



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

8 APRIL 2021

Dear Dr Jeffrey McDonald,

**Re: MADI GILLESPIE D.O.B 24/2/1996**

Madi came to see me today for nutritional advice concerning her recurrent issues with Endometriosis, fatigue,, IBS (constipation dominant), migraines, anxiety/stress management and bruxism.

### Personal history

- 2010 – skin removed due to tampon being stuck
- 2013 - Menorrhagia; started OCP
- 2015 - Changed changed OCP for Implanon
- 2015 – Vietnam parasitic infection, treated with Abx;
- 2016 – Concussion playing sport
- 2020 – Implanon removed; Endometriosis (laparoscopy) stage 3,

### Family history

- Maternal grandmother – Small cell lung lymphoma
- Paternal aunt – hysterectomy, likely Endo, bladder prolapse
- Paternal grandfather – lung cancer
- Paternal grandmother – ovarian cancer, hysterectomy

In light of Madi'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
- Day 22: P4
- CRP, ESR
- B12 & RBC Folate
- Vitamin D3 (25-OH)
- Fasting blood glucose, Fasting Insulin, IGF-1, HbA1c
- Fasting cholesterol profile
- Thyroid antibodies
- Coeliac screen and gene profile
- CA-125 (known marker for female repro inflammation and endometriosis)
- Immunoglobulins
- Anticardiolipin antibody (IgM, IgG)

If there are any assessments you aren't comfortable ordering above please let me



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know and I can refer Madi 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.

I have referred Madi for private stool (PCR) analysis to check for parasites (we will be sure to send the results on to you also).

Should you be agreeable in writing the script, I have also recommended Madi try 100mg of Prometrium (bio-identical progesterone) in the second half of her cycle to help reduce endometriosis-related pain, menorrhagia and insomnia.

Thanks again and I look forward to working together with you for Madi's health. Please do not hesitate to contact me.

Yours sincerely,

Alexandra Middleton

### **Studies**

[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/>