



# MELBOURNE BLOOD SPECIALISTS

LEADERS IN BENIGN AND MALIGNANT HAEMATOLOGY

Tue, 4 Apr 2023

Dr Varghese Zacharia  
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Dear Varghese

**Re: Ms Elizabeth Mann**  
**DOB: 13/05/72**  
**534 Craven Road Tatura VIC 3616**  
**Ph: 0427 857 578**

## **Diagnosis : Benign neutropenia**

Thanks for asking me to see Elizabeth. She is currently aged 50. I consulted on her back in 2008 to 2009 with a very similar problem. Back then she was referred to me with neutropenia, fatigue, and fluctuating lymphadenopathy. Eventually most of these issues got better over a period of about a year, and back then I felt that she likely had something like chronic fatigue syndrome. It was felt that at that time that she had a viral infection that triggered her constellation of problems. I have not seen her between 2009 until now.

Her most recent event started in November 2021 when she had a COVID vaccine. Almost immediately she felt unwell with a constellation of symptoms that evolved on a day-to-day basis. She still carries a lot of these symptoms and along the way she also developed issues with neutropenia and fluctuating lymphadenopathy. Her neutrophils go as low as 1.4 and has since recovered back to 2.3. The lymph nodes have largely resolved. She has been told that she has myocarditis on a cardiac MRI and she saw a neurologist for numbness in the left face region which eluded a firm diagnosis. You have got her on low dose naltrexone, which she finds to be extremely helpful.

I did a very broad screen of blood tests for neutropenia that included test for autoimmune markers as well as serum electrophoresis, thyroid function, iron studies, as well as full biochemistry. Apart from having a mildly high B12 level, which is consistent with her B12 dietary supplement, there were no abnormalities discovered. As I mentioned above her neutropenia has now fully resolved. I also looked at the flow cytometry which was done by yourself. She does have a mildly elevated CD4 to CD8 ratio, but no other notable abnormalities. Overall these flow cytometry findings are not concerning for any disease.

Elizabeth is one of those patients that I felt have always had a slightly odd immune system and she does get very prominent reactions to things like viruses, and more recently it would appear to the COVID vaccine as well. She does not get infections in between. I think what she has is a slightly odd immune system that reacts to stimulus in prolonged and abnormal ways similar to what one sees in chronic fatigue syndrome. Clearly, this is not a progressive or dangerous process as it has been present for 15 years and she is still in reasonable health. However, I do feel she is one of those patients that I do believe maybe should avoid vaccinations where possible in the future, and one does need to be aware that she might get a flare of symptoms if she undergoes immune stimulations of any sort. Other than that I do not think there is anything significant that we can do for her.

Thank you for your referral and thank you for your ongoing care.

Kindest regards

*Electronically sighted & signed by*

**Prof Constantine Tam**

cc: Ms Elizabeth Mann, 534 Craven Road, Tatura VIC 3616