



Dr Rohana Wanasinghe
MBBS FRACGP
Provider No.: 4071067A
98, Maitland Street
Narrabri NSW 2390

Dr Dilini Pathiratne
MBBS FRACGP

Provider No.: 4501104X

Ph: 02 67921055

Fx: 02 67925521

Eml: reception@bridgemedicalcentre.com.au

06/12/2022

Dr Shaun McGrath
40 Griffiths Street
Charlestown NSW 2290
Fax: (02) 4920 8039
Phone: (02) 4920 6745

Dear Dr Shaun McGrath

Ms Fiona Lee Glenn, DOB: 09/08/1966
200 Island Road, Narrabri NSW 2390
Home: (02) -, Mobile: 0437 234 303
Medicare number- 2126664961

Thank you for seeing Fiona Glenn 56 yrs, Female for an opinion and management of hypothyroidism.

He was diagnosed with hyperthyroidism in 2016 and treated with thyroxine. She has been not on thyroxin for 3 years as she was experiencing side effects.

She has signs and symptoms of hypothyroidism.

I would appreciate it if you could see her early for futher management.

current medications are:

Celecoxib 100mg Capsule
Nexium 20mg Tablets

1 Capsule Twice a day after meals.
1 Tablet Twice a day.

Allergies;
Nil known.

Past Medical History:

27/02/2019 Hypothyroidism

Yours faithfully,



Dr Manori Rodrigo

Dr Manori Rodrigo
PO BOX 131 NARRABRI 2390
PH: 02 6792 1055
FAX: 02 6792 5521
Provider No: 6135761K

GLENN, FIONA
200 ISLAND ROAD, NARRABRI. 2390
Phone: 67921790
Birthdate: 09/08/1966 Sex: F Medicare Number: 2126664961
Your Reference: 6328047 Lab Reference: 6328047Z020
Laboratory: SYDPATH
Addressee: Dr PULAHINGE MANORI LASANGIKA RODRIGO Referred by: Dr PULAHINGE
MANORI LASANGIKA RODRIGO

Name of Test: Haematology
Requested: 11/07/2022 Collected: 21/07/2022 Reported: 21/07/2022 09:18

	Current Result	Previous results for comparison only					Reference (for this collection)
Date:	21/07/22	26/06/19	09/04/19	20/02/19			
Time:	08:50	09:30	08:50	09:20			
Request No.:	6328047	6153668	6150062	6147672	Units		
Full Blood Count							
White Cell Count	7.1	7.1	7.0	8.7	10 ⁹ /L		4.0-11.0
Red Cell Count	4.4	5.1	4.7	4.6	10 ¹² /L		3.8-5.8
Haemoglobin	135	143	136	135	g/L		115-165
Haematocrit	0.40	0.44	0.41	0.41			0.37-0.47
MCV	91	86	88	89	fL		76-96
MCH	30.5	28.0	29.0	29.5	pg		27.0-32.0
MCHC	335	324	330	330	g/L		320-360
RDW	13.5	12.2	11.5	12.1	%		11.5-14.5
Platelet Count	282	331	297	293	10 ⁹ /L		150-400
Neutrophils	3.9	4.2	4.0	5.7	10 ⁹ /L		2.0-7.5
Lymphocytes	2.5	2.2	2.1	2.3	10 ⁹ /L		1.5-4.0
Monocytes	0.4	0.4	0.6	0.4	10 ⁹ /L		0.2-1.0
Eosinophils	0.3	0.3	0.3	0.3	10 ⁹ /L		0.0-0.4
Basophils	0.0	0.1	0.1	0.1	10 ⁹ /L		0.0-0.1

Tests Pending: FT3, FT4, Glucose Fasting, HbA1c, HDL, TSH, UEC, LFT, Vit B12, Iron
Studies, Ferritin, CRP (barwon), EBV Serology

GLENN, FIONA
200 ISLAND ROAD, NARRABRI. 2390
Phone: 67921790
Birthdate: 09/08/1966 Sex: F Medicare Number: 2126664961
Your Reference: 6328047 Lab Reference: 6328047Z045
Laboratory: SYDPATH
Addressee: Dr PULAHINGE MANORI LASANGIKA RODRIGO Referred by: Dr PULAHINGE
MANORI LASANGIKA RODRIGO

Name of Test: Lipid Studies
Requested: 11/07/2022 Collected: 21/07/2022 Reported: 21/07/2022 10:18

	Current Result	Previous results for comparison only					Reference (for this collection)
Date:	21/07/22	26/06/19	20/02/19	23/02/17			
Time:	08:50	09:30	09:20	08:25			
Request No.:	6328047	6153668	6147672	6117833	Units		

Lipid Studies

	Fasting	Not fasting	Fasting				
Fasting status	7.0 H	7.3 H	6.2 H	5.6	mmol/L	0.0-6.0	
Cholesterol				1.6	mmol/L	0.0-2.0	
Triglyceride	1.7	1.3	1.4	1.3	mmol/L	>1.0	
HDL Cholesterol	1.5	1.4	1.3	3.6	mmol/L	0.0-4.0	
LDL Cholesterol	4.7 H	5.3 H	4.3 H				
Non-HDL Chol.	5.5 H	5.9 H	4.9 H				
Chol:HDL ratio	4.7	5.2	4.8				
Lipids comment	liprng	liprng	liprng	liprng			

Comments: (21/07/2022 08:50 Episode No. 6328047)

liprng: Lipid targets for patients at high risk of cardiovascular disease:
 Total Cholesterol <4.0 mmol/L HDL Cholesterol >1.0 mmol/L
 Non-HDL Cholesterol <2.5 mmol/L Triglycerides <2.0 mmol/L
 LDL Cholesterol <2.0 mmol/L, <1.8 mmol/L for secondary prevention.
 (Lipid target ranges from Australian Heart Foundation)

For cardiovascular risk prediction including lipid see www.cvdcheck.org.au.
 Reference limits for lipids are provided for general advice only and identify approximately 15% of the adult population.

Tests Pending: FT3, FT4, HbA1c, TSH, Vit B12, Iron Studies, Ferritin, EBV Serology

GLENN, FIONA
 200 ISLAND ROAD, NARRABRI. 2390
 Phone: 67921790
 Birthdate: 09/08/1966 Sex: F Medicare Number: 2126664961
 Your Reference: 6328047 Lab Reference: 6328047Z047
 Laboratory: SYDPATH
 Addressee: Dr PULAHINGE MANORI LASANGIKA RODRIGO Referred by: Dr PULAHINGE
 MANORI LASANGIKA RODRIGO

Name of Test: Iron Studies
 Requested: 11/07/2022 Collected: 21/07/2022 Reported: 21/07/2022 22:44

	Current Result	Previous results for comparison only					Reference (for this collection)
Date:	21/07/22	26/06/19	20/02/19	23/02/17			
Time:	08:50	09:30	09:20	08:25			
Request No.:	6328047	6153668	6147672	6117833	Units		

Iron Studies

Ferritin serum	39	45	49	60	ug/L	30-300
Iron serum	16	17	14	12	umol/L	10-30
Transferrin	3.0	3.1	2.9	2.9	g/L	2.0-3.5
Transferrin satn	21	22	19	16	%	15-50
Ferritin com.		FERCOM	FERCOM			

Tests Pending: HbA1c, Active B12 (HTC), EBV Serology

GLENN, FIONA
 200 ISLAND ROAD, NARRABRI. 2390
 Phone: 67921790
 Birthdate: 09/08/1966 Sex: F Medicare Number: 2126664961

Your Reference: 6328047 **Lab Reference:** 6328047Z007
Laboratory: SYDPATH
Addressee: Dr PULAHINGE MANORI LASANGIKA RODRIGO **Referred by:** Dr PULAHINGE
MANORI LASANGIKA RODRIGO

Name of Test: HbA1c
Requested: 11/07/2022 **Collected:** 21/07/2022 **Reported:** 22/07/2022 10:48

	Current Result	Previous results for comparison only			Reference (for this collection)
Date:	21/07/22	29/08/17	23/03/16		
Time:	08:50	10:05	12:10		
Request No.:	6328047	6125213	6104675		
				Units	

HbA1c					
HbA1c	5.8	5.5	5.8	%	0.0-5.9
HbA1c (mmol/mol)	39	37	40	mmol/mol	0-41
HbA1c comment	hbacom	hbacom	hbacom		

Comments: (21/07/2022 08:50 Episode No. 6328047)

hbacom: HbA1c (IFCC): In keeping with Australian guidelines SydPath is now reporting HbA1c in conventional units (%) and restandardised units (mmol/mol). (MJA 2011; 195: 45-46)

GLENN, FIONA
200 ISLAND ROAD, NARRABRI. 2390
Phone: 67921790
Birthdate: 09/08/1966 **Sex:** F **Medicare Number:** 2126664961
Your Reference: 6335546 **Lab Reference:** 6335546Z040
Laboratory: SYDPATH
Addressee: Dr PULAHINGE MANORI LASANGIKA RODRIGO **Referred by:** Dr PULAHINGE
MANORI LASANGIKA RODRIGO

Name of Test: Thyroid Function Tests
Requested: 30/11/2022 **Collected:** 30/11/2022 **Reported:** 01/12/2022 23:44

	Current Result	Previous results for comparison only			Reference (for this collection)
Date:	30/11/22	21/07/22	28/10/19	13/08/19	
Time:	15:40	08:50	09:00	12:30	
Request No.:	6335546	6328047	6160203	6156055	Units

Thyroid Testing (serum/plasma)

TSH	43.9 H	38.6 H	74.4 H	4.82 H mIU/L	0.40-4.80
Free T4	7.3 L	8.0		12.9 pmol/L	8.0-16.0
Free T3	4.1	4.3		pmol/L	4.0-6.0
TFT com.	TFTCOM1	TFTCOM1		TFTCOM	

Comments: (30/11/2022 15:40 Episode No. 6335546)

TFTCOM1: THYROID FUNCTION TESTS: TSH, free T4 and free T3 measured using Beckman-Coulter method (Dr Graham Jones).

Tests Pending: E2,Zinc,Thyroid Peroxidase Antibodies,EBV Serology

GLENN, FIONA
200 ISLAND ROAD, NARRABRI. 2390
Phone: 67921790
Birthdate: 09/08/1966 **Sex:** F **Medicare Number:** 2126664961

Your Reference: 6335546 **Lab Reference:** 6335546Z048

Laboratory: SYDPATH

Addressee: Dr PULAHINGE MANORI LASANGIKA RODRIGO
MANORI LASANGIKA RODRIGO

Referred by: Dr PULAHINGE

Name of Test: B12 and Folate

Requested: 30/11/2022 **Collected:** 30/11/2022 **Reported:** 01/12/2022 23:44

	Current Result	Previous results for comparison only					Reference (for this collection)
Date:	30/11/22	21/07/22	26/06/19	20/02/19			
Time:	15:40	08:50	09:30	09:20			
Request No.:	6335546	6328047	6153668	6147672	Units		

B12 and Folate

Vitamin B12 serum	233	172	175	220	pmol/L	>140
Active B12		101	83		pmol/L	
Total B12 Comment	HIGHB12				HIGHB12	
Active B12 Comment		INDETB12	INDETB12			
Folate serum			16.3	17.2	nmol/L	
BF comment			BFCOM	BFCOM		

Comments: (30/11/2022 15:40 Episode No. 6335546)

HIGHB12: VITAMIN B12. Total Vitamin B12 result greater than or equal to 200 pmol/L makes significant deficiency of vitamin B12 unlikely.

Tests Pending: E2,Zinc,Thyroid Peroxidase Antibodies,EBV Serology

GLENN, FIONA
200 ISLAND ROAD, NARRABRI. 2390
Phone: 67921790

Birthdate: 09/08/1966 **Sex:** F **Medicare Number:** 2126664961

Your Reference: 6335546 **Lab Reference:** 6335546Z041

Laboratory: SYDPATH

Addressee: Dr PULAHINGE MANORI LASANGIKA RODRIGO
MANORI LASANGIKA RODRIGO

Referred by: Dr PULAHINGE

Name of Test: Thyroid Antibodies

Requested: 30/11/2022 **Collected:** 30/11/2022 **Reported:** 02/12/2022 01:12

Thyroid Peroxidase Antibodies

TPO Ab	929 H	IU/mL	[0-10]
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Tests Pending: Zinc,EBV Serology

GLENN, FIONA
200 ISLAND ROAD, NARRABRI. 2390
Phone: 67921790

Birthdate: 09/08/1966 **Sex:** F **Medicare Number:** 2126664961

Your Reference: 6335546 **Lab Reference:** 6335546Z004

Laboratory: SYDPATH

Addressee: Dr PULAHINGE MANORI LASANGIKA RODRIGO
MANORI LASANGIKA RODRIGO

Referred by: Dr PULAHINGE

Name of Test: Endocrinology

Requested: 30/11/2022 **Collected:** 30/11/2022 **Reported:** 02/12/2022 00:00

	Current Result	Previous results for comparison only					Reference (for this collection)
Date:	30/11/22	26/06/19	23/02/17	14/09/16			
Time:	15:40	09:30	08:25	10:30			
Request No.:	6335546	6153668	6117833	6111637	Units		

Endocrinology

LH		69.1	67.6	IU/L	
FSH		53.5	58.8	IU/L	
Oestradiol	<60			pmol/L	0-100
Progesterone	<0.4			nmol/L	
Testosterone	0.5			nmol/L	0.0-2.0
25 OH Vitamin D		98		nmol/L	
LH comment		lhfr	lhfr		
FSH comment		fshf	fshf		
Oestradiol comment	e2rfbc				
Progesterone comment	pgsfbc				
Vitamin D comment		25DCOM			

Comments: (30/11/2022 15:40 Episode No. 6335546)

e2rfbc: E2 Reference Intervals (serum/plasma):

Follicular phase: 50 - 420 pmol/L
 Midcycle phase: 120 - 2000 pmol/L
 Luteal phase: 130 - 1000 pmol/L
 Postmenopausal: 0 - 100 pmol/L
 (Beckman-Coulter method, introduced 2nd Sept 2018)

pgsfbc: Progesterone Reference Intervals (serum/plasma):

Follicular phase: 0 - 5.0 nmol/L
 Mid-Luteal peak: > 15.0 nmol/L
 Pregnancy: > 20.0 nmol/L
 Post menopausal: 0 - 2.5 nmol/L
 (Beckman-Coulter method, introduce 2nd Sept 2018)

Tests Pending: Zinc,Thyroid Peroxidase Antibodies,EBV Serology

GLENN, FIONA
 200 ISLAND ROAD, NARRABRI. 2390
 Phone: 67921790
 Birthdate: 09/08/1966 Sex: F Medicare Number: 2126664961
 Your Reference: 6335546 Lab Reference: 6335546S015
 Laboratory: SYDPATH
 Addressee: Dr PULAHINGE MANORI LASANGIKA RODRIGO Referred by: Dr PULAHINGE
 MANORI LASANGIKA RODRIGO

Name of Test: EBV Serology

Requested: 30/11/2022 Collected: 30/11/2022 Reported: 02/12/2022 11:14

Viral Serology

EBV VCA IgG Interp Reactive
 EBV VCA IgM Interp NonReactive

Epstein Barr Virus Comment

These results suggest past infection with Epstein Barr virus.

Tests Pending: Zinc

Attention: Newcastle Endocrinology
40 Griffiths St Charlestown

Date: 06/11/2022
Page: 1 of 2

Dr Shaun McGrath

~~phone 0437234~~ ³⁰³

Fiona Glenn Narrabri 2390

Fiona Glenn, Female, 56 years old, 110 kg.
Slowly getting heavier each year. Have had to watch what I eat all my life.

Had my son at 29 yrs, Todd is now 26 yrs old.

Tubal ligation (clamped) at around 39 yrs old.

Very painful periods from then on as well as premenopause
Menopause now since 51 yrs old.

Diagnosed with Hypothyroidism in 2016.

Most of my life I was around 65 kg, put on weight after Tubal ligation into the 70 kg.

In the last 8 yrs have ballooned to over 100 kg.

Was put on Thyroxine in 2016 and told by the Dr he did not need to see me again. changed Dr's for 3 yrs I was on Thyroxine I tried 50mg, 75mg, 100mg, 150mg, 200mg, (swapping dosage every few months) nothing was helping me. I also tried Levothyroxine at one stage. In these years, my body felt like it had no life left in me, I was shuffling my feet to walk, so I went off all tablets.

Dr's keep telling me I need to take the Thyroxine I cannot. I have seen one Endocrinologist to which I was told to keep taking the Thyroxine. Did nothing else for me.

I cannot drive a car any long distance even for 2 hrs I can go to sleep. I have a sleep during the day, broken at night.

My mother had a Goiter in her youth, My son had a Thyroglassal Cyst taken out at about 9 yrs old.

At present I am in pain all of my joints and left foot.
I do not work.

Attention: Newcastle Endocrinology
40 Griffiths st Charlestown

Date: 06/11/2022
Page: 2 of 2

Dr Shaun McGrath

I have just started taking Celebrex, celecoxib
100mg x 2 a day. I take 2x 20mg Nexium at night.
I have bulging discs and Osteophytes in my lumbar
and lower T section.

I know I need to loose weight but find it very difficult

This is my life:

Brain fog / memory - not good
tired / lethargic
weight gain
fluid retention

Reflux

No sexual drive or desire (all my life).

concentration - not good

Hot flushes

Dry skin

Soft finger nails

Thinning hair (fine).

Joint ~~is~~ pain and in my left foot

Back pain.

I have tried Codiene for pain but it just makes
me very tired / brain fog. Dose not fix my pain.

Regards

Fiona Glenn

0437 234 303

PS. I would love to know of a good Dietician.