



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

1TH MAY 2022

Dear Dr Kavya Chaganti,

**Re: SHARMAINE DE SILVA D.O.B. 26 MAY 1993**

Thank you for seeing Sharmaine who I met with today in regard to her ongoing issues with CFS, endometriosis, GERD, IBS & CFS. Notably her symptoms worsened after living in a water damaged home last year.

### Medical history

- 2008-21 - OCP
- 2014 - Implanon; removed 6 months later
- July + Nov 2021 - Endometriosis stage IV, laparoscopy x 2

### Family history

- CVD
- Diabetes II
- Sjogrens Syndrome
- Lupus
- Chrons disease

In light of Sharmaine'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
- CA-125 (general marker reproductive inflammation - see reference below)
- CRP, ESR
- FBC
- UEC, LFT
- 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
- ANA/ ENA
- Immunoglobins



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NB: I have ordered her day 21 progesterone privately also with DHM.

If there are any assessments you aren't comfortable ordering above please let me know and I can refer Sharmaine 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 Sharmaine's health. Please do not hesitate to contact me.

Yours sincerely,

Alexandra Middleton

Mojgan Karimi-Zarchi, M.D.,<sup>1,2</sup> Najmeh Dehshiri-Zadeh, M.D.,<sup>1</sup> Leili Sekhvat, M.D.,<sup>1</sup> 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/>