

Dr. Au, Dr. Doyle & Dr. Faraj

Dr. Sarah Doyle

901 Bay Street Toronto Ontario M5S 3K6

Tel: 416-864-0722 Fax: 416-864-9742

Consultation Request

Date:	2025-10-24	Patient:	GOUVEIA, CHRISTINA
Status:	Non-Urgent	Address:	- 1410-41 Antrim Crescent Toronto, CA-ON, M1P 4T1
Service:	Endocrinology	Phone:	647-832-8462
Consultant:	LMC Scarborough, .	Work Phone:	
Phone:	647-695-3866	Cell Phone:	
Fax:	877-562-2778	Email:	cgouveia.rmt@gmail.com
Address:	520 Ellesmere Road, Suite 214 Scarborough, Ontario M1R 0B1	Birthdate:	1983-01-20 (y/m/d)
		Sex:	F
		Health Card No.:	(ON) 8316676652 KV
		Appointment date:	
		Time:	
		Chart No.:	

Reason for consultation:

Please see this 42 yr old lady re:

- 1) obese- weight started to increase on zoloft when started 6 yrs ago, but that has been the best antidepressant.
- 2) 17-OH progesterone is elevated, while LH/FSH ratio is normal
Could she have adrenal gland issue?
- 3) Her Prediabetes is worsening- she's open to a discussion about medication if you agree it would benefit her

Weight: 93.4

Height: 157.5

BMI: 37.7

Thanks,
Sarah

Pertinent Clinical Information:

Medical History:

- *** NO FLU SHOTS - Anaphylaxis ***
- * Uterine Polyp- did Fertility Clinic address?
- * Path: rectal/colon POLYPS: Sessile serrated polyp/adenoma, Tubular Adenoma, Hyperplastic -GI: Dr. TAYLOR, 2023
- * Right Ovarian Cyst, 1.1cm May 2021 on ADDENDUM
- * Anaphylactic Shock x 3 - 2008-2012Depression/ Anxiety
- * Depression/ Anxiety
- * Joint Problems - knee, ankles
- * Concussions x 7
- * Asthma
- * COLON Polyps, March 2023
- * Uterine Polyps
- * Vitiligo
- * Eczema

Family History:

- * Breast Cancer - P. Aunt 30's, M. first Cousin 50 y
- * Dementia - Mom
- * MI - Uncle died MI 50's
- * Colorectal Cancer - PGF age ?, P. Aunt 60 yr
- * Uterine Cancer – M. Cousin, 51yrs, hysterectomy 51 yr, MGM, hysterectomy and associated L psoas muscle, died 85 yr
- * Depression/ Anxiety - Mother's Side
- * Asthma - siblings
- * Eczema - Brother
- * Fibroids – PGM

- * Fibroids – PGM
- * Hypothyroidism – 2 cousins, Paternal

Social History:

non-smoker
drinks 1 cider/ week
engaged
Registered Massage Therapist

Current Medications:**Other Medications:**

- Meds:
- * Sertraline 75mg = April 2023
 - * QVAR steroid inhaler
 - * Prenatals
 - * Betaderm face - 3 weeks MAX
 - * Elodel - trunk
 - * EPIPEN

ALLERGIES:

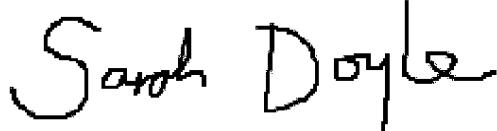
- sulpha
- soy, dairy, gluten

Allergies:

PREGNANT Custom Allergy
Flulaval Tetra 2018-2019 Brand Name
FLU SHOT Custom Allergy
SULPHUR ATC Class

Doyle, Dr. Sarah (030101)

Signature:

A handwritten signature in black ink that reads "Sarah Doyle". The signature is fluid and cursive, with "Sarah" on top and "Doyle" below it.

NORTH YORK ULTRASOUND

Tel: (416)229 6887 Fax: (416)229 6614
 4025 Yonge St, Suite 215 Toronto Ontario M2P 2E9

Medical Director of Imaging: Dr Alex Hartman

**DR. SARAH DOYLE**

901 BAY STREET TORONTO ON M5S 3K6
 Tel: (416)864 0722, Fax: (416)864 9742
31-Jul-2024, NY130510

CHRISTINA GOUVEIA

1410 41 ANTRIM CRESCENT TORONTO ON M1P 4T1
 (647)832 8462, DOB: 20 Jan 1983
 H.C: 8316676652 KV

On July 31, 2024, we examined the above patient. Our examination yielded the following findings:

SONOHYSTEROGRAPHY:

CLINICAL HISTORY: Day 6, secondary infertility.

FINDINGS:

The examination was performed by Dr. Williams.

The uterus is retroverted with the anterior and posterior endometrium measuring 2 mm and 2 mm.

There is a fundal anterior wall vascular endometrial polyp measuring 2.6 x 2.0 x 1.2 cm.

The cavity shape is normal.

No other polyps or submucosal fibroids are seen.

Both tubes are open.

OPINION:

Vascular anterior fundal endometrial polyp.

Open tubes.

CHRISTINA GOUVEIA

DICTATED BUT NOT READ NY130510

A. Hartman, MD, FRCP (C)

AH/mc/db/l1, Dictated: 31 Jul 2024, Transcribed: 01 Aug 2024, Printed: 01 Aug 2024

Outcome analysis is a vital component of our Quality Assurance Program. Any clinical or pathological follow-up pertinent to this examination would be sincerely appreciated. Thank you for referring this patient and if you have any questions, please call us at 1-800-550-0889.

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**DR. SARAH DOYLE**

901 BAY STREET TORONTO ON M5S 3K6
 Tel: (416)864 0722, Fax: (416)864 9742
30-Jul-2024, NY130508

CHRISTINA GOUVEIA

1410 41 ANTRIM CRESCENT TORONTO ON M1P 4T1
 (647)832 8462, DOB: 20 Jan 1983
 H.C: 8316676652 KV

On July 30, 2024, we examined the above patient. Our examination yielded the following findings:

PELVIC ULTRASOUND

CLINICAL HISTORY: Secondary infertility

DLMP: Day 5

COMPARISON: None

FINDINGS:

Transvaginal performed: Yes, to optimize visualization of gynecologic structures.

Uterus: Retroverted, measuring 7.7 x 5.8 x 4.4cm. There is myometrial heterogeneity, without evidence of uterine fibroid.

Endometrial lining: Measures up to 0.9cm. There is suggestion of a 1.4 x 1.3 x 0.8 cm echogenic nodule in the fundal endometrium.

Right ovary: Measures 2.9 x 1.7 x 2.2cm (6.7cc). There are 6 subcentimeter follicles

Left ovary: Measures 2.5 x 1.1 x 2.1cm (3.1cc). There are 7 subcentimeter follicles.

Urinary bladder: Suboptimally distended. Prevoid volume of 132cc , with a postvoid residual of 10cc, within normal limits.

Free fluid: No significant free fluid.

OPINION:

1. AFC of 13
2. Possible endometrial polyp. A sonohysterogram (with or without Echovist as indicated) will be performed for further evaluation.

Electronically signed by: Vikas Datta (Jul 30, 2024)

CHRISTINA GOUVEIA
 NY130508

V. Datta, MD, FRCP (C)

VD/ii/vd/l1, Dictated: 30 Jul 2024 , Transcribed: 30 Jul 2024 , Printed: 31 Jul 2024

Outcome analysis is a vital component of our Quality Assurance Program. Any clinical or pathological follow-up pertinent to this examination would be sincerely appreciated. Thank you for referring this patient and if you have any questions, please call us at 1-800-650-0889.

Detail Results: Patient Info			Results Info		
Patient Name:	CHRISTINA GOUVEIA	Home Phone:	(647)832-8462	Date of Service:	2025-09-29 09:54
Date of Birth:	1983-01-20	Work Phone:		Date Received:	2025-10-01 20:13
Age:	42 years	Sex:	F	Report Status:	Final
Health Care #:	8316676652	Patient Location:	GDML	Client Ref. #:	
				Accession #:	AW-56008213
Requesting Client:	S.V. DOYLE	cc: Client:			

CHEMISTRY						
Test Name(s)	Result	Abn	Reference Range	Units	Date/Time Completed	Status
GLUCOSE SERUM FASTING						
GLUCOSE SERUM FASTING	5.6	N	3.6 - 6.00	mmol/L	2025-09-30 02:40:27	
	3.6 - 6.0 NORMAL FASTING GLUCOSE					
	6.1 - 6.9 IMPAIRED FASTING GLUCOSE					
	>6.9 PROVISIONAL DIAGNOSIS OF DIABETES MELLITUS					
CREATININE						
CREATININE	81	N	50 - 100.00	umol/L	2025-09-30 02:40:27	
eGFR	80	N	60 - 99999.99	mL/min/1.73 m ²	2025-09-30 02:40:27	
	eGFR is calculated using the CKD-EPI 2021 equation which does not use a race-based adjustment.					
ALBUMIN						
ALBUMIN	42	N	35 - 52.00	g/L	2025-09-30 02:40:27	
BILIRUBIN TOTAL						
BILIRUBIN TOTAL	8	N	<= 22.99	umol/L	2025-09-30 02:40:27	
HOURS FASTING						
HOURS FASTING	12	N		hrs	2025-09-30 02:40:27	
CHOLESTEROL						
CHOLESTEROL	5.16	N	<= 5.19	mmol/L	2025-09-30 02:40:27	
	Total cholesterol and HDL-C used for risk assessment and to calculate non-HDL-C.					
TRIGLYCERIDES						
TRIGLYCERIDES	0.91	N	<= 1.69	mmol/L	2025-09-30 02:40:27	
	If nonfasting, triglycerides <2.00 mmol/L desired.					
HDL CHOLESTEROL						
HDL CHOLESTEROL	1.34	N	1.30 - 9999.00	mmol/L	2025-09-30 02:40:27	
	F: >=1.30 mmol/L HDL-C <1.30 mmol/L indicates risk for metabolic syndrome.					
LDL CHOLESTEROL CALC.						
LDL CHOLESTEROL CALC.	3.44	N	<- 3.49	mmol/L	2025-09-30 02:40:27	
	LDL-C was calculated using the NIH equation. For additional LDL-C and non-HDL-C thresholds based on risk stratification, refer to 2021 CCS Guidelines.					

CHRISTINA GOUVEIA, 1983-01-20 8316676652

CHEMISTRY						
Test Name(s)	Result	Abn	Reference Range	Units	Date/Time Completed	Status
NON-HDL-CHOLESTEROL(CALC)						
NON-HDL-CHOLESTEROL(CALC)	3.82	N	<= 4.19	mmol/L	2025-09-30 02:40:27	
TC/HDL-C RATIO						
TC/HDL-C RATIO	3.9	N			2025-09-30 02:40:27	
VITAMIN B12						
VITAMIN B12	418	N	221 - 918	pmol/L	2025-09-30 02:40:27	
60% of symptomatic patients have a hematologic or neurologic response to B12 supplementation at a level < 148 pmol/L						
Vitamin B12 Deficiency: < 148 pmol/L						
Vitamin B12 Insufficiency: 148 to 220 pmol/L						
FERRITIN						
FERRITIN	52	N	30 - 125.00	ug/L	2025-09-30 02:40:27	
In patients with concomitant inflammation, use Iron studies, including TIBC and Transferrin Saturation, to assess Iron Deficiency status.						
In absence of concomitant inflammation, Ferritin levels can be interpreted as follows:						
30-50: Probable iron deficiency						
51-100: Possible iron deficiency, if risk factors are present						
101-300: Iron deficiency unlikely						
For guidance, see www.hemequity.com/raise-the-bar						
SODIUM						
SODIUM	136	N	136 - 146.00	mmol/L	2025-09-30 02:40:27	
POTASSIUM						
POTASSIUM	4.6	N	3.7 - 5.4	mmol/L	2025-09-30 02:40:27	
ALKALINE PHOSPHATASE						
ALKALINE PHOSPHATASE	59	N	35 - 122.00	U/L	2025-09-30 02:40:27	
ALT						
ALT	11	N	<= 35.99	U/L	2025-09-30 02:40:27	
TSH						
TSH	1.40	N	0.35 - 5.00	mIU/L	2025-09-30 02:40:27	
HEMOGLOBIN A1c						
HEMOGLOBIN A1c	6.1	H	<-- 5.99	%	2025-09-30 02:40:27	
NON-DIABETIC: < 6.0 %						
PREDIABETES: 6.0 - 6.4 %						
DIABETIC: > 6.4 %						
OPTIMAL CONTROL: < 7.0 %						
SUB-OPTIMAL CONTROL: 7.0 - 8.4 %						
INADEQUATE CONTROL: > 8.4 %						
LH						
LH	3.5	N		IU/L	2025-09-30 02:40:27	
Follicular: 1.9 - 14.6						
Ovulatory: 12.2 - 118.0						
Luteal: 0.7 - 12.9						

CHRISTINA GOUVEIA, 1983-01-20 8316676652

CHEMISTRY

Test Name(s)	Result	Abn	Reference Range	Units	Date/Time Completed	Status
Post-menopausal: 5.3 - 65.4						

FSH

FSH	3	N		IU/L	2025-09-30 02:40:27	
Follicular: 3 - 15						
Ovulatory: 5 - 23						
Luteal: 1 - 9						
Post-menopausal: 16 - 157						

TESTOSTERONE

TESTOSTERONE	<0.5	N	<= 1.99	nmol/L	2025-09-30 02:40:27	
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PROLACTIN

PROLACTIN	12	N	<= 23.99	ug/L	2025-09-30 02:40:27	
Roche Diagnostics Electrochemiluminescence Immunoassay (ECLIA).						

Values obtained with different assay methods or kits may not be comparable and cannot be used interchangeably.

ESTRADIOL

ESTRADIOL	349	N		pmol/L	2025-09-30 02:40:27	
Follicular: 45 - 854						
Ovulatory: 151 - 1461						
Luteal: 82 - 1251						
Post-menopausal: < 202						

FREE TESTOSTERONE

FREE TESTOSTERONE	<20	N	<= 28.99	pmol/L	2025-10-01 17:43:54	
Free testosterone is estimated from measured total testosterone and sex hormone-binding globulin using Vermeulen's algorithm [J Clin Endocrinol Metab 84 (10):3666-3672, 1999].						
Free testosterone results may be underestimated in pregnant patients due to interference by steroids (e.g. excess estradiol) binding to sex hormone-binding globulin.						

ALBUMIN R U

ALBUMIN RANDOM U	<3	N		mg/L	2025-10-01 17:43:54	
ALBUMIN/CREAT RATIO	*	N	<= 2.99	mg/mmol creat	2025-10-01 17:43:54	

Unable to report the ratio as one or both of the components is outside the limits of detection.

5-YEAR KFRE

5-YEAR KFRE		N	<= 4.99	%	2025-10-01 17:43:54	
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CHRISTINA GOUVEIA, 1983-01-20 8316676652

CHEMISTRY

Test Name(s)	Result	Abn	Reference Range	Units	Date/Time Completed	Status
Unable to perform calculation as one or more of the components is outside the limits of detection. An eGFR result >=60 mL/min/1.73m**2 rules out CKD stage 3-5. Assessment of urine ACR is required to definitively rule out or confirm CKD diagnosis. The KidneyWise toolkit (kidneywise.ca) recommends remeasuring eGFR and urine ACR annually for people with diabetes mellitus and less frequently in others unless clinical circumstances dictate otherwise.						

17-OH PROGESTERONE

17-OH PROGESTERONE	3.5	H	<= 1.3	nmol/L	2025-10-01 17:43:54	
	Follicular	<2.2				
	Luteal	<8.6				
	Postmenopausal	<1.4				

This is a Laboratory Developed Test; refer to Dynacare.ca for details.

HEMATOLOGY

Test Name(s)	Result	Abn	Reference Range	Units	Date/Time Completed	Status
HEMOGLOBIN						
HEMOGLOBIN	126	N	110 - 147.000	g/L	2025-09-30 02:40:27	
HEMATOCRIT						
HEMATOCRIT	0.39	N	0.33 - 0.440	L/L	2025-09-30 02:40:27	
RBC						
RBC	4.6	N	3.8 - 5.200	x 10 ¹² /L	2025-09-30 02:40:27	
RBC INDICES: MCV						
RBC INDICES: MCV	83	N	76 - 98.000	fL	2025-09-30 02:40:27	
MCH						
MCH	27	N	24 - 33.000	pg	2025-09-30 02:40:27	
MCHC						
MCHC	325	N	313 - 344.000	g/L	2025-09-30 02:40:27	
RDW						
RDW	14.0	N	12.5 - 17.3		2025-09-30 02:40:27	
WBC						
WBC	6.6	N	3.2 - 9.400	x 10 ⁹ /L	2025-09-30 02:40:27	
PLATELETS						
PLATELETS	172	N	155 - 372.000	x 10 ⁹ /L	2025-09-30 02:40:27	
MPV						
MPV	10.6	N	4.0 - 14.000	fL	2025-09-30 02:40:27	
DIFFERENTIAL WBC'S						
NEUTROPHILS	4.8	N	1.4 - 6.3	x 10 ⁹ /L	2025-09-30 02:40:27	
LYMPHOCYTES	1.3	N	1.0 - 2.9	x 10 ⁹ /L	2025-09-30 02:40:27	
MONOCYTES	0.3	N	0.2 - 0.8	x 10 ⁹ /L	2025-09-30 02:40:27	
EOSINOPHILS	0.1	N	0.0 - 0.5	x 10 ⁹ /L	2025-09-30 02:40:27	
BASOPHILS	0.00	N	0.00 - 0.09	x 10 ⁹ /L	2025-09-30 02:40:27	

CHRISTINA GOUVEIA, 1983-01-20 8316676652

SEROLOGY						
Test Name(s)	Result	Abn	Reference Range	Units	Date/Time Completed	Status
MONO SCREEN						
MONO SCREEN	NEGATIVE	N	NEGATIVE		2025-09-30 02:40:27	
Please note that effective May 5, 2025, the test kit for mono screening has changed from Pulse Scientific to Abbott Clearview Mono.						

URINALYSIS						
Test Name(s)	Result	Abn	Reference Range	Units	Date/Time Completed	Status
URINALYSIS CHEMICAL						
GLUCOSE	NEG	N	- NEG	mmol/L	2025-09-30 02:40:27	
BILIRUBIN	NEG	N	NEGATIVE		2025-09-30 02:40:27	
KETONES	NEG	N	- NEG	mmol/L	2025-09-30 02:40:27	
SPECIFIC GRAVITY	1.014	N	1.005 - 1.030		2025-09-30 02:40:27	
BLOOD	NEG	N	NEGATIVE		2025-09-30 02:40:27	
pH	5.5	N	5.0 - 8.0		2025-09-30 02:40:27	
PROTEIN	NEG	N	- NEG	g/L	2025-09-30 02:40:27	
UROBILINOGEN	3.2	N	- 32.99	umol/L	2025-09-30 02:40:27	
NITRITE	NEG	N	NEGATIVE		2025-09-30 02:40:27	
LEUKOCYTES	TRACE	A	NEGATIVE		2025-09-30 02:40:27	
COLOUR	YELLOW	N	- YELLOW	YELLOW	2025-09-30 02:40:27	
APPEARANCE	CLEAR	N	- CLEAR	CLEAR	2025-09-30 02:40:27	

MICROBIOLOGY						
Test Name(s)	Result	Abn	Reference Range	Units	Date/Time Completed	Status
URINE CULTURE						

CULTURE:
Growth of <10 x 10E6 cfu/L of urine. This colony count is not generally considered clinically significant.

END OF REPORT
