

MINT CLINIC

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MINT

01/07/2025

Dr Chris Neil

MINT CLINIC

Suite 2, 255 Wellington Street
Collingwood VIC 3066

Telephone Number: 0386893823

Fax Number: 0399236445

Email: ella.neil@heartwise.me

Re: Mr. Scott McAulay

Date of Birth: 13/12/1971

Address: 1/20-22 Ivanhoe Parade
Ivanhoe, VIC, 3079, AU

Telephone Number: 0438101733

Medicare Details: 3537696342 1

Dear Chris,

Thank you for seeing Mr. Scott McAulay for

Presenting symptoms:

Subjective:

- Reports feeling tired lately, snoring significantly affecting sleep quality
- Snoring has worsened dramatically since recent trip, causing stress
- Waking up tired despite feeling less disturbed during night and waking less frequently
- Poor sleep quality despite reduced night-time disturbances
- Energy levels low, affecting motivation for cooking and diabetes management
- Feeling down about overall health situation
- Sleep study results show mild sleep apnoea, awaiting ENT appointment in one month
- PMHx: Type 2 diabetes, hypothyroidism
- Medications: Levothyroxine 150mcg daily (taking two 75mcg tablets), T3 supplementation on Sundays only, Lipoplex powder (red yeast rice) one scoop daily
- Diabetes control has declined recently - time in range dropped from 97-99% to 92%, recent weeks down to 80%
- Reports not cooking as much due to low energy

Objective:

- TSH elevated, T4 decreased compared to previous results

- HbA1c: 6.3% (target <6%)
- Homocysteine: improved to 9 (previously 11)
- Total cholesterol: 7.8, LDL: 5.9
- Vitamin D: 103
- Ferritin: 169
- B12: adequate (supplementing)

Assessment & Plan:

1. Hypothyroidism

- Inadequate thyroid hormone replacement
- Increase levothyroxine to 150mcg daily (every day)
- Change T3 to daily dosing (7 days per week)
- Recheck thyroid function tests in 6 weeks

2. Dyslipidaemia

- Suboptimal lipid control
- Double Lipoplex powder (red yeast rice) to two scoops daily
- Continue current timing (late afternoon/evening)
- Target LDL <3.0
- Recheck fasting lipids in 6 weeks

3. Type 1 diabetes

- Suboptimal glycaemic control (HbA1c 6.3%) goal <6%
- Continue current management
- Focus on improving dietary consistency as energy improves
- Recheck HbA1c in 6 weeks

4. Cardiovascular risk assessment

- Referral to cardiologist Chris Neil for comprehensive cardiovascular risk evaluation
- Appointment scheduled 27/08/2025 at 2:00pm
- ECG and observations to be performed by nurse
- Discussion regarding need for further cardiac investigation or statin therapy
- Consider CAC score and diabetes as risk factors

5. Sleep apnoea

- Mild sleep apnoea confirmed on sleep study
- Awaiting ENT specialist appointment
- Continue current management

Follow-up telephone consultation 26/08/2025 at 3:45pm to review blood results prior to cardiology appointment. Pathology form provided for testing one week prior: TSH, T3, T4, HbA1c, fasting lipids, lipoprotein A, HSCRP, apo B.

Friday, May 09, 2025 11:47:38 AM
Dr Shamistra Barathan

Review:

Cholesterol- Type B LDL
CAC score 111

on red yeast rice - 3-4 weeks

supporting methylation- total MTHFR

Snoring
left nostril blocked

Plan:
ENT opinion
home sleep study
continue red yeast rice, methylation
July with bloods

Pathology Request

09/05/2025; Dr Shamistra Barathan; not urgent; Melbourne Pathology; FBE, Fe studies, B12 folate, UEs, LFTS, TSH, Vitamin D, Fasting lipids, Fasting glucose, HOMA IR, Homocysteine, Hab1c, Urine ACR, t3 t4

[Link to Request](#)

Correspondence Out

Letter created by Dr Shamistra Barathan, Path form. Click [here](#) to see details.
Referral created by Dr Shamistra Barathan, Snoring, addressed to Dr Tim Price. Click [here](#) to see details.

Ref - Home Sleep Studies - See pdf. copy sent to patient.

Relevant medical history:

Condition
Hba1c 6.3% - 01/07/2025
Obstructive sleep apnoea - 01/07/2025
Hba1c 5.9% - 21/11/2024
RT3 dominance - 20/05/2024
Nocturia due to benign prostatic hypertrophy - 03/05/2024
Hypercholesterolaemia - 03/05/2024
Chronic fatigue syndrome - 03/05/2024
Depression - 03/05/2024
Non-alcoholic fatty liver - 03/05/2024
Type 1 Diabetes Mellitus - 03/05/2024
Hypothyroidism - 03/05/2000

Medication History:

Product Name	Dosage	Frequency
Dutasteride-Tamsulosin Hydrochloride (DUODART) Oral Capsule 0.5 mg-0.4 mg	1	Daily
Insulin Aspart (with Nicotinamide) (FIASP PENFILL) Subcutaneous Solution Cartridge 100 unit/mL 3 mL Cartridge	25 units	Daily
Insulin Glargine (1 unit Dial) (TOUJEO SOLOSTAR) Subcutaneous Solution Pen-injector 300 unit/mL 1.5 mL Pen	40 units	Daily
Levothyroxine Sodium (ELTROXIN) Oral Tablet 75 mcg	2	Daily
Levothyroxine Sodium Oral Tablet 150 mcg	1	Daily
Liothyronine Sodium (TERTROXIN) Oral Tablet 20 mcg	1	Daily

Allergies:

Allergy Name	Reaction Name
Penicillins	Rash

Many thanks for your input,
Warm Regards

ELECTRONICALLY SIGNED

DocuSigned by:

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Dr Shamistra Barathan (Provider Number: 438348AT)

MBBS, FRACGP, FACNEM, DFFP, DRCOG