



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

25TH MAY 2022

Dear Dr Julia Spicer,

**Re: AMY SOUTHORN D.O.B. 28 MAY 1989**

Thank you for seeing Amy who I met with today in regard to her ongoing issues with adenomyosis, CFS, bruxism, IBS and anaemia.

### Medical history

- 2013 -17 - Depression, anxiety, eating disorder
- 2004 – Post-exertion malaise (HHV-6?)
- 2009 – ME/ CFS
- 2014 – Lyme Disease; parasitic infection
- 2017 – Mould illness
- 2021 – Adenomyosis

### Family history

- Father – CVD
- Sister – ME/ CFS; severe dysmenorrhea, ovarian cysts, appendectomy
- Grandmother – ME/ CFS/ PTSD

In light of Amy'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 19: 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



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If there are any assessments you aren't comfortable ordering above please let me know and I can refer Amy 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 attached Amy's recent vaginal microbiome profile for your review. In consideration of her positive ureaplasma results, we would appreciate it if you would consider prescribing Amy 2 weeks of doxycycline 100mg BID (reference below).

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

Yours sincerely,

Alexandra Middleton

Mojgan Karimi-Zarchi, M.D.,<sup>1,2</sup> Najmeh Dehshiri-Zadeh, M.D.,<sup>1</sup> Leili Sekhvat, M.D.,<sup>1</sup> 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/>

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/>