

10 October 2025

Dr Leonie Sutton

Doctors of Northcote

295 High Street, Northcote VIC 3070

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RE: Afifa Kamareddin DOB 1/8/1983

21 Wellman Street, Reservoir 3073

Dear Dr,

Thank you for your referral,

Afifa has now attended 6 sessions on the MHCP dated 17/6/25. Treatment has been focused on management of chronic health conditions, anxiety and depressive symptoms. Afifa has a history of Atypical Anorexia Nervosa (OSFED) and she reported strong intrusive cognitions about her weight and shape. We have discussed the negative impact that weight loss strategies have had on her in the past including negative side effects on medication like Ozempic. Therefore, we recommended that she focus on increasing health behaviours such as increasing movement and mood management to improve her relationship with her body. Afifa also expresses significant concern about the wellbeing of her family members.

She would benefit from ongoing session. Consider I she is eligible for a Eating Disorder Treatment plan.

Kind regards

Ana Ximena Torres

Clinical Psychologist

Medicare Provider Number 4305496X