

Dr Trude Augustat
Provider No: 095805KK
NIIM Clinic
11-23 Burwood Road
Hawthorn 3122
Ph: 0398040646 Fax: 0398153267
clinic@niim.com.au Argus: 586980@argus.net.au

08/07/2025

Prof Christopher Neil
christopher.neil@heartweb.com

re. **Mrs Kristina Doehmann**
Unit 1/3 Barbara Street
Hadfield. 3046
0438 883 263

24/12/70

Dear Christopher,

Thankyou for seeing Kristina Doehmann for an opinion and management of her Hypertension which is not well controlled on current medications as per recent 24 hr blood pressure report/Melbourne Path. Kristina has had Hypertension since 2013 and she commenced treatment in 2022.. We recently caught up after a hiatus and Kristina's readings in the room were borderline despite compliance with Telmisartan 20 mg daily so we went for a 24 HR Bp monitor test which shows elevated systolic and diastolic readings during the day the nocte readings are quite good.

I will ask Kristina to get some bloods and KUB prior to seeing you.
Could you please organise stress echo and check re LVH ?
I was thinking perhaps a beta blocker might help as BP elevated in the day and Kristina has had palpitations in the past ,
but I defer to you .

Please see 24 Hr BP monitor reports and bloods from recent years c/o Melbourne Path .

Kristina is a non smoker , no DM ,
no ETOH
FHx Hyperlipidaemia sister and HT CVA AMI

Her current medications are:

CalmX (Metagenics) Powder
Coenzyme Q10 100mg Capsule
Omega 3 Fish oil 1000mg Capsule
Resist-X Advanced (Metagenics) Tablet

1SCOOP Daily AND EPSOM SALT FOOT BATH.
1 as directed Daily with meals.
1 Capsule Twice a day with meals.
1 Tablet Twice a day.

Telmisartan 40mg Tablet
Vitamin C 1,000mg Tablet
Vitamin D 1000IU Tablet

1/2 Daily STARTED DEC 2022.
1 Tablet Twice a day with meals.
3 Tablets Daily with meals.

Allergies:

ACE Inhibitors cough

Past Medical History:

	Fhx ca breast sister
	Fhx ht cva ami
09/2011	Right Thyroid nodule FNA NAD
04/2013	Hypertension, diastolic ON 24 HR BP
2018	Coronary angiogram NAD
2018	Hyperlipidaemia C ANGIOGRAM NAD 2018
2020	Glucose tolerance test NAD
12/2022	Renal artery doppler nad
	24hr BP Monitor 2022 AND 2025 NO WELL CONTROLLED
12/2022	Started telmisartan
02/2025	Osteopenia
	Vitamin d deficiency
	Haemangioma liver 5/25 -review US 3/12

Kind regards,

Dr Trude Augustat