



Hills Allergy &  
Specialists Clinic

**Hills Allergy and Specialists Clinic**  
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**Dr Nicholas Gazy**

BSc, MD, FRACP

Adult Allergist and Immunologist

Provider Number: 5077876L

12/07/2024

Dr Patrick Tam

Ochre Medical Centre

218 Great Western Highway

WENTWORTH FALLS NSW 2782

02 4757 1618

Dear Patrick,

**RE: Ellie Sutton DOB: 23/03/1990**

**42 Highland Street, LEURA NSW 2780 0412 613 654**

Thank you for referring Ellie. She would like an oversight from an immunologist for her complex syndrome beginning after her second AstraZeneca vaccination in 2022. She has been given the diagnosis of long COVID/ post COVID vaccination syndrome through Clinic 19, and has since taken the rather drastic step to travel to Mexico for a variety of experimental therapies.

For my records, I will list just a few of the treatments that she had overseas, noting that none of these to this point have been effective. She was infused mesenchymal stem cells both intravenously and intrathecally. She was given nebulised exosomes, specialised nutraceuticals, chelation therapy, plasmaphoresis, peptide and photon therapy, intravenous ozone and intravenous vitamin C.

She has only returned in the last couple of weeks, and unfortunately her return travel was complicated by not only bacterial pneumonia, with COVID and influenza superimposed, but PE for which she is now on anticoagulation. It is very likely that this was provoked not only by the long haul flight but also the haematologic impact of the quite intensive therapy she received including plasmapheresis.

She describes a range of symptoms since COVID vaccination. She states that initially she experienced generalised seizures that have become less frequent though led to her loss of employment. She experiences widespread numbness, and tingling episodes as well as weakness. She has postexertional malaise, both cognitive and physical. She finds walking for even 5 minutes a major effort to the point that husband has



purchased her a wheelchair to get around. She commonly sleeps 8 hours during the day. She is unable to work, travel, or spending quality time with her 2 daughters.

She also describes gluten and dairy sensitivity since the vaccination. She has postural symptoms and was diagnosed with POTS through her cardiologist at St Vincent's and takes propranolol. She has irregular and often heavy periods. She also uses naltrexone which she was given through the clinic 19. She is not engaging with any allied health.

Her past medical history is significant for endometriosis. She lives at home with her husband and 2 daughters who are 18 and 12 years old. She previously worked as an executive assistant, and has now been out of work for 2 years. She is a part-time artist. They do not receive any financial assistance. She is a non-smoker and does not drink alcohol.

On examination her skin was clear, there was no lymphadenopathy or organomegaly and a cardiorespiratory exam was normal.

#### **Impression and recommendations**

Certainly this is a tricky case, with Ellie being extremely symptomatic, and obviously willing to take quite drastic measures to have some symptom relief. From my point of view, I would like to ensure that there is not any active traditional autoimmune pathology for which an immuno modulator may be indicated. Should her testing return normal, I have encouraged her to maintain contact with clinic 19, the specialists in this area. We will catch up again to discuss her blood results in the next few weeks.

Thank you for including me in the care of this patient.

Yours Sincerely



**Dr Nicholas Gazy**

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Mrs Ellie Sutton DOB:23/03/1990