:13 14:45 08:28

MEASUREMENT

Total 41 33 8
Valid 41 33 8
Valid % 100 >70 100 100

AVERAGE: Over single measurements

Systole mmHg 123 <130 128 <135 105 <120
Diastole mmHg 82 H <80 85 H <85 69 <75
MAP mmHg 101 105 85
Heart rate bpm 80 82 70
Pulse pressure mmHg 41 43 <60 36

STD. DEV.

Systole mmHg 15.2 13.1 <17 6.8 <13
Diastole mmHg 13.0 12.2 <13 6.4 <10
MAP mmHg 11.0 8.2 6.0
Heart rate bpm 10.3 8.9 9.1
Pulse pressure mmHg 17.6 19.3 5.4

VALUES ABOVE LIMIT

Systole % 17 21 <25 0 <25
Diastole % 27 30 H <25 13 <25
Values above limit (1) >= 135; (2) >= 85; (3) >= 120; (4) >= 75

MAXIMUM

Systole mmHg 161 161 H <135 116 <120
Diastole mmHg 102 102 H <85 83 H <75
Heart rate bpm 100 100 92

MINIMUM

Systole mmHg 95 108 <135 95 <120
Diastole mmHg 37 37 <85 62 <75
Heart rate bpm 61 65 61

DIPPING

Systole % 18.0 (Normal)
Diastole % 18.8 (Normal)

Dipping <0% Inverted; <10% Non-dipper; <20% Normal; >=20% Extreme

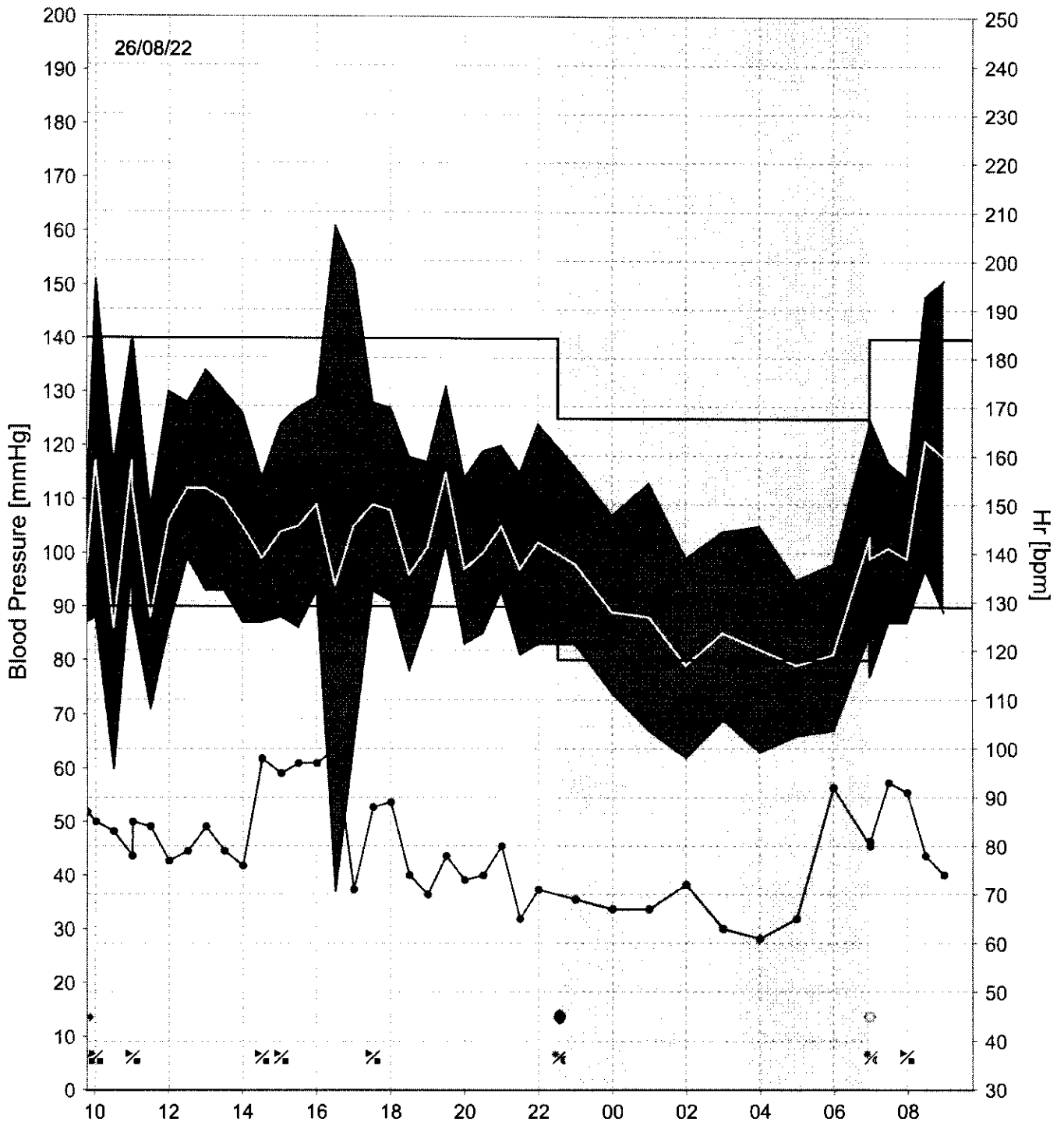


BP PROFILE

24h ABPM Start: 26/08/2022 09:47
End: 27/08/2022 09:00

LEGEND

- Systolic and diastolic blood pressure
- Mean arterial pressure (MAP)
- Heart rate
- Night interval
- Hypertensive thresholds for systolic and diastolic blood pressure
- x Reading failure (no corresponding reading for that time point)





BAR CHART

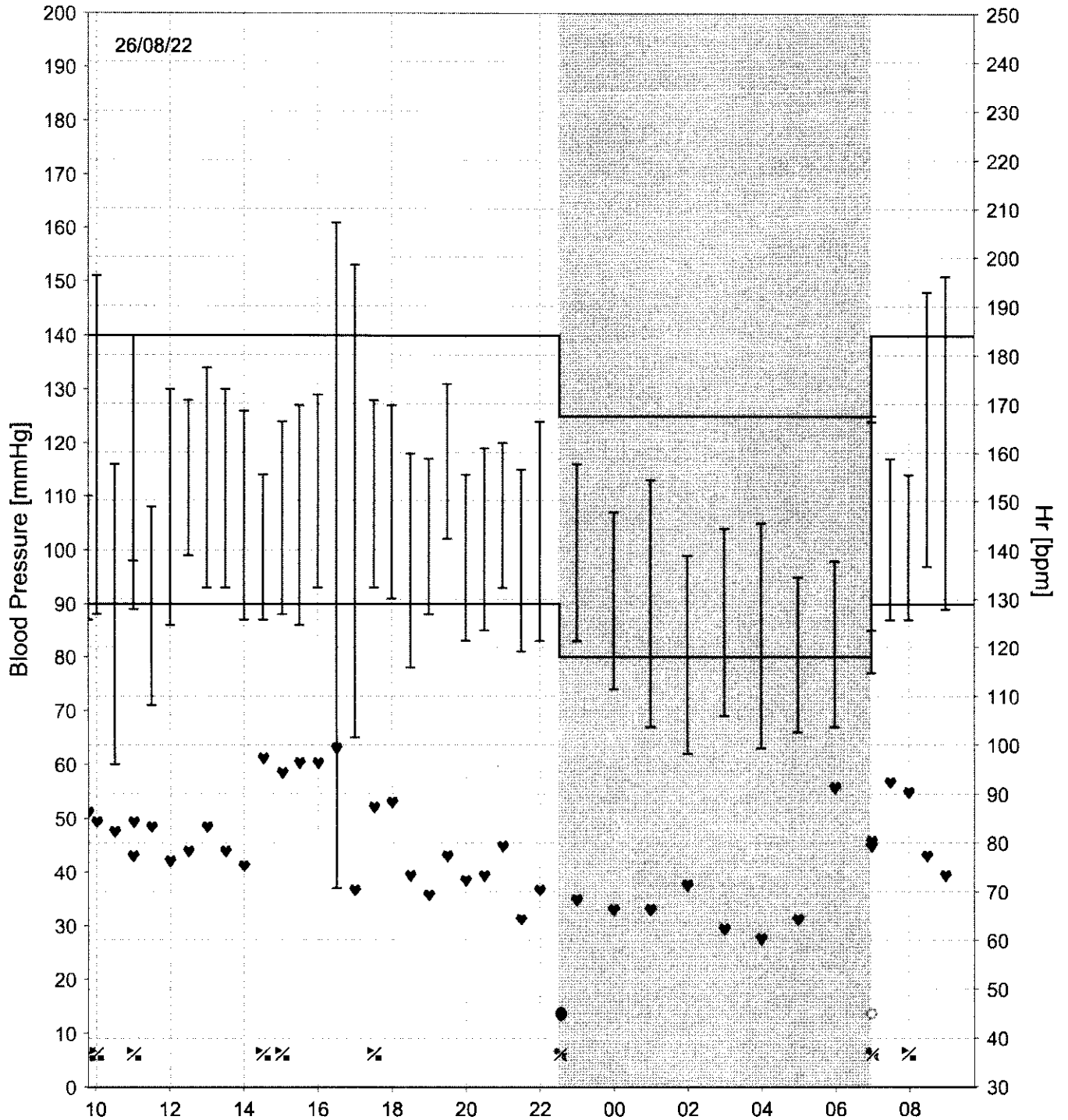
24h ABPM

Start: 26/08/2022 09:47

End: 27/08/2022 09:00

LEGEND

- I Systolic and diastolic blood pressure
- ♥ Heart rate
- Night interval
- Hypertensive thresholds for systolic and diastolic blood pressure
- x Reading failure (no corresponding reading for that time point)





TABLE

24h ABPM Start: 26/08/2022 09:47
End: 27/08/2022 09:00

No	Date	Time	Sys	MAP	Dia	PP	Hr	Code	Comment
1	26/08/22	09:47	110	98	87	23	87	100	Start of a manual measurement
2	26/08/22	10:01		117	88	63	85	100	Start of a manual measurement
3	26/08/22	10:30	116	86	60	56	83		
4	26/08/22	11:00	140	117		42	78		
5	26/08/22	11:01	140	112	89	51	85	100	Start of a manual measurement
6	26/08/22	11:30	108	88	71	37	84		
7	26/08/22	12:00	130	106	86	44	77		
8	26/08/22	12:30	128	112		29	79		
9	26/08/22	13:00	134	112		41	84		
10	26/08/22	13:30	130	110		37	79		
11	26/08/22	14:00	126	105	87	39	76		
12	26/08/22	14:31	114	99	87	27	98	100	Start of a manual measurement
13	26/08/22	15:02	124	104	88	36	95	100	Start of a manual measurement
14	26/08/22	15:30	127	105	86	41	97		
15	26/08/22	16:00	129	109		36	97		
16	26/08/22	16:30		94	37	124	100		
17	26/08/22	17:00		105	65	88	71		
18	26/08/22	17:31	128	109		35	88	100	Start of a manual measurement
19	26/08/22	18:00	127	108		36	89		
20	26/08/22	18:30	118	96	78	40	74		
21	26/08/22	19:00	117	101	88	29	70		
22	26/08/22	19:30	131	115		29	78		
23	26/08/22	20:00	114	97	83	31	73		
24	26/08/22	20:30	119	100	85	34	74		
25	26/08/22	21:00	120	105		27	80		
26	26/08/22	21:30	115	97	81	34	65		
27	26/08/22	22:00	124	102	83	41	71		
28	26/08/22	22:32						124	The day/night button was not pressed during the set tir
29	26/08/22	23:00	116	98		33	69		
30	26/08/22	00:00	107	89	74	33	67		
31	27/08/22	01:00	113	88	67	46	67		
32	27/08/22	02:00	99	79	62	37	72		
33	27/08/22	03:00	104	85	69	35	63		
34	27/08/22	04:00	105	82	63	42	61		
35	27/08/22	05:00	95	79	66	29	65		
36	27/08/22	06:00	98	81	67	31	92		
37	27/08/22	07:00	124	103	85	39	80		
38	27/08/22	07:00	125	99	77	48	81	123	The day/night button was pressed during the set time fi
39	27/08/22	07:30	117	101	87	30	93		
40	27/08/22	08:00	114	99	87	27	91	100	Start of a manual measurement
41	27/08/22	08:30		121		51	78		
42	27/08/22	09:00		118	89	62	74		
43	27/08/22	09:21						104	Device was switched off



TABLE

24h ABPM

Start: 26/08/2022 09:47

End: 27/08/2022 09:00

No	Date	Time	Sys	MAP	Dia	PP	Hr	Code	Comment
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PATHOLOGY

Ambulatory blood pressure monitor (ABPM)

Patient details

Surname SMITH Height (cm) 167 Weight (kg) 68
First name OLIVIA DOB 12/02/1984 Age 38 Sex F
Date/time commenced 26/08/2022 Date/time completed 29/08/2022
Connected by Nicole B Removed by _____
Current medication NIL

BP monitor details

Unit No. 321

Collection centre details

Location BW

Sleep details

Time went to bed 10pm 22/08

Time got out of bed 7am 23/08

Baseline blood pressure

Left arm 135/73 Right arm 135/78

Monitor placed on left or right arm LEFT

Patient diary for continuous ABPM - Please complete below (black pen preferred)

Time	Activity	Symptoms	
0946	BP ON.		<u>EVERY 2 HRS.</u>
1146	Just arrived home	NIL	
1346	Computer work	NIL	
1546	Daughter swim	NIL	
1746	Deliveries	NIL	
1946	Cleaning	NIL	
2146	settling for the night	NIL	
2346		NIL	
0146		NIL	
0346	sleep	NIL	
0546		NIL	
0746	regular morning activities	NIL	
0845	tyre pressure in car done		
0800	error	114/87	Pulse 91
1802	error	125/93	Pulse 88
1502	error so ->	124/88	Pulse 95
1432	Putting washing away - error message so manual read	114/88	Pulse 98

SMITH, OLIVIA
66-68 WATTLE ST, COLO VALE. 2575

Phone: 0422357360

Birthdate: 12/02/1984 Sex: F Medicare Number: 2673145407

Your Reference: 00059581 Lab Reference: 882740172-H-H902

Laboratory: dhm

Addressee: DR NAHLA KIROLLOS Referred by: DR NAHLA KIROLLOS

Name of Test: Haematology

Requested: 23/08/2022 Collected: 26/08/2022 Reported: 26/08/2022
19:03

Clinical notes: NO HISTORY

Clinical Notes : NO HISTORY

Haematology

ESR 3 mm/h (1 - 24)

NATA Accreditation No 2178

Tests Completed: ESR(e)

Tests Pending : RF(s),C(s),UCreat(s),E(s),Phos(s),Ca(s),CRP(s),Mg(s),
RU-Malb,ANA(s)

Sample Pending : BP Monitor

SMITH, OLIVIA
66-68 WATTLE ST, COLO VALE. 2575
Phone: 0422357360
Birthdate: 12/02/1984 **Sex:** F **Medicare Number:** 2673145407
Your Reference: 00059581 **Lab Reference:** 882740172-C-C141
Laboratory: dhm
Addressee: DR NAHLA KIROLOS **Referred by:** DR NAHLA KIROLOS

Name of Test: Biochemistry
Requested: 23/08/2022 **Collected:** 26/08/2022 **Reported:** 27/08/2022
02:03

Clinical notes: NO HISTORY

Clinical Notes : NO HISTORY

Biochemistry

Sodium	139	mmol/L	(135 - 145)
Potassium	4.6	mmol/L	(3.5 - 5.5)
Chloride	109	mmol/L	(95 - 110)
Bicarbonate	23	mmol/L	(20 - 32)
Urea	5.2	mmol/L	(2.5 - 7.0)
Creatinine	75	umol/L	(45 - 85)
eGFR	90	mL/min/1.73m2	(>59)
Calcium	2.32	mmol/L	(2.15 - 2.55)
Corrected Calcium	2.28	mmol/L	(2.15 - 2.55)
Magnesium	0.73	mmol/L	(0.65 - 1.00)
Phosphate	1.05	mmol/L	(0.8 - 1.5)
Albumin	45	g/L	(37 - 48)

Comment on Lab ID 882740172

eGFR (mL/min/1.73m2) calculated by CKD-EPI formula - see www.kidney.org.au

NATA Accreditation No 2178

Tests Completed: C(s),UCreat(s),E(s),Phos(s),Ca(s),CRP(s),Mg(s),
RU-Malb,ESR(e)
Tests Pending : RF(s),ANA(s)
Sample Pending : BP Monitor

SMITH, OLIVIA
66-68 WATTLE ST, COLO VALE. 2575
Phone: 0422357360
Birthdate: 12/02/1984 **Sex:** F **Medicare Number:** 2673145407
Your Reference: 00059581 **Lab Reference:** 882740172-C-C290
Laboratory: dhm
Addressee: DR NAHLA KIROLLOS **Referred by:** DR NAHLA KIROLLOS

Name of Test: CRP(s)
Requested: 23/08/2022 **Collected:** 26/08/2022 **Reported:** 27/08/2022
02:03

Clinical notes: NO HISTORY

Clinical Notes : NO HISTORY

C Reactive Protein (High Sens)

CRP 2.1 mg/L (0.0 - 5.0)

Comment on Lab ID 882740172

NATA Accreditation No 2178

Tests Completed: C(s),UCreat(s),E(s),Phos(s),Ca(s),CRP(s),Mg(s),
RU-Malb,ESR(e)
Tests Pending : RF(s),ANA(s)
Sample Pending : BP Monitor

SMITH, OLIVIA
66-68 WATTLE ST, COLO VALE. 2575

Phone: 0422357360

Birthdate: 12/02/1984 Sex: F Medicare Number: 2673145407

Your Reference: 00059581 Lab Reference: 882740172-C-C485

Laboratory: dhm

Addressee: DR NAHLA KIROLLOS Referred by: DR NAHLA KIROLLOS

Name of Test: RU-Malb

Requested: 23/08/2022 Collected: 26/08/2022 Reported: 27/08/2022
02:03

Clinical notes: NO HISTORY

Clinical Notes : NO HISTORY

Microalbumin, Random Urine

U-Creatinine	3.9	mmol/L	
R U-Albumin	6.4	mg/L	
R U-Albumin/Creat	1.6	mg/mmol	(<3.5)

NATA Accreditation No 2178

Tests Completed: C(s),UCreat(s),E(s),Phos(s),Ca(s),CRP(s),Mg(s),
RU-Malb,ESR(e)

Tests Pending : RF(s),ANA(s)

Sample Pending : BP Monitor

SMITH, OLIVIA
66-68 WATTLE ST, COLO VALE. 2575

Phone: 0422357360

Birthdate: 12/02/1984 Sex: F Medicare Number: 2673145407

Your Reference: 00059581 Lab Reference: 882740172-C-B006

Laboratory: dhm

Addressee: DR NAHLA KIROLOS Referred by: DR NAHLA KIROLOS

Name of Test: RF

Requested: 23/08/2022 Collected: 26/08/2022 Reported: 27/08/2022
05:33

Clinical notes: NO HISTORY

Clinical Notes : NO HISTORY

Rheumatoid Factor (Quantitative)
(Architect Method)

Rheumatoid Factor (RF) <6 IU/mL (<16)

Comment on Lab ID 882740172

NATA Accreditation No 2178

Tests Completed: RF(s), C(s), UCreat(s), E(s), Phos(s), Ca(s), CRP(s), Mg(s),
RU-Malb, ESR(e)

Tests Pending : ANA(s)

Sample Pending : BP Monitor

SMITH, OLIVIA
66-68 WATTLE ST, COLO VALE. 2575
Phone: 0422357360
Birthdate: 12/02/1984 **Sex:** F **Medicare Number:** 2673145407
Your Reference: 00059581 **Lab Reference:** 882740172-I-I008
Laboratory: dhm
Addressee: DR NAHLA KIROLLOS **Referred by:** DR NAHLA KIROLLOS

Name of Test: ANA(s)
Requested: 23/08/2022 **Collected:** 26/08/2022 **Reported:** 28/08/2022
18:03

Clinical notes: NO HISTORY

Clinical Notes : NO HISTORY

Antinuclear Antibodies

ANA	* Detected
Titre, Pattern	80 Speckled

Comment on Lab ID 882740172

(Screened at a titre of 80)

SPECKLED staining patterns occur with Sjogren's syndrome, lupus, mixed connective tissue disease, scleroderma and occasionally other inflammatory disorders. ENA testing may be useful.

PLEASE NOTE: As of 18/10/2021, ANA testing will be reported using Inova Hep2 slides. Occasional patients may react differently with this change in test system.

NATA Accreditation No 2178

Tests Completed: RF(s), C(s), UCreat(s), E(s), Phos(s), Ca(s), CRP(s), Mg(s),
RU-Malb, ESR(e), ANA(s)

Tests Pending : BP Monitor

Sample Pending :

SMITH, OLIVIA
66-68 WATTLE ST, COLO VALE. 2575
Phone: 0422357360
Birthdate: 12/02/1984 **Sex:** F **Medicare Number:** 2673145407
Your Reference: 00059581 **Lab Reference:** 882740172-B-K097
Laboratory: dhm
Addressee: DR NAHLA KIROLLOS **Referred by:** DR NAHLA KIROLLOS

Name of Test: BP Monitor
Requested: 23/08/2022 **Collected:** 27/08/2022 **Reported:** 29/08/2022
12:03

Clinical notes: NO HISTORY

Clinical Notes : NO HISTORY

Ambulatory Blood Pressure Monitoring

Start date and time 26/08/2022 09:47
End date and time 27/08/2022 09:00

Medications Please refer to patient diary for
current medications.

Average BP 123/82 mmHg (N.R. <130/80)

Day
Average BP 128/85 mmHg (N.R. <135/85)

Night
Average BP 105/69 mmHg (N.R. <120/75)

Report Dipper Mild Hypertension

Reported by Dr. Peter Hansen

Date reported 29/08/2022

Comment on Lab ID 882740172

The report above is based on a non-pregnant individual with no risk factors. The results need to be correlated with the individual's clinical background.

The National Heart Foundation and High Blood Pressure Research Council of Australia Ambulatory Blood Pressure Committee guidelines (2012) stipulate the hypertensive threshold be lower for the following groups:

1. People with associated clinical conditions or end-organ damage
24 hour 125/76 Night 112/67 Day 128/78
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24 hour 121/71 Night 107/63 Day 124/74
3. Pregnancy
<22 weeks gestation 132/79
22-30 weeks gestation 133/81
>30 weeks gestation 135/86

Reference: Head GA. et al Ambulatory blood pressure monitoring in Australia: 2011 consensus position statement. J Hypertens. 2012 Feb;30(2):253-66.)

Please note BP Monitor collection date: 27/08/2022 16:14

To access a PDF version of the report, copy and paste the URL below into your browser

before 29-08-2023. Use PIN 0276.

<https://sdrvviewer.apps.sonichealthcare.com/?GUID=7C1A49D3-925B-42AD-9B20-D7E1EF8902FB&hostCode=DHM&shareType=1>

NATA Accreditation No 2178

Tests Completed: RF(s),C(s),UCreat(s),E(s),Phos(s),Ca(s),CRP(s),Mg(s),
RU-Malb,ESR(e),ANA(s),BP Monitor

Tests Pending :

Sample Pending :