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## PERSONAL HEALTH REPORT

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<b>Name:</b>	Shawna Zacharias
<b>Period:</b>	Last 30 Days
<b>Report Generation:</b>	Apr 25, 2024 01:01:27 PM

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Demographic Information

Name	Shawna Zacharias
Date of Birth	Dec 31, 1990
Sex	Female
Primary Email	shawna1827@gmail.com

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Blood Sugars

No information available

Lab Results

Apr 8, 2024 09:56 AM		Ordered By GALAS, MATTHEW	
Urinalysis			Status: Final
Test Name Color, Urine	Result Yellow	Reference Range (Units) -	Abnormality -
Result Comment Reference Range Comment: Colorless, Yellow, Amber			
Test Name Clarity, Urine	Result Clear	Reference Range (Units) Clear	Abnormality -
Test Name Specific Gravity, Urine	Result ≤1.005	Reference Range (Units) 1.005 - 1.030	Abnormality -
Test Name pH, Urine	Result 7.0	Reference Range (Units) 5.0-8.0	Abnormality -
Test Name Leukocytes, Urine	Result Negative Leu/uL	Reference Range (Units) Negative (Leu/uL)	Abnormality -
Test Name Nitrite, Urine	Result Negative	Reference Range (Units) Negative	Abnormality -
Test Name Protein, Urine	Result Negative g/L	Reference Range (Units) Negative (g/L)	Abnormality -
Test Name Glucose, Urine	Result Negative mmol/L	Reference Range (Units) Negative (mmol/L)	Abnormality -
Test Name Ketones, Urine	Result Negative mmol/L	Reference Range (Units) Negative (mmol/L)	Abnormality -
Test Name Blood, Urine	Result Negative Ery/uL	Reference Range (Units) Negative (Ery/uL)	Abnormality -

Apr 8, 2024 09:56 AM		Ordered By GALAS, MATTHEW	
Insulin			Status: Final
Test Name Insulin	Result 59 pmol/L	Reference Range (Units) <120 (pmol/L)	Abnormality -
Result Comment Insulin may be higher in non-fasting specimens compared to fasting specimens. Reference range provided is for fasting specimens.			

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Apr 8, 2024 09:56 AM

Ordered By  
GALAS, MATTHEW

## Free T4

Status: Final

Test Name	Result	Reference Range (Units)	Abnormality
T4, Free	14.5 pmol/L	10.0-25.0 (pmol/L)	-
<b>Result Comment</b> Biotin taken in doses >1 mg/day may interfere. For interpretation of the test results in pregnancy refer to the care pathway at <a href="http://bit.ly/3Zv9fe4">http://bit.ly/3Zv9fe4</a> .			

Apr 8, 2024 09:56 AM

Ordered By  
GALAS, MATTHEW

## Hemoglobin A1c

Status: Final

Test Name	Result	Reference Range (Units)	Abnormality
Hemoglobin A1c	5.1 %	4.3-5.9 (%)	-
<b>Result Comment</b> Most patients with diabetes require HbA1c monitoring with one test per 3 months. HbA1c results are affected by RBC lifespan (e.g. higher in iron deficiency, lower in chronic blood loss) and hemoglobin disorders. Recommended HbA1c treatment target: 7.0% or lower for most males and non-pregnant females. Treatment target should be tailored to each individual, taking into account risk factors for hypoglycemia. (2018 Diabetes Canada Guidelines)			

Apr 8, 2024 09:56 AM

Ordered By  
HARTWIG, EZEKIEL

## Thyroid Stimulating Hormone (TSH)

Status: Final

Test Name	Result	Reference Range (Units)	Abnormality
Thyroid Stimulating Hormone (TSH)	1.38 mIU/L	0.20-6.50 (mIU/L)	-
<b>Result Comment</b> For interpretation of the test results in pregnancy refer to the care pathway at <a href="http://bit.ly/3Zv9fe4">http://bit.ly/3Zv9fe4</a> .			

Apr 8, 2024 09:56 AM

Ordered By  
HARTWIG, EZEKIEL

## Cortisol, Random

Status: Final

Test Name	Result	Reference Range (Units)	Abnormality
Cortisol, Random	336 nmol/L	85-620 (nmol/L)	-

Apr 8, 2024 09:56 AM

Ordered By  
GALAS, MATTHEW

## Free T3

Status: Final

Test Name	Result	Reference Range (Units)	Abnormality
T3, Free	4.8 pmol/L	3.0-6.5 (pmol/L)	-
<b>Result Comment</b> For interpretation of the test results in pregnancy refer to the care pathway at <a href="http://bit.ly/3Zv9fe4">http://bit.ly/3Zv9fe4</a> .			

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Apr 8, 2024 09:56 AM		Ordered By GALAS, MATTHEW	
Glucose, Fasting			Status: Final
Test Name Glucose, Fasting	Result 5.2 mmol/L	Reference Range (Units) 3.3-6.0 (mmol/L)	Abnormality -
Test Name Hours Fasting	Result 12.0 hour(s)	Reference Range (Units) -	Abnormality -

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Apr 8, 2024 09:56 AM		Ordered By GALAS, MATTHEW	
CBC and Differential			Status: Final
Test Name Auto WBC	Result 6.8 10*9/L	Reference Range (Units) 4.0-11.0 (10*9/L)	Abnormality -
Test Name RBC	Result 4.44 10*12/L	Reference Range (Units) 3.80-5.20 (10*12/L)	Abnormality -
Test Name Hemoglobin	Result 143 g/L	Reference Range (Units) 120-160 (g/L)	Abnormality -
Test Name Hematocrit	Result 0.42 L/L	Reference Range (Units) 0.36-0.48 (L/L)	Abnormality -
Test Name MCV	Result 94 fL	Reference Range (Units) 80-100 (fL)	Abnormality -
Test Name MCHC	Result 345 g/L	Reference Range (Units) 310-360 (g/L)	Abnormality -
Test Name RDW	Result 12.4 %	Reference Range (Units) <16.0 (%)	Abnormality -
Test Name Platelets	Result 240 10*9/L	Reference Range (Units) 140-400 (10*9/L)	Abnormality -
Test Name Neutrophil Absolute	Result 4.4 10*9/L	Reference Range (Units) 1.8-7.5 (10*9/L)	Abnormality -
Test Name Immature Granulocytes Absolute	Result 0.0 10*9/L	Reference Range (Units) 0.0-0.1 (10*9/L)	Abnormality -
Test Name Lymphocytes Absolute	Result 1.6 10*9/L	Reference Range (Units) 0.5-4.5 (10*9/L)	Abnormality -
Test Name Monocytes Absolute	Result 0.7 10*9/L	Reference Range (Units) 0.0-1.1 (10*9/L)	Abnormality -
Test Name Eosinophils Absolute	Result 0.1 10*9/L	Reference Range (Units) 0.0-0.7 (10*9/L)	Abnormality -
Test Name Basophils Absolute	Result 0.0 10*9/L	Reference Range (Units) 0.0-0.3 (10*9/L)	Abnormality -

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Medication (Fills)

Medication Name	Prescription Number	Pharmacy Name	Days Supply	Date Filled	Source	Notes
FLUTICASONONE 50 MCG NASAL SPRAY		Pharmasave #397	60	Jun 19, 2023 12:00 AM		
COMPOUND PRESCRIPTION: Unspecified Ingredient(s)		Strathcona Prescription Centre	100	Dec 30, 2022 12:00 AM		
FLUTICASONONE 50 MCG NASAL SPRAY		Pharmasave #397	60	Jul 4, 2022 12:00 AM		

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