

<b>Patient Name:</b>	IEMMA, SARAH		
<b>Patient Address:</b>	4/33 BATTERY STREET, CLOVELLY 2031		
<b>D.O.B:</b>	1/07/1986	<b>Sex at Birth:</b>	F
<b>Medicare No.:</b>	2615720786	<b>IHI No.:</b>	
<b>Lab. Reference:</b>	837926468-C-E557	<b>Provider:</b>	dhm
<b>Addressee:</b>	DR JESSICA ELMASRY	<b>Referred by:</b>	Dr Jessica Elmasry
<b>Date Requested:</b>	22/12/2023	<b>Date Performed:</b>	29/12/2023
<b>Date Collected:</b>	29/12/2023	<b>Complete:</b>	Final
<b>Specimen:</b>			
<b>Subject(Test Name):</b>	CORTISOL		
<b>Clinical Information:</b>			

Clinical Notes : \*TELEHEALTH, fertility tests, sub-fertility + fatigue + excess urination

#### Cortisol

Cortisol am	444	nmol/L	( 138 - 650 )
Collection Time	0827	Hrs	

Comment on Lab ID 837926468

NATA Accreditation No 2178

Tests Completed: Prog21(s),Glu(s),Lipids HDL(s),Insulin(s),CortAM(s),Thyroid Abs(s)  
 Tests Pending : Zn(s),Cu(s)  
 Sample Pending :

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**Patient Address:** 4/33 BATTERY STREET, CLOVELLY 2031  
**D.O.B:** 1/07/1986  
**Medicare No.:** 2615720786  
**Lab. Reference:** 837926468-E-B423  
**Addressee:** DR JESSICA ELMASRY

**Sex at Birth:** F  
**IHI No.:**  
**Provider:** dhm  
**Referred by:** Dr Jessica Elmasry

**Date Requested:** 22/12/2023  
**Date Collected:** 29/12/2023

**Date Performed:** 29/12/2023  
**Complete:** Final

**Specimen:**  
**Subject(Test Name):** PROG21(S)  
**Clinical Information:**

Clinical Notes : \*TELEHEALTH, fertility tests, sub-fertility +  
fatigue + excess urination

**Progesterone (21 Days)**

Progesterone (21 Days) 50.9 nmol/L

Comment on Lab ID 837926468

Progesterone	Follicular phase	0.3 - 4.0
	Luteal phase	5.5 - 90.0
	Midluteal	8.5 - 110.0
	Post-menopausal	<2.6

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Tests Completed: Prog21(s), Glu(s), Lipids HDL(s), Insulin(s), Thyroid Abs(s)  
Tests Pending : Zn(s), Cu(s), CortAM(s)  
Sample Pending :

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**D.O.B:** 1/07/1986  
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**Lab. Reference:** 837926468-C-E613  
**Addressee:** DR JESSICA ELMASRY  
**Sex at Birth:** F  
**IHI No.:**  
**Provider:** dhm  
**Referred by:** Dr Jessica Elmasry  
**Date Requested:** 22/12/2023  
**Date Collected:** 29/12/2023  
**Specimen:**  
**Subject(Test Name):** TG OR THY AB (S)  
**Clinical Information:**

Clinical Notes : \*TELEHEALTH, fertility tests, sub-fertility + fatigue + excess urination

**Thyroglobulin and/or Thyroid Antibodies**

Thyroglobulin Ab	1.2	IU/mL	(	<4.1	)
Thyroid Peroxidase Ab	0.8	IU/mL	(	<5.6	)

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Tests Pending : Prog21(s),Zn(s),Cu(s),CortAM(s)  
Sample Pending :

**Sex at Birth:** F  
**IHI No.:**  
**Provider:** dhm  
**Referred by:** Dr Jessica Elmasry

**Date Requested:** 22/12/2023  
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**Complete:** Final

**Specimen:**  
**Subject(Test Name):** INSULIN(S)  
**Clinical Information:**

Clinical Notes : \*TELEHEALTH, fertility tests, sub-fertility + fatigue + excess urination

Insulin

(Abbott Architect Method)

Insulin, Fasting	4	mU/L	( 0 - 20 )
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Comment on Lab ID 837926468

In a non-pregnant patient, serum insulin(s) >80 mU/L following a 75g oral glucose load and/or fasting insulin(s) >14 mU/L (in the absence of insulinoma) are consistent with insulin resistance. Post-load insulin(s) of 60 - 80 mU/L and/or fasting insulin(s) of 10 - 14 mU/L are suggestive of insulin resistance and follow-up may be indicated in the presence of risk factors such as obesity or a positive family history.

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Tests Pending : Prog21(s),Zn(s),Cu(s),CortAM(s)  
Sample Pending :

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**D.O.B:** 1/07/1986 **Sex at Birth:** F  
**Medicare No.:** 2615720786 **IHI No.:**  
**Lab. Reference:** 837926468-C-C205 **Provider:** dhm  
**Addressee:** DR JESSICA ELMASRY **Referred by:** Dr Jessica Elmasry  
  
**Date Requested:** 22/12/2023 **Date Performed:** 29/12/2023  
**Date Collected:** 29/12/2023 **Complete:** Final  
**Specimen:**  
**Subject(Test Name):** LIPIDS HDL(S)  
**Clinical Information:**

Clinical Notes : \*TELEHEALTH, fertility tests, sub-fertility + fatigue + excess urination

#### Lipids and HDL

Status	Fasting				
Cholesterol	4.8	mmol/L	(	<5.5	)
Triglycerides	0.7	mmol/L	(	<2.0	)
HDL Cholesterol	1.9	mmol/L	(	>1.2	)
LDL Cholesterol	2.6	mmol/L	(	<3.0	)
Non-HDL Cholesterol	2.9	mmol/L	(	<4.0	)

Comment on Lab ID 837926468

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.

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**Lab. Reference:** 837926468-C-C924  
**Addressee:** DR JESSICA ELMASRY  
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**IHI No.:**  
**Provider:** dhm  
**Referred by:** Dr Jessica Elmasry  
**Date Requested:** 22/12/2023  
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**Specimen:**  
**Subject(Test Name):** \_GLUCOSE  
**Clinical Information:**

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fatigue + excess urination

**Glucose**

Glucose Fasting 5.1 mmol/L ( 3.6 - 6.0 )

Comment on Lab ID 837926468

Diabetes is unlikely if fasting glucose levels are less than 5.5 mmol/L but an OGTT could be indicated in the presence of risk factors such as metabolic syndrome, past gestational diabetes, polycystic ovary or family history of type 2 diabetes.

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Sample Pending :

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**Lab. Reference:** 837926468-C-C731  
**Addressee:** DR JESSICA ELMASRY  
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**IHI No.:**  
**Provider:** dhm  
**Referred by:** Dr Jessica Elmasry  
**Date Requested:** 22/12/2023  
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**Specimen:**  
**Subject(Test Name):** METALS, BLOOD  
**Clinical Information:**

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**Heavy Metals**

Serum Copper	17	umol/L	( 12 - 22 )
Serum Zinc	13	umol/L	( 10 - 18 )

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Insulin(s),CortAM(s),Thyroid Abs(s)

Tests Pending :  
Sample Pending :