



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

2nd Feb 2022

Dear Dr Ria Warfe,

Re: ALICIA LLOYD D.O.B. 10 NOV 1981

Thank you for seeing Alicia who I met with today in regard to her ongoing issues with adenomyosis, sinusitis, hay fever, vaginal thrush, IBS and anxiety.

Medical history

- 22008 - Recurrent UTIs (duplexed kidney on left side)
- 2013 - BRCA 1 positive
- 2014 – double mastectomy + reconstruction (2 silicone implants)
- 2016 -IVF (3 rounds); Hashimotos thyroiditis
- 2017 – Adenomyosis
- 2020 – IVF (7 rounds)

Family history

- Mother - breast cancer
- Sister - breast cancer
- Father - Diabetes II

In light of Alicia'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 2: E2, FSH, LH, PRL, DHEA-S, SHBG, AMH
- Day 21: Progesterone
- CA-125 (general marker reproductive inflammation)
- CRP, ESR
- FBC
- UEC, LFT
- Vitamin D3 (25-OH)
- Folate + B12
- Vitamin D
- Iron Studies (full panel)
- Fasting blood glucose, Fasting Insulin, IGF-1, HbA1c
- Fasting cholesterol profile
- Full TFT (TSH, T4, T3) + antibodies
- Coeliac screen and gene profile
- Caeruloplasmin
- ANA/ENA
- Immunoglobulins



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- IgG/ IgM

If there are any assessments you aren't comfortable ordering above please let me know and I can refer Alicia for private testing instead. Also, I would appreciate being copied in on the results as I have direct access to most of the major labs.

I have also suggested to Alicia she get an updated "deep pelvic ultrasound" (with bowel prep) to assess any progression of the adenomyosis.

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

Yours sincerely,

Alexandra Middleton

Studies

CA-125 is also the serum biomarker that has been more extensively studied in the diagnosis of endometriosis.

Marco Aurelio Pinho Oliveira, Thiers Soares Raymundo, Leila Cristina Soares, Thiago Rodrigues Dantas Pereira, and Alessandra Viviane Evangelista Demôro, Marco Aurelio Pinho Oliveira, Thiers Soares Raymundo, Leila Cristina Soares, Thiago Rodrigues Dantas Pereira, and Alessandra Viviane Evangelista Demôro; "How to Use CA-125 More Effectively in the Diagnosis of Deep Endometriosis"; Department of Gynecology, State University of Rio de Janeiro, Rio de Janeiro, RJ, Brazil; BioMed Research International Volume 2017, Article ID 9857196, 6 pages

Mojgan Karimi-Zarchi, M.D.,^{1,2} Najmeh Dehshiri-Zadeh, M.D.,¹ Leili Sekhvat, 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/>



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