

BioSoul Naturopathy
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02/04/2025

Dear Doctor

Re: Referral of Stephanie Creber (24.03.1988)

Thank you for seeing Stephanie, who presented to me on 28.2.2025 for ongoing digestive issues. I am writing to request further investigation of her persistent gastrointestinal symptoms, which remain significant despite previous interventions.

Clinical History:

- A history of elevated CRP
- History of elevated MPV consistent with chronic inflammation
- Elevated calprotectin at 70 µg/L (17/7/24)
- Abdominal, pelvic and back pain
- Upper abdominal swelling.
- Diarrhoeah, steatorrhoea, presence of mucous in stools (ongoing)
- Hiatus hernia

Previous Investigations: Stephanie's colonoscopy report (dated 19/8/24) included microscopic examination of biopsied tissues from left and right colon. While the report noted "?microscopic colitis," it revealed no significant inflammation or definitive changes of microscopic colitis.

Given Stephanie's ongoing symptoms and inflammatory markers, I would appreciate your consideration of:

1. Further examination for microscopic colitis:

- As you know, microscopic colitis can present with patchy inflammation
- Biopsies from normal-looking areas might miss affected tissue
- If possible, re-examination of previously obtained tissue samples or additional biopsies may be beneficial

2. Small bowel investigation:

- To rule out Crohn's disease of the small intestine (not detectable via colonic biopsies)

- Consideration of small bowel imaging (capsule endoscopy?)

Current Management: An elimination diet to eliminate any trigger foods, nervous system support, methylated B vitamins, Omega 3's, and a gastrointestinal nutrient and herbal powder (glutamine, zinc, chamomile, liquorice, mastic gum) to which she has reacted poorly to and has ceased taking.

I have recommended Stephanie pursue comprehensive microbiome mapping to identify potential drivers of her GI symptoms, including:

- Pathogenic bacteria, yeasts, and fungi
- Depletion of beneficial bacteria
- Parasites
- Secretory IgA and zonulin levels
- Short-chain fatty acid profile
- SIBO

I appreciate your expertise and assessment in this case. Thank you in advance for your consideration. Please do not hesitate to contact me should you require any further information.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Ashleigh van Nierop', with a long, sweeping horizontal line extending to the right.

Ashleigh van Nierop
Naturopath
BioSoul Naturopathy