



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

15TH SEP 2022

Dear Dr/Sir/Madam,

**Re: KATE SOUTHORN D.O.B. 17 FEBRUARY 1991**

Thank you for seeing Kate who I met with today in regard to her ongoing issues with endometriosis (dysmenorrhea), CFS, anxiety & depression.

### Medical history

- 1993 – Pneumonia
- 2001 – Anxiety
- 2003 – OCD, Depression, IBS, sound sensitivity
- 2007 – OCP 18 months general ongoing malaise
- 2009 – Hypothyroidism, adrenal insufficiency; gastroenteritis (“Bali belly”)
- 2011 - ME/CFS
- 2013 – electromagnetic sensitivity, chronic appendicitis
- 2014 - Lyme’s disease
- 2015 - Appendectomy
- 2016 – Dysmenorrhea, recurrent UTI’s present post-surgery; severe IBS episodes
- 2022 – Laparoscopy for endometriosis surgery, partial oophorectomy

### Family history

- Father - Depression
- Maternal grandfather – Stroke
- Paternal grandmother – breast cancer
- Paternal grandfather – Heart attack

In light of Kate’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, SHBG, AMH, free testosterone
- Day 21: Progesterone, CA-125 (general marker reproductive inflammation - see reference below)
- CRP, ESR
- FBC
- UEC, LFT
- Vitamin D3 (25-OH)
- Folate + B12
- Iron Studies (full panel)
- Fasting blood glucose, Fasting Insulin, IGF-1, HbA1c



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- Fasting cholesterol profile
- Full TFT (TSH, T4, T3); thyroid antibodies; urine iodine
- Coeliac screen and gene profile
- Caeruloplasmin
- ANA/ ENA
- Immunoglobins (IgA, IgE, IgG)

We were also hoping you could refer Kate for a PCR faecal analysis/screen considering her previous history of IBS + gastroenteritis.

If there are any assessments you aren't comfortable ordering above please let me know and I can refer Kate 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 Kate's health. Please do not hesitate to contact me.

Yours sincerely,

Alexandra Middleton

Mojgan Karimi-Zarchi, M.D.,<sup>1,2</sup> Najmeh Dehshiri-Zadeh, M.D.,<sup>1</sup> Leili Sekhavat, M.D.,<sup>1</sup> 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/>