



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

21ST SEP 2022

Dear Dr/ Sir/ Madam,

**Re: MARIA ABBEY ROMANIN D.O.B. 25 JUNE 1998**

Thank you for seeing Maria who I met with today in regard to her ongoing issues with severe endometriosis, dyspareunia, ovarian cysts, chronic fatigue, insomnia and unexplained chronic gastric pain.

### Medical history

- 2011-16 – Chronic sinusitis, chronic chest infections, menorrhagia, IBS
- 2016 – Gastroenteritis
- 2017 – EBV, Varicella-zoster virus (shingles)
- 2019 – OCP for 6 months (severe side effects)
- 2020- Laparoscopy, Mirena IUD (2 months, worsened menorrhagia)
- 2021 – Laparoscopy (right oophorectomy)

### Family history

- Mother – Breast cancer
- Father – Ulcerative Colitis
- Maternal Grandmother – Rheumatoid Arthritis
- Maternal grandfather = Diabetes II
- Paternal Grandmother – Lung cancer
- Paternal grandfather – cardiac infarction

In light of Maria'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
- Fasting cholesterol profile
- Full TFT (TSH, T4, T3); thyroid antibodies; urine iodine
- Coeliac screen and gene profile



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- Caeruloplasmin
- ANA/ ENA
- Immunoglobins (IgG, IgA, IgE)
- Infective profile - EBV, CMV, CVD-19, HSV-1

If there are any assessments you aren't comfortable ordering above please let me know and I can refer Maria 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 Maria'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 Sekhvat, 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/>