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Dr Chris Neil

Heartwise

58a Whitehorse Road

Deepdene 3103

Phone No:1300 870 772; Fax No:

Re:Mr Alistair Marlow

Date of Birth: **24/03/1955**

Address: **97 Rosa Court**

Kyneton 3444

Home Phone No: : / Mobile No:**0425305055**

Dr Varghese Zachariah

24/12/2024 03:39:53 PM

Dear Dr Chris Neil

Thank you for seeing Alistair , age 69 yrs , whom I consulted for the following medical condition. Sending Alistair your way for some guidance.

He was noted to have a high CAC score in 2021 amidst HTN and hyperinsulinemia. A stress echo done at Genesis Care @ Lilydale was negative for ischaemic changes at very high workload. He made lifestyle changes but the dyslipidemia persisted as noted on lipid subfractions and decision was made to commence statins (though he would like to not be on it/come off it).

A fresh stress echo done this year @ Advara Heart Care in Balwyn shows mild ischaemic changes to the inferior and inferior septal regions,again at a very high exercise load. There were no reports os chest pains or SOB. You may want to procure them before he arrives to see you.

Alistair & Meredith have educated themselves over the years with metabolic diseases and how they are best approached through changes to lifestyle. Overall he is doing very well at a general level. He is being referred to you to see if this is the right approach.

To enable your assessment and broaden your knowledge of this patient, I also reprint for your information, the relevant past History, allergies and current medications.

Past History:

11/06/2000 Hypertension

11/06/2021	Depression
11/06/2021	Inguinal hernia
11/06/2021	Gout
11/06/2021	Left Meniscus tear
11/06/2021	Osteoarthritis of neck
11/06/2021	Haemorrhoid
09/12/2021	Insulin resistance syndrome
09/12/2021	Hyperuricaemia
09/12/2021	Coronary artery disease
09/12/2021	Increased cimt
18/01/2023	Dyslipidaemia

Allergies:

Nil known.

Current Medications:

Allopurinol 100mg Tablet	1 Tablet Twice a day.
Aspirin 100mg Capsule	1 Capsule Daily.
CoQ10 Lingual 150mg Chewable tablets (Ubidecarenone)	1 Tablet Twice a day.
Crestor 10mg Tablet (Rosuvastatin)	1 Tablet In the evening.
Vitamin D3 Tablet ()	2/week for 2 weeks;then use 1 weekly.

I seek your opinion regarding this matter and look forward to hearing the outcome of the attendance. Should any of the above need clarification, please feel free to contact me via phone (03) 9754 7566 or alternatively E-mail to reception@upweydoctors.com.au.

A referral from a General Practitioner (GP) to a Specialist lasts 12 months, unless stated otherwise. The referral starts from the date the Specialist first meets the patients and is not from the date of the issue of the referral/plan.

Referrals also do not need to be made out to a certain specialist or consultant. If you decide that you would like to see a different specialist than the one referred to,you do not need to ask for another referral letter but can use this referral itself. You can find further information on <http://yourgp.group/referrals>.

Thank you for your empathy, kind care and assistance in managing this patient's needs.

Yours truly,

Dr Varghese Zachariah

Provider No:235337JH

FRACGP,DCH,AFMCP

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