



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

7TH JUNE 2022

Dear Dr Teo,

Re: NICOLA TEO D.O.B. 22 FEB 1995

Thank you for seeing Nicola who I met with today in regard to her ongoing issues with IBS (constipation dominant), bacterial vaginosis and allergies.

Medical history

- 2015 – Ruptured ovarian cysts x 2
- 2016 – Ceased OCP; Mirena IUD
- 2017 – Onset bacterial vaginosis (chronic)
- 2018 – Bacterial gastroenteritis (Africa)
- 2019 – Mirena IUD removed; pregnancy termination; Mirena IUD re-inserted but triggered BV - removed 6 months later.

Family history

- Sister - history PCOS

In light of Nicola'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
- Coeliac screen and gene profile
- Caeruloplasmin
- ANA/ ENA
- Immunoglobins



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

Please do not hesitate to contact me.

Yours sincerely,

Alexandra Middleton

Mojgan Karimi-Zarchi, M.D.,^{1,2} Najmeh Dehshiri-Zadeh, M.D.,¹ Leili Sekhavat, 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/>