

Dr Soji Swaraj

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Diabetes - Weight/Metabolic Clinic - PCOS - Thyroid - Osteoporosis - General Endocrinology

Dr Claudia Nicholson
Shop 2 & 3, 95-99 Bronte Road
Bondi Junction, NSW 2022

15-07-2021

Dear Claudia & Alex,

RE: Margo Efrossynis - DOB: 05-09-1956

Thank you both for your kind referral regarding this pleasant 64-year-old teacher and grandmother of three and her fatigue. I was grateful for the pathology sent suggesting the possibility of Lyme disease as well as possible Mycoplasma infection. Margo lives with supportive husband, Michael and has two children and three grandchildren, and works as a casual primary teacher. She is a non-smoker, occasional drinker, allergic to Penicillin and sulpha and several foods. Impressively she is an ocean swimmer daily. There is a strong family history of diabetes. She herself had gestational diabetes confirming her insulin resistance status.

She has been lactose intolerant since childhood, may have had positive coeliac serology at some stage and her poor energy levels have improved along with some of her bowel symptoms after the changes made to her diet and the supplements from Alex. Furthermore things have improved since eradication of bowel pathogens with Dr Ben Stock. I presume she is now on a probiotic.

I note the HRT prescribed by a previous immunologist. I don't get the impression she has severe vasomotor symptoms but there are lower issues with dryness and poor libido. Other blood tests reveal a low DHEAs and testosterone. On questioning, it appears there has been some snoring in the past but she certainly wakes unrefreshed and may will have obstructive sleep apnoea as part of insulin resistance.

She has had a big improvement with her pain management with CBD oil in the past and this was ceased due to fears about driving.

On examination today, she looks well for her age, clinically euthyroid with no tenderness over the thyroid. Some tenderness on palpation of the thoracic vertebrae. Heart sounds dual, chest clear and a soft abdomen with no organomegaly, blood pressure is stable lying and standing with no postural drop or tachycardia, waist circumference 89 cm suggesting significant central adiposity for this genetic athlete.

DIAGNOSES

1. Sjogren's disease.
2. Fibromyalgia.
3. Mild renal impairment.
4. Vasomotor menopausal symptoms.
5. Hypercholesterolaemia with family history of TIAs.
6. Osteoarthritis.
7. Osteoporosis.
8. GORD.
9. Gestational diabetes with insulin resistance.
10. ? Lyme serology.
11. Right total hip replacement.
12. Multiple foot injuries and fractures ? flattened arches.

MEDICATIONS AS OF TODAY

1. Lyrica 75 mane 150 nocte.
2. Prolia injections every six months.
3. Vitamin D ?2000 units.
4. Zolof 50 mg.
5. Femoston Conti to be reconsidered.
6. Metformin 500 mg bd commenced today.
7. Magnesium citrate one daily commenced today.

SUGGESTED PLAN:



1. I have had a long discussion about insulin resistance and how it can cause inflammation in athletes when they become less active in retirement.
2. I have asked her to continue with the dietary changes suggested by Alex but perhaps re-incorporate some more flavonoid fruits such as apples and pears as the restriction seems to be getting her down.
3. She will eat only when she is hungry.
4. I have prescribed eight doses a day of resistance exercise to complement her aerobic training.
5. She will measure her waist circumference every Saturday morning rather than her weight.
6. She will talk to Dr Nicholson about a sleep study as soon as possible.
7. I am getting some bloods including cortisol, ACTH, IGF-1, growth hormone.
8. It is crucial that she has adequate podiatry intervention to prevent future falls and fractures and I'd be interested to see the results of her most recent DEXA scan.
9. I will plan to review her with those results along with Metformin to see if there's 6 cm off her waist and some improvement in her well-being.

Thank you for involving me in your patient's care. Please do not hesitate to contact me if you have any concerns with this plan.

Kind regards,

SOJI SWARAJ
Consultant Endocrinologist
Concord Hospital
Sighted but not signed

CC: Alexandra Middleton, Naturopathic Nutritionist, info@alexandramiddleton.com.au

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