

Referrer **Dr Jane Taylor**

Address GORDON FAMILY PRACTICE SHOP 2 GORDON SHOPS 114
LEWIS LUXTON AVENUE
GORDON ACT 2906

Phone 0262940990

Lab ID **942942196**

Your ref. 942942196

Address 1 CLISBY CLOSE
COOK ACT 2614

Phone 0423515505

DOB 08/07/1987 (35 Yrs FEMALE)

Copy to

Clinical Notes No Clinical Notes given

Requested 24/11/2022

Collected 17/12/2022 09:15

Received 17/12/2022 09:19

IRON STUDIES

Test Name	Result	Reference Interval	Units
Ferritin	50	15 - 200	ug/L

Iron stores within normal limits.

CA

NATA ACCREDITATION NO 3448

Reported on 17-12-2022 13:59

THYROID FUNCTION TESTS

Test Name	Result	Reference Interval	Units
Free T4	13.3	9.0 - 19.0	pmol/L
● TSH	0.02 L	0.40 - 3.5	mIU/L
Free T3	3.5	2.6 - 6.0	pmol/L

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THYROID ANTIBODIES

Test Name	Result	Reference Interval	Units
Anti-thyroglobulin Ab	1	<5	IU/mL
● Anti-thyroid peroxidase Ab	17 H	<6	IU/mL

Low levels of antibodies can occur in normal individuals (mainly elderly) and may also occur in non-thyroid autoimmune and chromosomal disorders.

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NATA ACCREDITATION NO 3448

Reported on 17-12-2022 14:26

VITAMIN B12 AND FOLATE STUDIES

Test Name	Result	Reference Interval	Units
Vit. B12	1361	>170	pmol/L
Active B12	>128	>35	pmol/L
Serum Folate	37.0	>5.9	nmol/L

Normal active Vitamin B12 (Holo-transcobalamin) and total Vitamin B12 levels indicate normal Vitamin B12 status.

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Reported on 17-12-2022 14:23

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VITAMIN STUDIES

Test Name	Result	Reference Interval	Units
25-OH Vitamin D	120	50 - 140	nmol/L

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.

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Reported on 17-12-2022 13:53

TRACE AND TOXIC ELEMENTS

P-ZINC	12.1	9.0 - 19.0	umol/L
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Reported on 20-12-2022 17:54

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VITAMIN STUDIES

Vitamin B6 (P5P) **360 H** 20 - 190 nmol/L

Sustained fasting B6 levels >250 nmol/L may be associated with a sensory neuropathy, although symptoms can take 3-6 months to develop at these levels. Symptoms will gradually resolve after B6 supplements are ceased. Energy drinks can contain vitamins including B6. Excessive intake of these drinks may produce elevated blood levels of B6.

To convert this Vitamin B6 result to mass units: nmol/L x 0.247 = mg/L

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NATA ACCREDITATION NO 3448

Reported on 21-12-2022 21:03

URINE METALS (RANDOM)

Creatinine 9.1 mmol/L
Selenium 0.5 umol/L
Selenium/Creatinine Ratio **55 H** <20 nmol/mmol

Please note SELUR collection date: 17/12/2022 00:00

SS

NATA ACCREDITATION NO 3448

Reported on 20-12-2022 18:30

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RANDOM URINE CHEMISTRY

Creatinine	9.1		mmol/L
Iodine	110	> 100	ug/L
Creatinine-corrected Urine Iodine	94 L	> 100	ug/L

Iodine levels are interpreted using the WHO criteria. However, the creatinine-corrected iodine level allows for iodine assessment in urine samples which are more dilute or concentrated than usual.

WHO classification of iodine deficiency - Urine Iodine levels:

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

To convert Iodine ug/L to Iodine nmol/L
 $\text{ug/L} \times 7.88 = \text{nmol/L}$

HMRC recommends supplementation of 150ug/day of Iodine to ensure that all women who are pregnant, breastfeeding or considering pregnancy have adequate iodine status. Women should not take kelp (seaweed) supplements or kelp based products because they may contain varying levels of iodine and may be contaminated with heavy metals such as mercury.

Please note IOUR collection date: 17/12/2022 00:00

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