



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

19 MAY 2021

Dear Dr Emma Scott,

Re: KAT JACOB D.O.B. 6 JULY 1985

Thank you for seeing Kat who I have been seeing for her ongoing issues with intermittent fatigue, exercise intolerance, Graves Disease, Anaemia and Melasma.

Medical history

- Congenital Heart Murmur (Wolf Parkinson-White syndrome)
- 2016 - Mirena inserted
- 2018 ECG right branch block
- 2019 (Feb) - acute Thyroiditis episode with presence of Abs; seen by Dr Swaraj (endocrinologist), please see attached for his feedback.

Family history

- Mother - Rheumatoid Arthritis

In light of Kat'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:

- Day 2: E2, FSH, LH, PRL, DHEA-S
- 24HR URINE CORTISOL PROFILE
- CRP, ESR
- FBC
- UEC, LFT
- Vitamin D3 (25-OH)
- Iron Studies (full panel)
- Fasting blood glucose, Fasting Insulin, IGF-1, HbA1c, GGT
- Fasting cholesterol profile
- Full TFT (TSH, T4, T3); Thyroid antibodies
- Coeliac screen and gene profile
- CA-125 (known marker for endometriosis/ reproductive inflammation, see references below)
- ANA/ ENA
- Immunoglobulins

NB: Have not requested progesterone as currently has a Mirena IUD; also, her blood sugar and TSH has slowly been on the rise the last two years.



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

Thanks again and I look forward to working together with you for Kat'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 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."



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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5153578/>