

BioSoul Naturopathy
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16/12/2024

Dear Doctor

Re: Referral of Elisa Sharifah (21/03/1977)

Thank you for seeing Elisa. She presented to me on 16/12/24 with severe fatigue, bloating, suspected perimenopause and weight gain. She has a history of ongoing psychological stress, hypothyroidism (unmedicated), PCOS, hepatitis C, stomach cancer (remission). Ileocecal valve dysfunction, SIBO, eczema.

I understand you have Medicare guidelines to adhere to. Would you consider ordering the following tests for Elisa, and any others that you deem appropriate?

- FBC
- LFT
- Thyroid T4, T3, Rt3, TSH, antibodies
- Iron studies
- Vitamin D
- Oestradiol, progesterone, LH, FSH, prolactin, free androgen index, SHBG, testosterone, DHEAS
- Fasting Glucose and insulin
- Lipid panel
- CRP
- Kidney function/UEC
- Active B12

I have also asked Elisa to consider thyroxine medication under a G.P.'s care, should her test results reflect that it is appropriate.

These tests will help guide our management plan. Thank you in advance for your consideration.

Your sincerely,

Ashleigh van Nierop
Naturopath

