



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

26th Sep 2022

Dear Dr/ Sir/Madam,

Re: JENNY SUNIATI D.O.B. 9/3/81

Thank you for seeing Jenny who I met with today in regard to her ongoing issues with endometriosis, menorrhagia, dysmenorrhea, IBS, GERD & CFS. She also has a history of asthma and a gastroenteritis episode in Indonesia

In light of Jenny's 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
- 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
- Anticardiolipin antibody (IgM, IgG)

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

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

Yours sincerely,

Alexandra Middleton



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References

Thyroid antibodies

Dysfunctional thyroid hormone metabolism may influence endometriotic cells and endometriosis progression... patients with Hashimoto thyroiditis present with a more severe form of endometriosis.

Shigesaki N, Kvaskoff M, Kirtley S, Feng Q, Fang H, Knight JC, Missmer SA, Rahmioglu N, Zondervan KT, Becker CM. The association between endometriosis and autoimmune diseases: a systematic review and meta-analysis. Hum Reprod Update. 2019 Jul 1;25(4):486-503. doi:

Thyroid peroxidase antibody is more highly expressed in patients with endometriosis than in patients without endometriosis.

Yuk JS, Park EJ, Seo YS, Kim HJ, Kwon SY, Park WI. Graves Disease Is Associated With Endometriosis: A 3-Year Population-Based Cross-Sectional Study. Medicine (Baltimore). 2016 Mar;95(10):e2975. doi: 10.1097/MD.0000000000002975. PMID: 26962803; PMCID: PMC4998884.

CA125

CA-125 is also the serum biomarker that has been more extensively studied in the diagnosis of endometriosis.

Marco Aurelio Pinho Oliveira, Thiers Soares Raymundo, Leila Cristina Soares, Thiago Rodrigues Dantas Pereira, and Alessandra Viviane Evangelista Demôro, Marco Aurelio Pinho Oliveira, Thiers Soares Raymundo, Leila Cristina Soares, Thiago Rodrigues Dantas Pereira, and Alessandra Viviane Evangelista Demôro; "How to Use CA-125 More Effectively in the Diagnosis of Deep Endometriosis"; Department of Gynecology, State University of Rio de Janeiro, Rio de Janeiro, RJ, Brazil; BioMed Research International
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