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28/01/2023

To Dr. HARPREET Kaur,

Re: Referral of Akshaya Suvarna – 20/12/1985

Akshaya presented to my clinic for an Initial Naturopathic appointment on 28/01/2023, seeking support for significant weight gain (30 kg) accumulated while on metformin, ceased in 2014.

Upon review, Akshaya noted she had been diagnosed with PCOS, insulin resistance & endometriosis and is still currently suffering severe dysmenorrhea & abdominal cramps before & during her menstrual bleed. She suffers from facial acne, mood swings & gastrointestinal disturbances during her cycle. She also admitted to high levels of self-induced stress which she understands can worsen her symptoms.

I am currently supporting her through dietary & lifestyle changes to improve her diagnoses, however have only sighted blood test results from March 2022. Given the current significant weight gain, stress, mood & energy fluctuations as well as severe dysmenorrhea, I would be grateful for your general health review of Akshaya and consideration of the following investigations:

- Full thyroid panel inc. T3, T4 and thyroid antibodies
- H-Pylori Breath Test
- Vitamin D
- Active B12
- Folate
- E/LFT
- Iron Studies
- FBC
- Hba1c
- CRP
- Full hormone panel (inc. testosterone, SHBG, DHEAs)
- Plasma Zinc
- Urinary Iodine

In the mutual care of our patient, I would appreciate the sharing of any relevant information that will assist with the co-management of Akshaya. Thank you in advance.

Please contact me through the above detail above if you require any further information relating to our patient.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'A. Phillips', written in a cursive style.

Amy Phillips

BHSc (Nat)