



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

5TH JULY 2022

Dear Dr Karen Freilich,

Re: AMANDA DORMER D.O.B. 15 DEC 1976

Thank you for seeing Amanda who I met with last week in regard to her ongoing issues with suspected endometriosis/adenomyosis, menorrhagia, dysmenorrhea, IBS, weight gain and hair loss.

Medical history

- 1994 – OCP; pregnancy termination
- 1996 – pregnancy termination.
- 2007 – suspected endometriosis
- 2002 – gastroenteritis (Thailand)
- 2006 – gastroenteritis (Thailand)
- 2011 – fissure (chronic)
- 2015 – lichen sclerosis (first flare)
- 2020 – lichen sclerosis (second flare), ceased OCP; menorrhagia
- 2021 – anaemia, suspected adenomyosis

Family history

- Father - dementia
- Mother - thyroid removal, sarcoma removal, osteoporosis
- Grandfather - diabetes; fatal myocardial infarction
- Grandmother - dementia
- Grandmother - osteoporosis
- Grandfather - fatal CVA

In light of Amanda'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, free testosterone
- Day 21: Progesterone; CA-125 (general marker reproductive inflammation - please see reference below)
- CRP, ESR
- FBC
- UEC, LFT
- Vitamin D3 (25-OH)
- Folate + B12
- Iron Studies (full panel)



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- Fasting blood glucose, Fasting Insulin, IGF-1, HbA1c
- Fasting cholesterol profile
- Full TFT (TSH, T4, T3); thyroid antibodies
- Coeliac screen and gene profile
- Caeruloplasmin
- ANA/ ENA
- Immunoglobins

If there are any assessments you aren't comfortable ordering above please let me know and I can refer Amanda 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.

We were also hoping you would consider writing Amanda the following prescriptions for several infections Amanda recently recently tested positive for (please see attached for the results):

1. Doxycycline for ureaplasma infection (please see reference below)
2. Azithromycin for mycoplasma infection (please see reference below)
3. Topical Metronidazole 1.3% gel for the Bacterial Vaginosis (please see reference below)

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

Yours sincerely,

Alexandra Middleton



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References

1. "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."

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 clinicopathological characteristic of patients with endometriosis"***; Int J Reprod Biomed (Yazd). 2016 Nov; 14(11): 713–718. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5153578/>

2. Unemo M, Endre KM, Moi H. **Five-day Azithromycin Treatment Regimen for Mycoplasma genitalium Infection Also Effectively Eradicates Chlamydia trachomatis.** Acta Derm Venereol. 2015 Jul;95(6):730-2. doi: 10.2340/00015555-2108. PMID: 25823977. <https://www.medicaljournals.se/acta/content/html/10.2340/00015555-2108>

3. Skerk V, Schönwald S, Krhen I, Rusinovic M, Strapac Z, Vukovic J. **Azithromycin and doxycycline in the treatment of female patients with acute urethral syndrome caused by Ureaplasma urealyticum: significance of duration of clinical symptoms.** Drugs Exp Clin Res. 2001;27(4):135-9. PMID: 11822223. <https://pubmed.ncbi.nlm.nih.gov/11822223/>

4. Chavoustie SE, Jacobs M, Reisman HA, Waldbaum AS, Levy SF, Hillier SL, Nyirjesy P. **Metronidazole vaginal gel 1.3% in the treatment of bacterial vaginosis: a dose-ranging study.** J Low Genit Tract Dis. 2015 Apr;19(2):129-34. doi: 10.1097/LGT.0000000000000062. PMID: 24983350; PMCID: PMC4376277. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4376277/>