



Referrer Ms Alexandra Middleton

Address NUTRITIONIST NUTRITIONIST 50 BELLEVUE ROAD
BELLEVUE HILL NSW 2023

Phone 0410503376

Your ref. 278658797

Address 2/415 OCEAN BEACH RD MOUNT MAUNGANUI
NEW ZEALAND 0000

Phone +6421504093

Copy to

Requested 27/07/2018

Collected 27/07/2018 12:16 AEDT

Received 27/07/2018 12:17 AEDT

Reproductive Hormones

(Abbott Architect Method)

Test Name	Result	Units	Reference Interval
DHEAS	3.1	umol/L	1.2 - 9.6

Supervising Pathologist: GC, NT

NATA ACCREDITATION NO 2178

Mercury

Mercury-blood 97 H nmol/L <60

Comments

The major source of mercury in subjects without industrial exposure is dietary, particularly fish. Minor increases in mercury levels may be due to fish consumption and all sea foods should be excluded from the diet for at least 2 weeks prior to repeat testing. Reported by Sullivan and Nicolaides Pathology, a member of the Sonic Healthcare Group.

NATA ACCREDITATION NO 2178

Zinc

Zinc-plasma 11.5 umol/L 9.0 - 19.0

Comments

Reported by Sullivan and Nicolaides Pathology, a member of the Sonic Healthcare Group.

NATA ACCREDITATION NO 2178

Referrer **Ms Alexandra Middleton**Address NUTRITIONIST NUTRITIONIST 50 BELLEVUE ROAD
BELLEVUE HILL NSW 2023

Phone 0410503376

Your ref. **278658797**Address 2/415 OCEAN BEACH RD MOUNT MAUNGANUI
NEW ZEALAND 0000

Phone +6421504093

Copy to

Requested 27/07/2018

Collected 27/07/2018 12:16 AEDT

Received 27/07/2018 12:17 AEDT

Iron Studies

Test Name	Result	Units	Reference Interval
Iron	14.8	umol/L	5.0 - 30.0
Transferrin	2.8	g/L	2.0 - 3.2
TIBC (Calculated)	62	umol/L	46 - 70
Saturation	24	%	10 - 45
Ferritin	185	ug/L	30 - 300

Supervising Pathologist: GC, NT

NATA ACCREDITATION NO 2178

25-OH Vitamin D

Test Name	Result	Units	Reference Interval
Vitamin D	63	nmol/L	50 - 140

Comments

According to the Position Statement 'Vitamin D and health in adults in Australia and New Zealand' MJA, 196(11):686-687, 2012, Vitamin D status is defined as:

Mild Deficiency	30	-	49 nmol/L
Moderate Deficiency	12.5	-	29 nmol/L
Severe Deficiency	<12.5		nmol/L

Vitamin D adequacy can be defined as a level >49 nmol/L at the end of winter - the level may need to be 10 - 20 nmol/L higher at the end of summer, to allow for seasonal decrease.

From 1st November 2014, Medicare rebates for vitamin D testing will apply to patients at risk of Vitamin D deficiency such as chronic lack of sun exposure.

Supervising Pathologist: GC, NT

NATA ACCREDITATION NO 2178



Referrer Ms Alexandra Middleton

Address NUTRITIONIST NUTRITIONIST 50 BELLEVUE ROAD
BELLEVUE HILL NSW 2023

Phone 0410503376

Your ref. 278658797

Address 2/415 OCEAN BEACH RD MOUNT MAUNGANUI
NEW ZEALAND 0000

Phone +6421504093

Copy to

Requested 27/07/2018

Collected 27/07/2018 12:16 AEDT

Received 27/07/2018 12:17 AEDT

Heavy Metals

Serum Copper 17 umol/L 12 - 22

Supervising Pathologist: GC, NT

NATA ACCREDITATION NO 2178

Methylene Tetrahydrofolate Reductase Gene Mutation

MTHFR c.665C>T Heterozygous
MTHFR c.1286A>C Heterozygous

Comments

Heterozygosity for either variant is common and not associated with clinical disease. There are no interventions recommended for patients who are heterozygous for these variants individually or who are compound heterozygotes.

Note new nomenclature: c.665C>T was previously C677T and c.1286A>C was previously A1298C.

Supervising Pathologist: KB

NATA ACCREDITATION NO 2178

Thyroid Function

Test Name	Result	Units	Reference Interval
TSH	1.27	mIU/L	0.40 - 4.00
Free T4	10.9	pmol/L	9.0 - 19.0
Free T3	4.1	pmol/L	2.6 - 6.0

Comments

Euthyroid values.

Supervising Pathologist: GC, NT

NATA ACCREDITATION NO 2178



Referrer Ms Alexandra Middleton

Address NUTRITIONIST NUTRITIONIST 50 BELLEVUE ROAD
BELLEVUE HILL NSW 2023

Phone 0410503376

Your ref. 278658797

Address 2/415 OCEAN BEACH RD MOUNT MAUNGANUI
NEW ZEALAND 0000

Phone +6421504093

Copy to

Requested 27/07/2018

Collected 27/07/2018 12:16 AEDT

Received 27/07/2018 12:17 AEDT

Homocysteine

Homocysteine 13.2 umol/L 6.0 - 14.0

Supervising Pathologist: GC, NT

NATA ACCREDITATION NO 2178

Active B12

Test Name	Result	Units	Reference Interval
Active B12	76	pmol/L	>35

Supervising Pathologist: GC, NT

NATA ACCREDITATION NO 2178

Thyroid Autoantibodies

Thyroglobulin Ab 0.9 IU/mL <4.1
Thyroid Peroxidase Ab 0.6 IU/mL <5.6

Comments

From 06/09/17, Thyroid antibodies will be measured by the Abbott Architect (not Immulite) method and reported with new reference intervals.

Supervising Pathologist: GC, NT

NATA ACCREDITATION NO 2178



Referrer Ms Alexandra Middleton

Address NUTRITIONIST NUTRITIONIST 50 BELLEVUE ROAD
BELLEVUE HILL NSW 2023

Phone 0410503376

Your ref. 278658797

Address 2/415 OCEAN BEACH RD MOUNT MAUNGANUI
NEW ZEALAND 0000

Phone +6421504093

Copy to

Requested 27/07/2018

Collected 27/07/2018 12:16 AEDT

Received 27/07/2018 12:17 AEDT

Blood Histamine

Test Name	Result	Units	Reference Interval
B-Histamine	1.7	umol/L	0.2 - 2.0

Comments

Reported by Sullivan and Nicolaides Pathology, a member of the Sonic Healthcare Group.

NATA ACCREDITATION NO 2178

Random Urine Iodine

R-U-Creatinine	6.7	mmol/L
Urine iodine	149	ug/L

Comments

WHO classification of iodine deficiency: Urine Iodine levels

Not Iodine deficient:	> 100 ug/L
Mild Iodine deficiency:	50 - 100 ug/L
Moderate Iodine deficiency:	20 - 49 ug/L
Severe Iodine deficiency:	<20 ug/L

To convert Iodine ug/L to Iodine nmol/L

ug/L x 7.88 = nmol/L

Reported by Sullivan and Nicolaides Pathology, a member of the Sonic Healthcare Group.

NATA ACCREDITATION NO 2178



Referrer Ms Alexandra Middleton

Address NUTRITIONIST NUTRITIONIST 50 BELLEVUE ROAD
BELLEVUE HILL NSW 2023

Phone 0410503376

Your ref. 278658797

Address 2/415 OCEAN BEACH RD MOUNT MAUNGANUI
NEW ZEALAND 0000

Phone +6421504093

Copy to

Requested 27/07/2018

Collected 27/07/2018 12:16 AEDT

Received 27/07/2018 12:17 AEDT

Vitamin B12 and Folate

Test Name	Result	Units	Reference Interval
Vitamin B12	277	pmol/L	135 - 650
Serum Folate	13.8	nmol/L	> 7.0

Comments

From 8 March 2014, active B12 (holotranscobalamin) testing will be performed on all patients with low or equivocal (at or below 340 pmol/L) total B12 results. Both tests are eligible for a Medicare rebate under these circumstances.

Supervising Pathologist: GC, NT

NATA ACCREDITATION NO 2178

Antinuclear Antibodies

ANA Not Detected

Comments

(Screened at a titre of 80)

Supervising Pathologist: KB

NATA ACCREDITATION NO 2178