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02/03/2022

To whom it may concern,

Re: Referral of Lucia Coman – 29/08/1990 – Current medication; Levlen

Lucia presented to my clinic for an Initial Naturopathic appointment on 21/02/2022, seeking support for significant fatigue, depressive moods & stress.

Upon review, Lucia has a family history of hypothyroidism (mother & sister both diagnosed) & has been under significant stress at work for the last two months. Her concentration, mood & levels of fatigue have worsened over this time. She currently consumes a pescatarian diet of which I am assessing her current dietary intake of iron & B12 in relation to the above symptoms.

I have recently received her TSH result, however, given the current significant fatigue & low moods as well as the family history, I would be grateful for your review of Lucia and consideration of the following investigations to rule out the involvement of her thyroid in her current circumstance:

- T3
- T4
- TPOAb
- TGAb

In the mutual care of our patient, I would appreciate the sharing of any relevant information that will assist with the co-management of Lucia. 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', with a stylized flourish at the end.

Amy Phillips

BHSc (Nat)