

DE SOUZA SILVA, TAJH LUISI  
 5/12 REED STREET, CREMORNE. 2090  
**Phone:** 0414605755  
**Birthdate:** 17/07/1984 **Sex:** F **Medicare Number:** 2891593012  
**Your Reference:** C16E3DBC47 **Lab Reference:** 836681325-H-Haematology  
**Laboratory:** Douglass Hanly Moir Pathology  
**Addressee:** DR KALLIE SHAW **Referred by:** DR KALLIE SHAW

**Name of Test:** Haematology  
**Requested:** 01/09/2023 **Collected:** 08/09/2023 **Reported:** 08/09/2023  
 12:58

**Clinical notes:** recent change to carnivore diet

Clinical Notes : recent change to carnivore diet

#### HAEMATOLOGY

| Date               | 21/03/23  | 08/09/23       |                      |            |
|--------------------|-----------|----------------|----------------------|------------|
| Time F-Fast        | 1453      | 0744 F         |                      |            |
| Lab ID             | 886614379 | 836681325      | Units                | Reference  |
| <b>Haemoglobin</b> | 138       | <b>136</b>     | g/L                  | (119-160)  |
| RCC                | 5.0       | <b>4.8</b>     | x10 <sup>12</sup> /L | (3.8-5.8)  |
| Haematocrit        | 0.43      | <b>0.39</b>    |                      |            |
| (0.35-0.48)        |           |                |                      |            |
| MCV                | 86        | <b>82</b>      | fL                   | (80-100)   |
| MCH                | 27.9      | <b>28.4</b>    | pg                   |            |
| (27.0-32.0)        |           |                |                      |            |
| MCHC               | 325       | <b>347</b>     | g/L                  | (310-360)  |
| RDW                | 13.7      | <b>13.8</b>    |                      |            |
| (10.0-15.0)        |           |                |                      |            |
| <b>WCC</b>         | 7.2       | <b>5.8</b>     | x10 <sup>9</sup> /L  | (4.0-11.0) |
| Neutrophils        | 4.33      | <b>3.08</b>    | x10 <sup>9</sup> /L  | (2.0-7.5)  |
| Lymphocytes        | 2.22      | <b>2.20</b>    | x10 <sup>9</sup> /L  | (1.0-4.0)  |
| Monocytes          | 0.50      | <b>0.44</b>    | x10 <sup>9</sup> /L  | (0.0-1.0)  |
| Eosinophils        | 0.09      | <b>0.10</b>    | x10 <sup>9</sup> /L  | (0.0-0.5)  |
| Basophils          | 0.03      | <b>0.02</b>    | x10 <sup>9</sup> /L  | (0.0-0.3)  |
| NRBC               | <1.0      | <b>&lt;1.0</b> | /100 WBC             | (<1)       |
| <b>Platelets</b>   | 288       | <b>266</b>     | x10 <sup>9</sup> /L  | (150-450)  |
| ESR                | 14        |                | mm/h                 | (1-24)     |

Comments on Collection 08/09/23 0744 F:  
 Full blood count is within reference limits

NATA Accreditation No 2178

Tests Completed: FBC(e)  
 Tests Pending : LFT(s), C(s), UCreat(s), E(s), Iron(s), Lipids HDL(s),  
 CK(s), Vit D(s), TFT(s), HbA1c Diag(e)  
 Sample Pending :

DE SOUZA SILVA, TAJH LUISI  
5/12 REED STREET, CREMORNE. 2090  
**Phone:** 0414605755  
**Birthdate:** 17/07/1984 **Sex:** F **Medicare Number:** 2891593012  
**Your Reference:** C16E3DBC47 **Lab Reference:** 836681325-C-Lipids HDL(s)  
**Laboratory:** Douglass Hanly Moir Pathology  
**Addressee:** DR KALLIE SHAW **Referred by:** DR KALLIE SHAW

**Name of Test:** Lipids HDL(s)  
**Requested:** 01/09/2023 **Collected:** 08/09/2023 **Reported:** 08/09/2023  
13:28

**Clinical notes:** recent change to carnivore diet

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#### Lipids and HDL

| Status              | Fasting             |
|---------------------|---------------------|
| Cholesterol         | 4.2 mmol/L ( <5.5 ) |
| Triglycerides       | 1.4 mmol/L ( <2.0 ) |
| HDL Cholesterol     | 1.3 mmol/L ( >1.2 ) |
| LDL Cholesterol     | 2.3 mmol/L ( <3.0 ) |
| Non-HDL Cholesterol | 2.9 mmol/L ( <4.0 ) |

Comment on Lab ID 836681325

Please note that the above reference limits are decision limits.  
A flag based on these limits is an indication to review the absolute cardiovascular risk for the patient. For assessment of absolute cardiovascular disease risk please see [www.cvdcheck.org.au](http://www.cvdcheck.org.au)

The above decision limits are based on the European Atherosclerosis Society (EAS) and European Federation of Clinical Chemistry and Laboratory Medicine (EFLM) Consensus Statement 2016 and the Australasian Association of Clinical Biochemistry and Laboratory Medicine (AACB) Lipid Reporting Guideline 2018.

Lipid treatment targets for patients at high risk of cardiovascular disease:

|                     |  |
|---------------------|--|
| Total cholesterol   | <4.0 mmol/L                                  |
| Triglyceride        | <2.0 mmol/L                                  |
| HDL cholesterol     | >1.0 mmol/L                                  |
| LDL cholesterol     | <2.5 mmol/L (<1.8 mmol/L for very high risk) |
| Non-HDL cholesterol | <3.3 mmol/L (<2.5 mmol/L for very high risk) |

High risk - Primary prevention      Very high risk - Secondary prevention

Target values from the AACB Lipid Reporting Guideline 2018.

Please note that as there is a continuum of risk, benefits are obtained for any measured lipid components moving towards and beyond the various target levels.

NATA Accreditation No 2178

Tests Completed: LFT(s), C(s), UCreat(s), E(s), Lipids HDL(s), CK(s), FBC(e)  
Tests Pending : Iron(s), Vit D(s), TFT(s), HbA1c Diag(e)  
Sample Pending :



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**Phone:** 0414605755  
**Birthdate:** 17/07/1984 **Sex:** F **Medicare Number:** 2891593012  
**Your Reference:** C16E3DBC47 **Lab Reference:** 836681325-C-Iron Studies  
**Laboratory:** Douglass Hanly Moir Pathology  
**Addressee:** DR KALLIE SHAW **Referred by:** DR KALLIE SHAW

**Name of Test:** Iron Studies  
**Requested:** 01/09/2023 **Collected:** 08/09/2023 **Reported:** 08/09/2023  
13:58

**Clinical notes:** recent change to carnivore diet

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**IRON**

| Date        | 21/03/23  | 08/09/23  |        |            |
|-------------|-----------|-----------|--------|------------|
| Time F-Fast | 1453      | 0744 F    |        |            |
| Lab ID      | 886614379 | 836681325 | Units  | Reference  |
| Iron        |           | 16.5      | umol/L | (5.0-30.0) |
| Transferrin |           | 2.8       | g/L    | (2.0-3.6)  |
| TIBC (Calc) |           | 62        | umol/L | (46-77)    |
| Saturation  |           | 27        | %      | (10-45)    |
| Ferritin    | 78        | 57        | ug/L   | (15-200)   |

NATA Accreditation No 2178

Tests Completed: LFT(s), C(s), UCreat(s), E(s), Iron(s), Lipids HDL(s),  
CK(s), TFT(s), FBC(e)  
Tests Pending : Vit D(s), HbA1c Diag(e)  
Sample Pending :

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**Phone:** 0414605755  
**Birthdate:** 17/07/1984 **Sex:** F **Medicare Number:** 2891593012  
**Your Reference:** C16E3DBC47 **Lab Reference:** 836681325-E-Thyroid

Function

**Laboratory:** Douglass Hanly Moir Pathology  
**Addressee:** DR KALLIE SHAW **Referred by:** DR KALLIE SHAW

**Name of Test:** Thyroid Function  
**Requested:** 01/09/2023 **Collected:** 08/09/2023 **Reported:** 08/09/2023  
13:58

**Clinical notes:** recent change to carnivore diet

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**Thyroid Function**

TSH 1.88 mIU/L ( 0.40 - 3.50 )

Comment on Lab ID 836681325

NATA Accreditation No 2178

Tests Completed: LFT(s), C(s), UCreat(s), E(s), Iron(s), Lipids HDL(s),  
CK(s), TFT(s), FBC(e)  
Tests Pending : Vit D(s), HbA1c Diag(e)  
Sample Pending :

DE SOUZA SILVA, TAJH LUISI  
5/12 REED ST, CREMORNE. 2090  
**Phone:** 0414605755  
**Birthdate:** 17/07/1984 **Sex:** F **Medicare Number:** 2891593012  
**Your Reference:** C16E3DBC47 **Lab Reference:** 836681325-C-Vit D(s)  
**Laboratory:** Douglass Hanly Moir Pathology  
**Addressee:** DR KALLIE SHAW **Referred by:** DR KALLIE SHAW

**Name of Test:** Vit D(s)  
**Requested:** 01/09/2023 **Collected:** 08/09/2023 **Reported:** 08/09/2023  
14:28

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**25-OH Vitamin D**

Vitamin D 95 nmol/L ( 50 - 140 )

Comment on Lab ID 836681325

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.

NATA Accreditation No 2178

Tests Completed: LFT(s), C(s), UCreat(s), E(s), Iron(s), Lipids HDL(s), CK(s), Vit D(s), TFT(s), FBC(e)

Tests Pending : HbA1c Diag(e)

Sample Pending :

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**Phone:** 0414605755  
**Birthdate:** 17/07/1984 **Sex:** F **Medicare Number:** 2891593012  
**Your Reference:** C16E3DBC47 **Lab Reference:** 836681325-C-HbA1c  
**Laboratory:** Douglass Hanly Moir Pathology  
**Addressee:** DR KALLIE SHAW **Referred by:** DR KALLIE SHAW

**Name of Test:** HbA1c  
**Requested:** 01/09/2023 **Collected:** 08/09/2023 **Reported:** 08/09/2023  
15:28

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**Haemoglobin A1c**

|              |     |          |               |
|--------------|-----|----------|---------------|
| HbA1c (IFCC) | 33  | mmol/mol | ( 20 - 38 )   |
| HbA1c (NGSP) | 5.2 | %        | ( 4.0 - 5.6 ) |

Comment on Lab ID 836681325

HbA1c less than 48 mmol/mol (6.5%) does not exclude a diagnosis of diabetes mellitus based upon elevated glucose results. The existing diagnostic criteria for fasting and random glucose levels and for oral glucose tolerance testing remain valid, and are the diagnostic tests of choice for gestational diabetes, type 1 diabetes and in the presence of conditions that interfere with HbA1c measurement. Conditions which may affect the measured HbA1c value include any of the haemolytic anaemias, anaemia of chronic disease, severe liver disease, vitamin B12 and/or folate deficiency, the haemoglobinopathies and regular phlebotomy performed for medical indications or for blood donation.

It also should be noted that further investigation is required for any inexplicably low HbA1c level or significant discrepancy between HbA1c and glucose results.

NATA Accreditation No 2178

Tests Completed: LFT(s),C(s),UCreat(s),E(s),Iron(s),Lipids HDL(s),  
CK(s),Vit D(s),TFT(s), HbA1c Diag(e),FBC(e)

Tests Pending :

Sample Pending :

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**Phone:** 0414605755  
**Birthdate:** 17/07/1984 **Sex:** F **Medicare Number:** 2891593012  
**Your Reference:** C16E3DBC47 **Lab Reference:** 836681325-C-Biochemistry  
**Laboratory:** Douglass Hanly Moir Pathology  
**Addressee:** DR KALLIE SHAW **Referred by:** DR KALLIE SHAW

**Name of Test:** Biochemistry  
**Requested:** 01/09/2023 **Collected:** 08/09/2023 **Reported:** 08/09/2023  
 13:28

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#### BIOCHEMISTRY

| Date          | 21/03/23  | 08/09/23       |               |           |
|---------------|-----------|----------------|---------------|-----------|
| Time F-Fast   | 1453      | 0744 F         |               |           |
| Lab ID        | 886614379 | 836681325      | Units         | Reference |
| Status        | Random    | <b>Fasting</b> |               |           |
| Sodium        | 139       | <b>139</b>     | mmol/L        | (135-145) |
| Potassium     | 4.1       | <b>4.1</b>     | mmol/L        | (3.5-5.5) |
| Chloride      | 102       | <b>109</b>     | mmol/L        | (95-110)  |
| Bicarbonate   | 25        | <b>23</b>      | mmol/L        | (20-32)   |
| Urea          | 5.0       | <b>5.9</b>     | mmol/L        | (2.5-7.0) |
| Creatinine    | 65        | <b>70</b>      | umol/L        | (45-85)   |
| eGFR          | >90       | <b>&gt;90</b>  | mL/min/1.73m2 | (>59)     |
| Bili.Total    | 6         | <b>8</b>       | umol/L        | (3-15)    |
| ALP           | 57        | <b>55</b>      | U/L           | (20-105)  |
| GGT           | 19        | <b>21</b>      | U/L           | (5-35)    |
| LD            | 208       | <b>164</b>     | U/L           | (120-250) |
| AST           | 19        | <b>24</b>      | U/L           | (10-35)   |
| ALT           | 18        | <b>H 34</b>    | U/L           | (5-30)    |
| Total Protein | 70        | <b>L 65</b>    | g/L           | (68-85)   |
| Albumin       | 42        | <b>41</b>      | g/L           | (37-48)   |
| Globulin      | 28        | <b>24</b>      | g/L           | (23-39)   |
| Cholesterol   |           | <b>4.2</b>     | mmol/L        | (<5.5)    |
| Triglycerides |           | <b>1.4</b>     | mmol/L        | (<2.0)    |
| CK            |           | <b>74</b>      | U/L           | (30-150)  |

Comments on Collection 08/09/23 0744 F:  
 eGFR (mL/min/1.73m2) calculated by CKD-EPI formula - see [www.kidney.org.au](http://www.kidney.org.au)

NATA Accreditation No 2178

Tests Completed: LFT(s),C(s),UCreat(s),E(s),Lipids HDL(s),CK(s),FBC(e)  
 Tests Pending : Iron(s),Vit D(s),TFT(s), HbA1c Diag(e)  
 Sample Pending :