



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

3rd August 2022

Dear Dr Ratna Neville,

Re: ABIGAIL MORGAN D.O.B. 21 JULY 2002

Thank you for seeing Abby who I met with today in regard to her ongoing issues with dysmenorrhea, CFS, hyper-mobility and IBS.

Medical history

- 2002 – Baby GERD
- 2012 – menarche (menorrhagia, dysmenorrhea); acne
- 2016 – OCP
- 2017 – whiplash from car accident; seizures, partial paralysis, benign cyst on pineal gland; stopped OCP
- 2018 – ovarian cyst (surgically removed)
- General - repeated episodes of bacterial gastritis in Fiji, Bali and other asian countries; has Mireia IUD but still experiences dysmenorrhea

Family history

- Mother – Dysmenorrhea, Mirena IUD, Hashimoto's thyroiditis
- Sister – Dysmenorrhea
- Paternal grandmother – Fibromyalgia, dysmenorrhea, endometriosis
- Maternal Grandmother – Hashimoto's thyroiditis, hysterectomy

In light of Abby's past and current symptoms, it would be beneficial for us to do a comprehensive review of her general health. As we would like to eliminate any aggravating factors, pending your review and approval I would appreciate it if you would please consider organising the following assessments:

- Day 1: E2, FSH, LH, PRL, DHEA-S
- Day 21: Progesterone ; CA-125 (general marker reproductive inflammation - see reference below)
- CRP, ESR
- FBC
- UEC, LFT
- Vitamin D3 (25-OH)
- Folate + B12
- Iron Studies (full panel)
- Fasting blood glucose, Fasting Insulin, IGF-1, HbA1c
- Fasting cholesterol profile
- Full TFT (TSH, T4, T3); thyroid antibodies
- Coeliac screen and gene profile
- Caeruloplasmin



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- ANA/ ENA
- Immunoglobins

If there are any assessments you aren't comfortable ordering above please let me know and I can refer Abby for private testing instead.

We were also hoping you would consider referring Abby for a "deep endometrial scan with bowel prep" to Ultrasound care (Dr Lyn Townsend) to screen for possible endometriosis.

Thanks again and I look forward to working together with you for Abby's health. Please do not hesitate to contact me.

Yours sincerely,

Alexandra Middleton

Mojgan Karimi-Zarchi, M.D.,^{1,2} Najmeh Dehshiri-Zadeh, M.D.,¹ Leili Sekhavat, M.D.,¹ and Fahime Nosouhi, Pharm.D; *"Correlation of CA-125 serum level and clinico-pathological characteristic of patients with endometriosis"*; Int J Reprod Biomed (Yazd). 2016 Nov; 14(11): 713–718. "According to the results, preoperative serum CA-125 is an important predictor for patients with endometriosis and it should be taken into consideration when surgical management is suspected, especially if stage of disease, lesion size and adhesion score are undertaken." <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5153578/> +