

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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Patient Referral Form

o Barrie o Bayview o Brampton o Downtown o Etobicoke ✓ London o Oakville o Scarborough o Vaughan

| | | |
|---------------------------------|----------------------|-----------------------------|
| Patient Name: Huda | Zen Alabdin | DOB: 25 / 12 / 2002 |
| (first name) | (last name) | (dd/mm/yyyy) |
| Health ID: 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 # - required) | (home #) | (work # with extension) |

Language:

LMC uses an English automated phone message system. If preferred service 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 Trigs (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 (<2 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 assessment is required sooner, we recommend directing your patient to the nearest Emergency Department, or alternatively, by contacting one of our endocrinologists directly. | | | | |

Notes: She would like her hormones like cortisol assessed and discuss 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

Page 1 of 2

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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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

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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(519) 661-008310/23/20257:19 PMEST

Lab Results: ALPHAGenerated On 2025-Oct-23

PatientZEN ALABDIN, HUDAHome Phone(226) 224-2779Work Phone

Health #7062040600YCSexFPatient ID181300

Age22 years

DOB25-Dec-2002

Comments: PAID/DAY 3
vit D lo

Ordered By:041355Reported By: ALPHA

Alpha Requisition Number: 33094376Collection Date: 18-Jul-2024Reviewed: 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) | | 1.46 | 0.32 - 4.00 mIU/L |

Ordered By:041355Reported By: ALPHA

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

| | Flags | Results | Ref Range |
|--------------|-------|---------|--------------------|
| TESTOSTERONE | | 1.40 | 0.40 - 1.90 nmol/L |

Ordered By:041355Reported By: ALPHA

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

Reported :18-Jul-2024

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

| | Flags | Results | Ref Range |
|-------|-------|---------|--------------------------------|
| F S H | | 4.4 | see below IU/L |
| F S H | | | 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 | | 3.4 | see below IU/L |
| LUTEINIZING HORMONE | | | 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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Updated On:21-Jul-2024 4:23 PM

| | Flags | Results | Ref Range |
|--------------------|-------|---------|------------------|
| VIT D - 25 HYDROXY | | 45 | see below nmol/L |
| VIT D - 25 HYDROXY | 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 | | | |
| Vitamin B12 | | 250 | 138 - 652 pmol/L |

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Reported : 18-Jul-2024
Updated On: 21-Jul-2024 4:23 PM

| | Flags | Results | Ref Range |
|-----------------|-------|---------|--------------------|
| FERRITIN | | | |
| FERRITIN | | 31 | 30 - 250 ug/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 |
|-------------------|-------|---------|---------------|
| SGPT (ALT) | | | |
| SGPT (ALT) | | 7 | < 33 U/L |

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

eGFR (Creatinine): >90 mL/min/1.73 m*2
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 | | | |
| 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

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

Reported : 18-Jul-2024

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

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| | Flags | Results | Ref Range | |
|---------|-------|-------------------------------|-------------|---|
| HbA1C % | | 5.0 | < 6.0 | % |
| HbA1C % | | | | |
| | | 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 % | |