



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

18 MARCH 2021

Dear Dr Ratna Neville,

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

Jordana came to see me today for nutritional advice concerning her recurrent issues with Endometriosis, chronic fatigue and bloating. Her Endometriosis symptoms have also recently worsened despite taking Vissane.

Family history

- Father – gout
- Paternal grandmother – bowel cancer
- Maternal Grandmother – breast/bowel/secondary lung/brain cancer (was HRT); still-borns and miscarriages

In light of Jordana'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, P4
- CRP, ESR
- FBC
- UEC, LFT
- B12 & RBC Folate
- Vitamin D3 (25-OH)
- 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
- CA-125 (known marker for endometriosis, see references below)
- Immunoglobulins
- Anticardiolipin antibody (IgM, IgG)

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

I also recommended a deep pelvic ultrasound (with bowel prep) to Jordana at Ultrasound Care in Bondi Junction with Dr Lyn Townsend for a general check up. If you would be so kind as to write her the referral we would appreciate it. I also suggested to Jordana if she planned to stop the Vissane she might want to talk



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to you about trying 100mg of Prometrium (progesterone) at night instead to help diminish her symptoms.

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

Studies

[Mojgan Karimi-Zarchi](#), M.D.,^{1,2} [Najmeh Dehshiri-Zadeh](#), M.D.,¹ [Leili Sekhavat](#), 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/>