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Requested 31/05/2022
Collected 14/06/2022 12:48 AEDT
Received 14/06/2022 12:50 AEDT

Test Name	Result	Units	Reference Interval	
● 25-OH Vit.D	44 L	nmol/L	> 49	See notes

Notes

25-OH Vit.D: Vitamin D testing is Medicare Rebataable.

Comments

Vitamin D Status	25-OH Vitamin D nmol/L
Indeterminate	50 - 75
Mild Deficiency	30 - 49
Moderate Deficiency	12.5 - 29
Severe Deficiency	<12.5

The results show Vitamin D deficiency.

Repeat testing should be undertaken 2 - 3 months after the commencement of treatment (e.g. supplementation or increased sun exposure).

60% of all Tasmanians presenting for the first time for Vitamin D testing (at the end of winter) show deficiency and on average in any season of the year 44% of Tasmanians are Vitamin D deficient.

Low sun exposure is the main cause of deficiency - living or working indoors, residing in the southern latitudes such as Tasmania, covering up exposed skin and avoiding outdoor activities are contributing factors. Vitamin D deficiency is a major contributing factor to demineralising bone disease such as osteoporosis. As well, recent research shows that it may be associated with other chronic diseases, including certain cancers and autoimmune diseases.

CA

Reported on 15-06-2022 14:37