



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

17TH AUG 2022

Dear Dr Jennifer Wines,

Re: BIANCA SMUTS D.O.B. 31 DEC 1983

Thank you for seeing Bianca who I have been seeing in regard to her ongoing issues with endometriosis, IBS, CFS, anxiety, food intolerances & natural fertility support.

Medical history

- Childhood - Chicken pox, styes, cold sores, vaginal thrush
- 1999 - EBV
- 2003 - Chlamydia
- 2004 - Pregnancy termination
- 2005 - Appendectomy
- 2006 - Septoplasty
- 2018 - UTI
- 2021 - Laparoscopy + bowel resection (endometriosis stage 4) + hycosy (blocked left tube)
- 2022 - ureaplasma infection (please see attached results)
- General - 4-5 x bacterial gastroenteritis

Family history

- Father - Diabetes II
- Mother - dysmenorrhea, hypertension, NAFLD
- Maternal grandmother - dysmenorrhea

In light of Bianca'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 19: 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



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- Coeliac screen and gene profile
- Caeruloplasmin
- ANA/ ENA
- Immunoglobins (IgG, IgA, IgE)

If there are any assessments you aren't comfortable ordering above please let me know and I can refer Bianca 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.

Bianca also tested positive for ureaplasma via a PCR vaginal swab (results attached). Considering the bacteria's links to endometriosis & negative fertility/pregnancy outcomes, we were hoping you would consider writing her the indication script of 100mg Doxycycline BID for 2 weeks (as indicated in the studies). Please see attached for the results, and below for references you may be interested in.

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

Yours sincerely,

Alexandra Middleton



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References

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