



7 October 2024

Re: Lisa De Rossi

Date of Birth: 19.02.74

Lisa presented for a Naturopathy appointment on 07.10.24 seeking assistance with her ongoing symptoms of fatigue, unexplained weight gain, constipation, lack of concentration and menorrhagia. Lisa reports dysphagia and pain on right side of throat, coupled with recent ultrasound findings of thyroid nodules.

I would like to identify any nutritional factors that may be contributing to her condition. With this in mind, would you consider referring her for the following investigations at your discretion:

- **Full thyroid panel** – TSH, T4, T3, rT3, TPOAb, TRAb and TGAb – due to symptoms of fatigue, constipation, weight gain and menorrhagia. TGAb is indicated due to the presence of thyroid nodules.
- **Iron panel** – due to symptoms of fatigue and lack of concentration. Ferritin is involved in T4 production via TPO enzyme, and deiodinase function. Lisa has a history of iron deficiency
- **Active B12 & folate** – due to symptoms of fatigue
- **Selenium** – selenium is an essential nutrient in thyroid hormone conversion
- **Urinary iodine (corrected for creatinine)** – due to it's essential role in thyroid hormone production, deficiency is associated with increased TSH and development of thyroid nodules (as seen in Lisa's radiology) and iodine excess promotes autoimmune thyroiditis
- **Vitamin D** – due to symptoms of fatigue, lack of sunlight through long working hours, and association of deficiency with autoimmunity Vitamin D is involved in TSH regulation and cellular receptivity.
- **Liver function test**
- **Lipids** – due to previously elevated cholesterol, LDL cholesterol and non HDL cholesterol (12.12.23)

Alternatively, if these investigations have already been completed recently, I would appreciate it if a copy of the results can be provided to Lisa.

Please contact me if you require further information relating to our patient.

Thank you in advance for your consideration.

Yours sincerely,

Jodie Lagana

Jodie Lagana BHSc(Nat)

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

Signature: