



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

21 May 2019

Dear Dr Soji Swaraj,

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

Thank you for seeing Kat who met who I have been seeing for nutritional advice to support her ongoing issues with 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; initially we thought to be caused by iodine supplement supplementation but as she hasn't improved months later I have referred her to you.

### Family History

- Mother recently diagnosed with Rheumatoid Arthritis

In light of Kat's past and current symptoms it would be beneficial for us to do a comprehensive review of her reproductive 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:

- Day 2: E2, FSH, LH, PRL, DHEA-S
- Day 21: P4
- FBC
- UEC, LFT
- B12 & Folate
- Iron Studies
- Fasting blood glucose, Insulin, IGF-1, HbA1c
- Fasting cholesterol profile
- Vitamin D3
- Coeliac screen and gene profile
- Ceruloplasmin
- ANA/ ENA
- Immunoglobins
- Anticardiolipin antibody (IgM, IgG)
- BP – would you mind please checking this on both arms



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NB: Full Thyroid panel was recently tested by another GP; Kat has the results with her.

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.

Yours sincerely,

Alexandra Middleton



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