



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

20th July 2022

Dear Ms. Melissa Parra CNP,

Re: JENNIFER CASPARI D.O.B. 30 MAR 1983

Thank you for seeing Jennifer who I have been seeing in regard to her ongoing issues with allergies, chemical sensitivities, endometriosis, chronic fatigue and GI issues.

Medical history

- 1983 - Hernia repair surgery
- 1996 - Oophorectomy
- 2011 - Fibroid + half ovary removed
- 2012 - Cerebral cavernous malformation
- 2017 - Fertility treatment (failed IUIs)
- 2020 - Colposcopy, CIN III (HPV)
- 2022 - COVID-19

General history - Chronic ear infections as a child/ repeated use abx, heavy exposure to mould, chronic IBS, long term use of OCP, repeated UTIs, head trauma, recent leaking amalgam (mercury) filling.

Family history

- Mother- chemical sensitivities
- Father- diabetes, CVD
- Grandmother- chemical sensitivities
- Grandfather- CVD and stroke

In light of Jennifer'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
- 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



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- Full TFT (TSH, T4, T3); thyroid antibodies
- Coeliac screen and gene profile
- Caeruloplasmin
- ANA/ ENA
- Immunoglobins
- Serum histamine

If there are any assessments you aren't comfortable ordering above please let me know and I can refer Jennifer for private testing instead.

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