



ALEXANDRA MIDDLETON  
NATUROPATHIC NUTRITIONIST

11 Sep  
2019

Dear Dr Claudia Nicholson,

Re: Kat Jacob                      D.O.B. 6 July 1985

Thank you again for seeing Kat who met who I have been seeing for nutritional advice to support her ongoing issues with poor immunity, fatigue, exercise intolerance, food intolerances, insomnia, stress and recently an episode of thyroiditis.

Relevant Medical History

- Congenital Heart Murmur (w/ Parkinson white)
- 2016 Mirena inserted
- 2018 ECG right branch block
- 2019 (Feb) acute Thyroiditis episode with presence of Abs; seen by Dr Swaraj (endocrinologist) – his referral response attached.

Family History

- Mother recently diagnosed with Rheumatoid Arthritis

In light of Kat's past and current symptoms, and Dr Swaraj's recommendations, it would be beneficial for us to do a comprehensive review of her thyroid and 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 organizing the following assessments:

- FBC
- UEC, LFT
- TSH, T4, T3, Thy Abs, RT3
- Fasting cholesterol studies
- Iron Studies
- Fasting blood glucose, Insulin, IGF-1, HbA1c, Glucose Tolerance test
- Ceruloplasmin
- BP – would you mind please checking this on both arms

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

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



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Yours sincerely,

Alexandra Middleton