



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

23rd AUG 2022

Dear Dr Claudia Nicholson,

Re: AMELIA DOMENICI D.O.B. 13 SEP 1992

Thank you for seeing Amelia who I met with today in regard to her ongoing issues with CFS, menorrhagia, dyspareunia, dysmenorrhea, allergies and a post-nasal drip. She is also soon having her wisdom teeth removed.

Medical history

- 2005 – anxiety/depression
- 2016 - HPV
- 2017 - Uterine polyps, Infection in uterus (laparoscopy)
- 2018 – Commenced OCP; GERD and gastritis in Thailand
- 2019 – Came off OCP
- 2021 – Factor V Leider
- 2022 – Periodontitis

Family history

- Mother - anxiety/depression
- Father – kidney cancer, stroke, Diabetes II, anxiety/depression

In light of Amelia'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 - 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
- ANA/ ENA
- Immunoglobins

If there are any assessments you aren't comfortable ordering above please let me know and I can refer Amelia 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 referring Amelia to Dr Lyn Townsend at Ultrasound Care in Bondi Junction for a 'deep endometrial scan with bowel prep' to check for any



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underlying drivers of the period symptoms.

Thanks again and I look forward to working together with you for Amelia'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 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/>