



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

25 SEP 2020

Dear Dr/Sir/Madam,

Re: PAULA MONTEIRO D.O.B. 2 SEP 1981

Paula came to see me today for nutritional advice concerning her recurrent issues with fertility, dyspareunia, dysmenorrhea, PMS and IBS (constipation dominant).

Personal history:

- 1996 – IBS/ chronic gastritis
- 2015 – Appendicitis
- 2016 – Breast implants; hypothyroidism
- 2018 – 1cm cyst on breast
- 2020 - Miscarriage

Family history:

- Mother – Hypothyroidism, Diabetes
- Grandmother– Hypothyroidism

In light of Paula'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
- Day 21: P4
- CRP, ESR
- FBC
- UEC, LFT
- B12 & RBC Folate
- 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
- CA-125 (known marker for female repro inflammation and endometriosis)
- Immunoglobulins
- Anticardiolipin antibody (IgM, IgG)
- Faecal PCR



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If there are any assessments you aren't comfortable ordering above please let me know and I can refer Paula 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 also recommended to Paula she has a deep pelvic ultrasound (with bowel prep) at Ultrasound Care in Bondi Junction with Dr Lyn Townsend to check for possible endometriosis. If you would be so kind as to write her the referral we would appreciate it.

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

Yours sincerely,

Alexandra Middleton

Studies

[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/>