



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

18th July 2022

Dear Dr Pratharna Packiam

Re: JESS SOBANSKI D.O.B. 23 AUG 1997

Thank you for seeing Jess who I met with today in regard to her ongoing issues with IBS, CFS, dysmenorrhea, mittelschmerz, dyspareunia & migraines.

Medical history

- 1997 – GERD, IBS (constipation) as infant; food poisoning when young
- 2020 – gastroenteritis
- 2020-21 – mittelschmerz, ovarian cyst
- 2022 – acute gastroenteritis, onset generalised anxiety

Family history

- Mother - migraine, coeliac gene
- Father - Diabetes II
- Sisters – Anaemia; tachycardia; PCOS
- Paternal grandfather – CVD
- Maternal grandmother - melanoma

In light of Jess'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:

- DHEA-S, AMH
- Fasting morning cortisol
- CA-125 (general marker reproductive inflammation - please 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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If there are any assessments you aren't comfortable ordering above please let me know and I can refer Jess 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. Please note I haven't requested any of her sex hormones as she is currently on the OCP.

We were also hoping you would consider referring Jess for a "deep endometrial scan" with a specialist sonographer (Ultrasoundcare for Women, Dr Lyn Townsend) to check for possible signs of endometriosis that may have been missed on the standard transvaginal ultrasound performed in 2020.

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