



alexandra middleton
nutritionist

30 November 2017

Dear Dr Wilson,

Re: JORDANA THIRLWALL D.O.B. 30 MAR 1982

I met with her today for nutritional advice to support her ongoing issues with menorrhagia, severe period pain, PMS, anxiety and fatigue.

So far, I have only recommended to take a B Vitamin, mineral mix and calcium deglucoate to help reduce the menstrual pain.

Jordana has some blood work recently done but to also to assist us further, would you also please consider ordering any of the following blood work that you feel suitable?:

- CA125
- Folate, B12 & Vitamin D
- Hormones: DHEA-S, Progesterone, estrogen, FSH, LH, testosterone, SBGH, Androstenedione,
- CRP
- T4, T3 and thyroid antibodies
- FBG

I have also suggested Jordana see Profesor Thierry Vancaille at the Womens Health Insitute of Australia for further investigation (to query potential endometriosis/ fibroids). Would you mind writing her the medical referral for this appointment as well?

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

Yours sincerely,

Alexandra Middleton