



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

10TH MAY 2022

Dear Dr Prarthana Packiam,

Re: JAN BENSON-SATTOUT D.O.B. 28 APRIL 1964

Thank you for seeing Jan who I met with today in regard to her ongoing issues with insomnia, anxiety, IBS (constipation), hematochezia and potential NAFLD.

Medical history

- 1982 – endometriosis
- 1997 – Hyperthyroidism; thyroidectomy
- 1998 - shoulder joint capsulitis
- 2001 – prophylactic mastectomy
- 2021 - gastrointestinal polyp
- 2022 – liver cysts (MRI), NAFLD?

Family history

- Mother – CVD
- Father – lung cancer
- Sister – breast cancer

In light of Jan'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:

- E2, FSH, LH, PRL, DHEA-S, SHBG, AMH, free testosterone, Progesterone
- CRP, ESR
- FBC
- UEC, LFT
- 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
- ANA/ ENA
- Immunoglobins
- CA-125

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



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Yours sincerely,

Alexandra Middleton



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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/>