

**Dr Soji Swaraj**  
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Provider 4406588X

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Diabetes - Weight/Metabolic Clinic - PCOS - Thyroid - Osteoporosis - General Endocrinology

Alexandra Middleton  
Naturopath and Nutritionist

24-03-2022

Dear Alex,

**RE: Emma Carlon - DOB: 06-12-1991**

Thanks for your detailed letter after seeing Emma at my request. You looked into her severe CFS the possibility of ADD, anxiety, depression, sinus issues and her fatigue. I note the fatigue did clear significantly on a paleo type diet with supplements including CoQ-10, zinc, curcumin and others. Unfortunately, fatigue returned after the second AstraZeneca COVID vaccine. There has been the ongoing family stressors and I am glad you referred her to a good psychologist. In the meantime, she has had a consultation with Dr Woods, Psychiatrist in Kiama who has commenced her on Valdoxan with some improvement in her sleep quality. Her dentist recently raised the possibility of blocked upper air passages contributing to sleep apnoea.

She is currently working part-time in administration at UTS.

On examination today, she looks reasonably euthyroid, weight 73 kg, BP rises from 120/70 to 130 systolic on standing.

I note your concern about possible endometriosis contributing to her pelvic pains as well as the gut overgrowth.

**DIAGNOSES**

1. ? Blastocystis hominis overgrowth.
2. ? Endometriosis.
3. Anxiety.
4. Fatigue.
5. Poor concentration.
6. Psoriasis.

**MEDICATIONS AS OF TODAY**

1. Prometrium 100 mg daily.
2. CoQ-10.
3. Valdoxan.
4. Probiotics.

**SUGGESTED PLAN:**

1. I agree with your idea to have a gastroenterologist such as Dr Benstock see her to consider eradication of the gut parasites and then repopulation with the appropriate bacteria.
2. I have also given her a referral to Dr Lynn Townsend for the deep endometrial scan you suggested (this letter can serve as a referral).
3. She will also have a full panel of blood tests including the hormone assays you suggested.
4. I am arranging a domiciliary sleep study to exclude sleep apnoea as a cause of the fatigue.
5. I would be very happy to review her over the next few months and also consider a trial low-dose Naltrexone for the fatigue if its not abating (we have tried empirical Cortisone and Thyroxine without success).
6. I have insisted she come under the care of a good long-term GP.

Please do not hesitate to contact me if you have any concerns with this plan.

Kind regards,

SOJI SWARAJ  
*Consultant Endocrinologist*  
*Concord Hospital*  
*Sighted but not signed*

CC: Dr Woods, Kiama, NSW 2533  
Dr Simon Benstock, Consultant Gastroenterologist, Digestive Diseases, 229 Great North Road, Five Dock, NSW 2046  
Dr Lynn Townsend, 1605/101 Grafton St, Bondi Junction, NSW 2022

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**\*\*PLEASE NOTE OUR FAX NUMBER HAS CHANGED – KINDLY UPDATE YOUR RECORDS THANK YOU\*\***