



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

17TH MAR 2022

Dear Dr Pam Goodwin,

**Re: ANNIE GORYUNOVA D.O.B. 30 APRIL 1996**

Thank you for seeing Annie who I met with today in regard to her ongoing issues with severe CFS, IBS, menorrhagia, nausea and dizzy spells. NB: many of these symptoms intensified after moving into a water damaged apartment in manly October 2021.

### Medical history

- 2013 -17 - Depression, anxiety, eating disorder
- 2018 – psychosis/ manic episode
- 2019 – gastroenteritis in Fiji; bulging disc in back
- 2021 – moved into mouldy house / potential mould allergy

### Family history

- Mother - hypothyroidism

In light of Annie'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 - 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 Annie for private testing instead. Also, I would appreciate being



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copied in on the results as I have direct access to most of the major labs.

Thanks again and I look forward to working together with you for Annie'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 Sekhavat, 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/>