



04 November 2024

Dear Dr.

**Re: Referral of name Rebecca Alibrandi, DOB – 15 April 1984**

Rebecca presented to my telehealth Naturopathic clinic on 4 November 2024 with adenomyosis and for proactive health management.

Key considerations include:

- Current OCP use (levonorgestrel/ ethinyl estradiol) for adenomyosis management
- Family history of cardiovascular disease and osteoporosis
- Approaching perimenopause
- No current major health concerns but seeking preventative care
- Low Vitamin D status (32nmol/L as at May 2024)
- Sub-optimally low total cholesterol (4.6mmol/L as at May 2024)
- Low triglycerides (0.3mmol/L as at May 2024)

I would appreciate consideration of the following pathology tests:

Cardiovascular & Metabolic Profile:

- Blood pressure reading
- Advanced Lipid Testing (ApoA1, ApoB, Lp(a) & LDL particle size)
- Hs-CRP
- Homocysteine
- Fasting glucose, insulin, HbA1c

Genetic & Clotting Factors:

- Factor V Mutation testing
- Prothrombin Gene Mutation (Factor II)
- MTHFR (buccal swab)

Hormone & Thyroid Function:

- Thyroid panel (TSH, free T4, free T3, reverse T3, TPO Ab, ATG Ab, TSH Receptor Ab)
- Iodine spot test

Nutritional Status:

- ELFTs
- Red Cell Folate
- Serum zinc, magnesium, selenium
- 25-OH Vitamin D
- Vitamin A
- Vitamin E
- Copper Ceruloplasmin
- Pyridoxal-5-phosphate (B6)

Bone Health:

- N-terminal telopeptide (NTX)
- Vitamin K2

These tests will establish baseline health markers given Rebecca's OCP use, family history of CVD and osteoporosis, and approaching perimenopause, allowing for proactive health management and monitoring of adenomyosis treatment.

I am currently working with Rebecca to support her health through dietary and lifestyle modification as well as nutritional and herbal supplementation. In the mutual care of our patient, I would appreciate the sharing of any relevant information that will assist with her health management.

Thank you for your consideration. Please contact me if you require any further information.

Kind regards,

Janaya Karloci  
BHSc (Naturopathy)

*Janaya Karloci*

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JANAYA KARLOCI  
*Naturopath*

I, Rebecca Alibrandi have read the details outlined above and consent to share the information contained herein with the practitioner disclosed in this letter. I agree to pass this information on and for the outcomes to be returned to the consulting practitioner.

Signature: .....