



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

29th JULY 2021

Dear Dr Emma Scott,

Re: BETH YOUNG D.O.B 20 OCT 86

Thank you for seeing Beth who I saw today for her ongoing issues with endometriosis, IBS, fatigue, insomnia, post OCP syndrome (acne) and for general fertility support.

Medical history

- 2006 - Abortion at 11 weeks
- Jan 2020 - suspected Endo, infertility
- June 2020 - Colonoscopy; no remarkable results
- July 2020 – started trying for conceive
- February 2021 - Miscarriage 7.5 weeks; hospitalised with unexplained infection.
- July 2021 - Endometriosis, laparoscopy, diagnosed stage 4 endo
- 2015 - CIN 3, (colposcopy)
- 2016 - diagnosed genital herpes
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Family history

- Mother - secondary cancer liver and lung, primary cancer unknown
- Father - COPD
- Maternal grandmother - bowel cancer
- Maternal grandfather - Alzheimers

In light of Beth'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, free testosterone, AMH
- DAY 21: Progesterone
- CRP, ESR
- FBC
- UEC, LFT
- Vitamin D3 (25-OH)
- Iron Studies (full panel)
- Fasting blood glucose, Fasting Insulin, IGF-1, HbA1c
- Fasting cholesterol profile
- Full TFT (TSH, T4, T3)
- Coeliac screen and gene profile
- CA-125 (known marker reproductive inflammation, see references below)



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- Miscarriage risk panel (please see attached for explanations): Thyroid antibodies: Caeruloplasmin, ANA/ ENA, Immunoglobins

If there are any assessments you aren't comfortable ordering above please let me know and I can refer Beth 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 was also hoping you could discuss with Beth the possibility of taking Prometrium 100mg in the second half of her cycle to help minimise the chance of the Endometriosis symptoms resolving and to help with her sleep.

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

Yours sincerely,

Alexandra Middleton

Studies

CA-125

[Mojgan Karimi-Zarchi](#), M.D.,^{1,2} [Najmeh Dehshiri-Zadeh](#), M.D.,¹ [Leili Sekhvat](#), M.D.,¹ 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/>



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Miscarriage Panel

Thyroid antibodies

The presence of maternal thyroid autoantibodies is strongly associated with miscarriage and preterm delivery.

2011 "Association between thyroid autoantibodies and miscarriage and preterm birth: meta-analysis of evidence"; BMJ 2011; 342 doiCite this as: BMJ 2011;342:d2616

ANA/ ENA

Populations of patients experiencing recurrent pregnancy loss have a significantly higher rate of positive ANA than the general population.

Carp, H. Selmi, C. & Shoenfeld, Y. 2012. The autoimmune bases of infertility and pregnancy loss. Journal of Autoimmunity (38)J266 – J274

Molazadeh M., Karimzadeh, H. & Azizi M. 2014. Prevalence and clinical significance of antinuclear antibodies in Iranian women with unexplained recurrent miscarriage. Iranian Journal of Reproductive Medicine 12(3): 221 – 226.

Cline, A. & Kutteh, W. 2009. Is there a role of autoimmunity in implantation failure after in-vitro fertilization? Current Opinion Obstetrics and Gynaecology. 21(3):291-5

Immunoglobulins

Recurrent spontaneous abortion (RSA) may have immunological aetiology.

[Hideto Yamada](#), Masamitsu Takeda, Yoko Maezawa, Yasuhiko Ebina, Ryoichi Hazama, Kenji Tanimura, Yukio Wakui, and Shigeki Shimada. A High Dose Intravenous Immunoglobulin Therapy for Women with Four or More Recurrent Spontaneous Abortions; ISRN Obstetrics and Gynaecology, Volume 2012, Article ID 512732, 5 pages

Anticardiolipin antibody (IgM, IgG)

The persistent presence in plasma of medium to high levels of IgG and/or IgM class anticardiolipin antibodies (aCL) and/or the lupus anticoagulant (LAC) is associated with recurrent pregnancy loss.

DERKSEN RHWM, DE GROOT PG, NIEUWENHUIS HK, et al; How to treat women with antiphospholipid antibodies in pregnancy?; Annals of the Rheumatic Diseases 2001;60:1-3.



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