



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

23rd March 2022

Dear Dr Soji Swaraj,

**Re: EMMA CARLON D.O.B. 6 DEC 1991**

Hi Soji. Thank you for referring Emma to me who I met with yesterday in regard to her ongoing issues with severe CFS, HPA dysfunction, ADD, anxiety, depression, sinus issues, PMDD, metrorrhagia, menorrhagia, mittelschmerz & dysmenorrhea. She also has a history of fibroids & ovarian cysts that has never been addressed.

Emma had completed a Microbiome Map (stool analysis) before seeing me, which revealed a blastocystis hominus infection and well as a severe overload of pathogenic bacteria in her gut. I have attached this result for your files. I have suggested she see gastroenterologist Dr Simon Benstock to discuss triple therapy antibiotics for treatment. Emma also has a history of living in water-damaged buildings thus may have a high mycotoxin load which could be fuelling the fatigue and neurological symptoms. We will look to test her mycotoxin exposure at a later date.

### Medical history

- 1997 – Tonsillectomy
- 2012 – FESS + septoplasty x 2
- 2015-19 – Mirena for menorrhagia
- 2016- 2019 – Velfaxen
- 2022 - Valdoxan
- Childhood history – repeated horse and bike accidents, physical trauma, CFS

### Family history

- Grandparents- Hyperthyroidism
- Mother- Hypothyroidism
- Sister- Hypothyroidism
- Father- nephrotic syndrome

In light of Emma'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, free testosterone
- Day 21: Progesterone
- CA-125 (general marker reproductive inflammation used to screen for endometriosis - see reference below)
- CRP, ESR
- FBC



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- 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
- Immunoglobins

If there are any assessments you aren't comfortable ordering above please let me know and I can refer Emma 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 would also greatly appreciate it if you were open to writing Emma a referral for a "deep endometrial scan" to be performed at Ultrasoundcare in Bondi Junction with Dr Lynn Townsend as her last ultrasound is now very outdated.

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