

Dear Doctor,

Thank you for seeing Mika Matsumoto, DOB (01/ 03/1964).

Mika presented for a nutritional consultation for support with her eye conditions and improving her mood, on the 5th of October 2023.

Mika has a diagnosed history of fibromyalgia, hyperthyroidism, retinal detachment on her right eye, and posterior vitreous detachment on her left eye along with presenting with symptoms of vision problems.

On routine examination, Mika's blood pressure was 122/78 mmHg.

Physical examination has found that there were a couple of lumps on her left chest when palpation was conducted.

Mika explained that the lumps sometimes move and change in size.

I have currently prescribed orthoplex products called Active Lipids and Mag Opticell and Biomedica product called SynQ10.

Mika has reported it has been a few months since she checked her blood last time and I would appreciate your recommendations for further investigation that you believe would benefit Mika's health.

If you would like to discuss this matter further, please do not hesitate to contact me at **The Practice Wellbeing Centre on 9415 3327** during 15:00-20:00 on Thursdays.

Kind regards,

<b>Student Name:</b>	Erika Okagawa	<b>Student Nutritionist:</b>	Erika Okagawa
<b>Supervisor Full Name and Qualifications:</b>	Emily Bradley. BHM, BHSc Nat ANTA 3345		