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02/06/2025

Ms Ana Torres
Elemental Collective
hello@elementalcollective.com.au

RE: Miss Melissa Lamborn
252 Alma Road
Caulfield North. 3161

DOB: 14/12/1992

Dear Ana,

Thank you for seeing Mel Lamborn for an opinion and management.
She has a long history of PPP and was referred to me by her gynaecologist.
I have been seeing Mel for approx one year.
She has a b/g of endometriosis and lap.
She has had quite a lot of input recently from Frank Buchanan pain physician.
A ketamine infusion reduced syx significantly for around 6 months.
She is 5/52 post ablation and is having a really challenging time with ongoing pain and exhaustion.
On taking a step back today realised that Mel has not ever had input from a pain psychologist.
She is seeing Kristen Moore pelvic physio. I have also encouraged some downregulating massage from Kathy Kitzis.
Thank you for your input.

Her current medications are:

Celebrex 100mg Capsule	1 Capsule Twice a day with meals if required.
Diazepam 5mg Tablet	1 Tablet Daily PRN pv stat max 1 od COMPOUNDED WITH A FATTY BASE.
EstroGel 0.06% Gel	½ 1/2 pump daily.
Gabapentin 100mg Capsule	1 Capsule Twice a day.
Glycerol 1.4g Suppository	1 Suppository Daily prn.
Naltrexone 50mg Tablet	½ Daily confirm dose.
Nortriptyline 10mg Tablet	1 Tablet Before bed.
Ondansetron 8mg Orally disintegrating tablet	½ prn for nausea.
Sumatriptan 50mg Tablet	one Daily at onset of migraine. can rpt dose at 2hrs. no more than 2 tabs in 24 hr period.
Valdoxan 25mg Tablet	1 Tablet Before bed.
Vitamin B12 100mcg Tablet	1 Tablet Daily.
Zoely 2.5mg; 1.5mg Tablet	1 Tablet Daily.

Allergies:

Erythrocin	Nausea, Severe
Tramadol	Vomiting, Severe
Norspan	Vomiting, Moderate

Past Medical History:

26/10/2024	Endometriosis
	Bilateral sacral block

Yours faithfully,

A handwritten signature in black ink, appearing to read 'L Chapman', written in a cursive style.

Dr Laura Chapman
MBChB, BSc, FRACGP, CWH
4209537T