



Renae Cinanni
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Perth Nutrition & Natural Health Clinic

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Dear Dr,

Re: Referral for Karen Hanna, DOB: 05/09/1976.

I am referring Karen Hanna for further evaluation and management of Hashimoto's thyroiditis.

Medical History: Hashimoto's thyroiditis diagnosed 04/2024, hypermobility, history of skin sores on upper left arm and legs during 2018-2019, history of three skin cancers

Current Medications: Levothyroxine 50mcg daily, iron supplementation, Berocca Energy

Clinical Details:

Presenting Complaint: Fatigue, tiredness, weight gain, joint pain,

Duration: Symptoms progressively worsening over the past year

Relevant Findings: Weight increase from 48kg to current 55-56kg over the past year, gas and bloating, burping after meals.

Investigations:

Recent Tests: Blood tests June 2024 showed TSH and T4 within normal range with elevated thyroid antibodies.

Previous blood test February 2024 showed TSH 9.15 (elevated)

Reason for Referral:

Due to ongoing thyroid-related symptoms and elevated thyroid antibodies, I would appreciate your assessment and management recommendations for this patient. With this in mind, I would like to identify any nutritional deficiencies contributing to this patient's complaints.

Requested Blood Tests:

Chol, HDL, LDL, Trig

CRP and ESR: Assess inflammation

Insulin, glucose (fasting and serum), HbA1C

FBE + Iron studies: Sx: low energy, fatigue, diet low in iron

Homocysteine: Diet low in B12, B6 and folate

IgG, IgM, IgE, IgA: Suspected food intolerances/poor immunity/allergies

E/LFT

TSH, T4, T3: Sx of hypothyroidism, Dx Hashimoto's, Pt rx thyroxine

U&E

Vitamin D

Vitamin B12 and folate (serum and active): Hx low energy.

I greatly appreciate your review and care of our mutual patient and of course, will defer to your judgment.

I would appreciate if you could write my name in the CC box, should you wish to CC me into any pathology results.

Yours sincerely,

Renae Cinanni

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A handwritten signature in dark ink, appearing to read "Renae", with a stylized flourish at the end.