

The Medi-Collective Clinic

Unit 5A-94 Fanshawe Park Road East
London ON, Canada
N5X 4C5
Phone: (519) 667-7081
Fax: (519) 661-0083

***IMPORTANT TEXT MAY APPEAR ON THIS PAGE PLEASE CHECK UNDER PATIENT'S NAME**

Fax Cover Sheet

To: Endocrinology LMC Diabetes 2023
Phone: (000) ____-____
Fax: (877) 562-2778

Date: 23-Oct-2025

From: Dr. Rupali Sharma
Phone: (519) 667-7081
Fax: (519) 661-0083

Number of pages including cover: 7

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Re: Huda Zen Alabdin

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Diabetes & Endocrinology

Patient Referral Form

- Barrie Bayview Brampton Downtown Etobicoke London Oakville Scarborough Vaughan

Patient Name:	Huda	Zen Alabdin	DOB:	25 / 12 / 2002
(first name)	(last name)		(MM/DD/YYYY)	
Health #:	7062040600YC	Version Code:	Uninsured Specify:	
Address:		22 Harrow Court		
(number)	(street name)	Unit:		
London	N6C 5A6	ghazi.zain@gmail.com		
City:	(postal code)	(e-mail address - required)		
(226) 280-2499		(226) 224-2779		
Mobile # (Optional)	(Home #)	(work # with extension)		
Language:				

Note: We use an English automated phone message system. If preferred written language is different, please specify.

Consultation & shared care Consultation only Diabetes Education only

Canadian Diabetes Prevention Program Chiropody Assessment Optometry Consultation

DIABETES/ENDOCRINOLOGY PLEASE SPECIFY:

The following investigations would be helpful:

<input type="checkbox"/> Diabetes	<input type="checkbox"/> Type 1	<input type="checkbox"/> Type 2	<input type="checkbox"/> GDM	<input type="checkbox"/> FPG, A1C, Lipids, Renal Function, uACR
<input type="checkbox"/> Newly Diagnosed Diabetes Rapid Triage (1-2 weeks)				<input type="checkbox"/> FPG, A1C, Lipids, Renal Function, uACR
<input type="checkbox"/> Thyroid				<input type="checkbox"/> Thyroid function, Relevant Imaging
<input type="checkbox"/> Osteoporosis				<input type="checkbox"/> BMD report <2 years, other relevant labs
<input type="checkbox"/> Lipids				<input type="checkbox"/> TC, LDL, HDL (<3 months), A1C
<input checked="" type="checkbox"/> PCOS				<input type="checkbox"/> LH, FSH, estrogen, testosterone, A1C
<input checked="" type="checkbox"/> Other (please specify): _____				
<input type="checkbox"/> Routine:				
<input type="checkbox"/> Urgent*: _____				
* Expect a 4 business day delay in processing referrals. If an appointment is required sooner, we recommend directing your patient to the nearest Emergency Department, or alternatively, by contacting one of our endocrinologists directly.				

She would like her hormones like cortisol assessed and discuss

Notes: _____ with endocrinologist her previous LH, FSH, testosterone are attached

Current Medications:

Referred By: Dr. Rupali Sharma

Physician Billing #: 041355

Physician Signature:

Date: 23-Oct-2025



510 Southdale Rd. East, Suite 103, London, ON N6E 0B2
TEL: 226-663-2933 FAX: (226) 663-4561

Patient ► ZEN ALABDIN, HUDA
Health Card No. ► 7062040600 YC
MRN ► 3869207
Date of Birth ► 05-Dec-2002 (21) (F)
Phone ► (226) 224 2779
Study Date ► 12-Nov-2024

Referring Physician ► Dr. Rupali Sharma

TEL ► (519) 667 7081

FAX ► (519) 661 0083

Accession No ► 13393905

ULTRASOUND: PELVIS (NO TV)

CONCLUSION:

Findings again suggest PCOS in the appropriate clinical and biochemical context, similar to prior exam.

CLINICAL HISTORY: Low energy and irregular cycles, assess for PCOS.

COMPARISON: March 2022.

FINDINGS:

Scan Visibility	Satisfactory.
Technique	Transabdominal.
LMP	07-Nov-2024
Uterus	Normal. Anteverted. 6.4 x 2.9 x 4.4 cm.
Myometrium	Homogeneous.
Endometrium	Normal. 4 mm.
Right Ovary and Adnexa	Abnormal. 3.9 x 2.4 x 3.4 cm. 17 cc. Peripheral follicles. No. of subcentimetre follicles: 20+
Left Ovary and Adnexa	Abnormal. 4.2 x 2.2 x 2.8 cm. 14 cc. Peripheral follicles. No. of subcentimetre follicles: 20+
Free Fluid	None.
Bladder	Normal.

Reporting Physician ► Dr. Leonard Grinblat, MD.F.R.C.P(C)

Reported On ► 13NOV2024

Technologist ► MM

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Outcome analysis is a component of our Quality Assurance Program. Any clinical or pathological follow-up pertinent to this examination would be sincerely appreciated.

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MRN ► 3869207
Date of Birth ► 05-Dec-2002 (21) (F)
Phone ► (226) 224 2779
Study Date ► 12-Nov-2024

Conclusion is at the top of this report.

Reporting Physician ► Dr. Leonard Grinblat, MD.F.R.C.P(C)

Reported On ► 13NOV2024

Technologist ► MM

Page 2 of 2

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Lab Results: ALPHA

Patient ZEN ALABDIN, HUDA

Home Phone

(226) 224-2779

Work Phone

Health # 7062040600YC

Sex

F

Patient ID

181300

Age 22 years

DOB 25-Dec-2002

Comments: PAID/DAY 3

vit D lo

Ordered By: 041355 Reported By: ALPHA

Alpha Requisition Number: 33094376 Collection Date: 18-Jul-2024 Reviewed: 21-Jul-2024 by rupsharma

Reported : 18-Jul-2024

Updated On: 21-Jul-2024 4:23 PM

Flags**Results****Ref Range****T.S.H. (ULTRA SENSITIVE)**

T.S.H. (ULTRA SENSITIVE)

1.46

0.32 - 4.00

mIU/L

Ordered By: 041355 Reported By: ALPHA

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Flags**Results****Ref Range****TESTOSTERONE**

TESTOSTERONE

1.40

0.40 - 1.90

nmol/L

Ordered By: 041355 Reported By: ALPHA

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Reported : 18-Jul-2024

Updated On: 21-Jul-2024 4:23 PM

Flags**Results****Ref Range****F S H**

F S H

4.4

see below

IU/L

3.0 - 8.0 (Follicular) IU/L

3.0 - 22.0 (Mid-Cycle) IU/L

1.5 - 5.5 (Luteal) IU/L

27.0 - 133.0 (Post-Menop) IU/L

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Flags**Results****Ref Range****LUTEINIZING HORMONE**

LUTEINIZING HORMONE

3.4

see below

IU/L

2.0 - 12.0 (Follicular) IU/L

8.0 - 90.0 (Mid-Cycle) IU/L

1.0 - 14.0 (Luteal) IU/L

5.0 - 62.0 (Post-Menop) IU/L

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Flags**Results****Ref Range****VIT D - 25 HYDROXY**

VIT D - 25 HYDROXY

L

45

see below

nmol/L

<25 nmol/L Deficient
 25-74 nmol/L Insufficient
 75-250 nmol/L Sufficient
 Seasonal variations may affect results.
 Testing not indicated as a screening test.

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	Flags	Results	Ref Range
Vitamin B12		250	138 - 652 pmol/L

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	Flags	Results	Ref Range
FERRITIN		31	30 - 250 ug/L

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	Flags	Results	Ref Range
SGPT (ALT)		7	< 33 U/L

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	Flags	Results	Ref Range
eGFR (Creatinine CKD-EPI)		131	> 60 mL/min/1.73 m ²

eGFR (Creatinine): >90 mL/min/1.73 m²
 Considered normal kidney function.

NOTE: 1) Result not validated for use in pregnant women,
 patients under 18 years of age, or extremes of
 muscle mass.
 2) eGFR is calculated using the CKD-EPI 2021 equation
 which does not use a race-based adjustment.

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	Flags	Results	Ref Range
CREATININE		52	44 - 88 umol/L

Patient	ZEN ALABDIN, HUDA	Home Phone	(226) 224-2779	Work Phone	
Health #	7062040600YC	Sex	F	Patient ID	181300
Age	22 years				
DOB	25-Dec-2002				

Comments: PAID/DAY 3
vit D lo

Ordered By: 041355 Reported By: ALPHA
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Flags	Results	Ref Range
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GLUCOSE RANDOM

GLUCOSE RANDOM	4.4	3.6 - 11.0	mmol/L
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Flags	Results	Ref Range
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HbA1C %

HbA1C %	5.0	< 6.0	%
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NON-DIABETIC:	< 6.0 %
PRE-DIABETES:	6.0 - 6.4 %
DIAGNOSIS OF TYPE 2 DIABETES:	> 6.4 %
OPTIMAL CONTROL:	< 7.1 %
SUB-OPTIMAL CONTROL:	7.1 - 8.5 %