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**Date:** 23/03/24  
**Patient:** Stephanie Beveridge  
**DOB:** 31/01/1990

Dear Dr,

I am writing to refer this patient for blood tests to aid in the assessment of their nutrition status.

Stephanie has been seeing me for additional help with gastrointestinal pain/bloating/indigestion, poor energy, tiredness, anxiety, headaches, weight gain and poor concentration and memory. She has Hashimoto's thyroiditis and is taking Levothyroxine but still has many symptoms and is uncomfortable. I note her complex medical history and medication and would like to identify any nutritional factors that can be assessed. With this in mind, would you consider referring for the following investigations:

Requested Blood Test:	Explanation:
ANA	Dx Hashimoto's
Calprotectin	
Celiac Antibody Screen	Celiac associated with Hashimoto's
Chol, HDL, LDL, Trig	Cholecystectomy
CRP and ESR	Assess inflammation
Insulin and glucose (fasting and serum), HbA1C	
FBE + Iron studies	Sx: low energy, poor concentration/memory
Homocysteine	Diet low in B12, B6 and folate
IgG, IgM, IgE, IgA	Suspected food intolerances/ poor immunity
E/LFT	
TPO ab, TG ab, TSI	Pt dx Hashimoto's
TSH, T4, T3	Sx of hypothyroidism, Dx Hashimoto's, Pt rx thyroxine 150mcg
U&E	
Uric Acid	
Urinary iodine	Needed to make thyroid hormones, diet low in iodine
Vitamin D	
Vitamin B12 and folate (serum and active)	Hx low energy, poor concentration/memory, deficiencies associated with OCP (pt rx Slinda)

I greatly appreciate your review and care of our mutual patient and of course will defer to your judgment. Should you have any questions please don't hesitate to contact me on the number or email provided.

Should

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,

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Nutrition Wellness Hub