



alexandra middleton  
nutritionist

31 Jan 2019

Dear Professor Vancaillie,

**Re: JORDANA THIRLWALL**

**D.O.B. 30 MAR 1982**

Thank you for seeing Jordana I have been seeing for a year for issues who met with me today for nutritional advice to support her ongoing issues with digestion, fatigue, PMS & menorrhagia.

Medical History

- EBV (1996)
- Benign thyroid & hypothyroidism - tumor removal (2001)
- Ongoing ovulation pain/ bloating
- Ongoing PMS/ PMDD
- Ongoing Menorrhagia, Dysmenorrhea
- Ongoing Anemia
- 2 x c-sections
- Dientamoeba fragilis – eradicated with herbal medicine and antibiotics (2019)

Family History

- Maternal grandmother – Breast cancer (secondary in lung and brain, associated with HRT); recurrent miscarriage and still-borns.
- Paternal grandmother – Bowel cancer
- Son – coeliac disease

Over the last year Jordana's presentation has improved significantly in all areas outside of her cycle. As she still experiences menorrhagia and dysmenorrhea every month I have asked her to see you for further medical investigations to query endometriosis/uterine fibroids/adenomyosis etc.

I have also given Jordana a private DHM request form to order several tests. Should you order more I would really appreciate if you would be so kind to copy me in as well.

I appreciate your expertise and opinion and look forward to working together with you for Jordana's health. Please do not hesitate to contact me.

Yours sincerely,

Alexandra Middleton