



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

9th DEC 2021

Dear Dr/Sir/ Madam,

Re: GEMMA FITZGERALD D.O.B. 13 OCT 1988

Thank you for seeing Gemma who I met with today in regard to her ongoing issues with Dysmenorrhea, PMS, bloating, psoriasis and pre-conception care.

Medical history

- 2006 – acne; started OCP
- 2010- Stopped OCP
- 2018 – Dysmenorrhea
- 2020- Chest pimples,, dandruff, psoriasis, mouth ulcers
- 2021 – quit alcohol, PMS/period improve

Family history

- Mother – asthma, Dysmenorrhea
- Grandmother - cancer

In light of Gemma'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 1: 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



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I have also suggested to Gemma she do a pap smear with you to cover any possible STI infection including mycoplasma, ureaplasma that may affect her fertility outcomes.

If you thought suitable, due to Gemma's severe dysmenorrhea would you also please consider writing Gemma a referral to ultrasound care in Bondi Junction with Dr Lyn Townsend for a "deep endometrial scan" to check for any possible blocks to pregnancy.

If there are any assessments you aren't comfortable ordering above please let me know and I can refer Gemma 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.

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