



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

11 FEB 2021

Dear Dr/Sir/Madam,

**Re: IMOGEN HARPER D.O.B. 13 JAN 1991**

Imogen came to see me today for nutritional advice concerning her recurrent issues with fatigue, PMS, IBS (diarrhoea dominant), anxiety/stress management and autoimmune thyroiditis.

### Personal history

- 1996: Severe food poisoning
- 2014: S2 Left side sacrum stress fracture affected left glute, on crutches 6wks and had to stop running (prior I ran a lot, did marathons)
- 2015/2016: abortion and D&C (general anaesthetic); thyroid antibodies, dermoid cyst.
- 2016- rolled left ankle
- 2018- started getting issues with left ulna nerve when running, continues intermittently when training
- 2018 - severe viral gastritis.

### Family history

- Mother - melanoma, breast cancer (~55yo)
- Grandmother: hyperthyroid issues
- Father: prostate issues, high blood pressure and cholesterol
- Paternal aunt: high cholesterol

In light of Imogen'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 19: P4 (NB: average 26 day cycle)
- CRP, ESR
- FBC
- UEC, LFT
- B12 & RBC Folate
- Urine iodine (spot)
- Vitamin D3 (25-OH)
- Iron Studies (full panel)
- Fasting blood glucose, Fasting Insulin, IGF-1, HbA1c
- Blood histamine



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- Fasting cholesterol profile
- Full TFT (TSH, T4, T3); 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 know and I can refer Imogen 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 also recommended a deep pelvic ultrasound (with bowel prep) to Imogen at Ultrasound Care in Bondi Junction with Dr Lyn Townsend to do a general check and to check for endometrioma (on the back of her recent high AMH). If you would be so kind as to write her the referral we would appreciate it.

Thanks again and I look forward to working together with you for Imogen'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/>