

Dr. Sara Campbell
198 Des Newman Blvd. -3rd Fl.
WHITBY, ON L1P 0H9
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October 23, 2025

Dr. Melanie Campbell

, ON

Patient: **Suhena SIMA**
PHN: 5502 516 866KX
Birthdate: March 02, 1993

Dear LMC London - Referrals,

TIMEFRAME REQUESTED: STAT

Please see **Suhena SIMA** a 32 year old female, who is moving to London within the next week for management of hypothyroidism and GDM in pregnancy. She is currently 11 weeks gestation.

Relevant findings and investigations are attached.

Please do not hesitate to contact me if you have any questions regarding the care of Suhena.

Enclosures (2)

Patient: **Suhena SIMA** **Appointment Date:** **October 23, 2025**
Title: **+GDM F/U** **Referred By:** **Campbell, Melanie**
Provider: **Campbell, Sara**
October 23, 2025

Dr. Melanie Campbell
198 Des Newman Blvd - 3rd Floor
Whitby, ON L1P 0P9

RE: Suhena SIMA
March 02, 1993

Dear Dr.Campbell,

Suhena was seen in person today for management of Gestational Diabetes and hypothyroidism. She is currently 11 weeks gestation with an EDD May 10, 2026.

Active Medications: **SYNTHROID 50 MCG TABLET**
1/2 Tablet(s) 5 times/week X 90 Day(s) and
1 Tablet(s) 2 times/week X 90 Day(s)
BASAGLAR KWIKPEN 100 UNIT/ML
Prenatal
AG-SERTRALINE 50 MG CAPSULE
Progesterone suppositories

DEC: LHW

Current Insulin Regimen:
Basaglar 20 units QHS

Since last seen Suhena tells me she is moving to London, Ontario within 1 week. Fasting sugars have been improved with the start of basaglar. She is eating about a soup bowl's size of rice with dinner. She is eating protein and veggies with her meals and walking at home after meals.

Her blood glucose trends are as follows:
Fasting BGs: 2/7 above target
2hr PCB: 0/7 above target
2hr PCL: 0/7 above target
2hr PCD: 5/14 above target (eating out/large portions of rice)

Physical Exam:
Deferred as this was a virtual appointment.

LABS:
Labs completed October 21st- still pending

2025-Sep-15:
Albumin/Creatinine (mg/mmol): **0.5**
Creatinine (umol/L): **52**

Glomerular Filtration Rate (eGFR) (): **>120**

Free T4 (pmol/L): **16**

Glucose Fasting (mmol/L): **4.8**

Hemoglobin A1C/Total Hemoglobin (%): **5.7**

Thyroperoxidase Antibody (kIU/L): **15**

Thyroid Stimulating Hormone (mIU/L): **1.71**

2025-Sep-10:

TSH (mIU/L): **4.9**

Our plan for Suhena today is as follows:

PLAN:

1) Hypothyroidism:

Medications: Continue SYNTROID 50 MCG TABLET 1/2 tab 5xwk, 1 tab 2xwk

Repeat Labs: prior to next follow-up

Recent labs pending. Will call with any concerns.

2) GDM: Sugars are above target after dinners due to over-consumption of rice.

Advised to reduce rice portion to 1 cup only. If sugars remain above target will require dinner-time insulin.

Continue dietary and exercise interventions.

She has requested referral to an Endo in London as she is moving next week. We will aim to refer at the Victoria Hospital if possible as is her preference. Advised to seek OB referral from you or Dr. Hashmi.

Follow-up: 2 weeks or pending referral to Endo in London

Thank you for involving me in the care of your patient. Please feel free to contact me if any clarifications are needed.

Yours sincerely,

Transcribed by speech recognition technology.

Sara Campbell, MD FRCPC

This fax is strictly confidential; if you are not the intended recipient please inform this office and destroy this copy.