

MINT

MINT CLINIC

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24/04/2024

Dr Chris Neil

Heartwise
58A Whitehorse Road
Deepline VIC 3103
Telephone Number: 1300870772
Fax Number: 0386790579

Re: Mr. Brett Ottley

Date of Birth: 13/01/1961

Address: P.O Box 2196
Humpty Doo, NT, 0836, AU

Telephone Number: 0428831456

Medicare Details: 2309936759 1

Dear Chris,

Thank you for seeing Mr. Brett Ottley who presents with the following symptoms:

Presenting symptoms:

Please kindly review his recent lipid profile. He has been on the carnivore diet. However, recent CAC score has indicated a moderate risk for heart disease. We would like your opinion on further testing.

He doesn't complain of chest pain or shortness of breath. His main symptoms are anxiety and low energy in the day. He is extremely active. Lives alone in the Northern Territory. He is in a relationship. We've been investigating reasons for erectile dysfunction which he has suffered from for many years, hence the cardiac profile testing.

Please note normal fasting insulin and high morning cortisol.

Relevant history:

He's currently working with Dr Gina Claxton, Clinical Psychologist, who believes he has mild depression and anxiety. He has worked with Natalie West -Nutritional Psychotherapist in 2023, again working on mood and using carnivore diet to support this.

Relevant Blood results:

Monday, March 18, 2024

Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 20/03/2024

Status: **Abnormal**

Action: No Action

Notified: 20/03/2024
Type: Pathology

MR BRETT OTTLEY
PO BOX 2196
HUMPTY DOO NT 0836
DOB: 13/01/1961 Gender: M
Medicare Number: IHI Number: DVA Number:
Patient Contact Number: 0428831456

Department: CH - Chemistry
Lab: AUSTRALIAN CLINICAL LABS Lab Reference Number: 24-88355336-MC0-0
Principal Result Interpreter:
Requesting Provider: DR SHAMISTRA BARATHAN Requested Date: 28/02/2024
Collected Date: 04/03/2024 Reported Date: 04/03/2024
Result Status: F - Final
Result Copies To:

CORTISOL MASTER

CLINICAL NOTES: ED,?Prediabetes,?Low testosterone,?Prolactin, inte

ENDOCRINOLOGY		SPECIMEN: SERUM/PLASMA/URINE	
CORTISOL STUDIES			
Date:	04/03/24	24/03/23	
Coll. Time:	08:30	08:30	
Lab Number:	88355336	76600755	

Date collect.	04/03/24	24/03/23	
Time collect.	08:30	08:30	
Pl.Cortisol(AM)	*** 1052	538	(110 - 550) nmol/L

88355336 Elevated cortisol value which may be seen with physiological states (eg stress response) or pathological conditions. A dexamethasone suppression test may be indicated.

HIX-R MBA-R LIP-R FSH-R LH-R OST-R PRL-R TSH-R GLS-R INS-R T

All tests on this request have now been completed

Date of collection	04/03/24	N - Normal, applies only to non-numeric values.	04/03/2024 10:17
Collection Time	08:30	N - Normal, applies only to non-numeric values.	04/03/2024 10:17
Plasma Cortisol (am)	1052 nmol/L	(110 - 550)	HH - Above upper panic limits

18/03/2024 14:31

Comment:

Elevated cortisol value which may be seen with physiological states (eg stress response) or patholog

Thursday, March 07, 2024
Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 07/03/2024
Status: Normal
Action: No Action

Notified: 20/03/2024
Type: Pathology

MR BRETT OTTLEY
PO BOX 2196
HUMPTY DOO NT 0836
DOB: 13/01/1961 Gender: M
Medicare Number: IHI Number: DVA Number:
Patient Contact Number: 0428831456

Department: CH - Chemistry
Lab: AUSTRALIAN CLINICAL LABS Lab Reference Number: 24-88352286-ACT-0
Principal Result Interpreter:
Requesting Provider: DR SHAMISTRA BARATHAN Requested Date: 28/02/2024
Collected Date: 07/03/2024 Reported Date: 07/03/2024
Result Status: F - Final
Result Copies To:

ACTH

CLINICAL NOTES:

ENDOCRINOLOGY					
ADRENOCORTICOTROPHIC HORMONE			SPECIMEN: PLASMA		
Date	Time	Lab No.	ACTH	Units	Range
05/03/24	08:00	88352286	20	pg/ml	(< 46)

ACTH is measured by Immunoassay on a Siemens IMMULITE.

Validated by Dr. D. Deam

ACT-C

All tests on this request have now been completed

Panel Free Text

Validated by Dr. D. Deam

Adrenocorticotrophic Hormone	20	pg/ml	(< 46)	N - Normal, applies only to non-numeric values.
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07/03/2024 16:14

COMMENT

ACTH is measured by Immunoassay on a Siemens IMMULITE.

Thursday, March 07, 2024
Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 07/03/2024
Status: Normal
Action: No Action
Notified: 20/03/2024
Type: Pathology

MR BRETT OTTLEY
PO BOX 2196

HUMPTY D00 NT 0836
DOB: 13/01/1961 Gender: M
Medicare Number: IHI Number: DVA Number:
Patient Contact Number: 0428831456

Department: CH - Chemistry
Lab: **AUSTRALIAN CLINICAL LABS** Lab Reference Number: **24-88355336-IGF-0**
Principal Result Interpreter:
Requesting Provider: **DR SHAMISTRA BARATHAN** Requested Date: 28/02/2024
Collected Date: 04/03/2024 Reported Date: 07/03/2024
Result Status: F - Final
Result Copies To:

INSULIN GROWTH FACTOR-1

CLINICAL NOTES: ED,?Prediabetes,?Low testosterone,?Prolactin, inte

BIOCHEMISTRY

INSULIN-LIKE GROWTH FACTOR -1 SPECIMEN: SERUM

Date	Time	Lab No.	IGF-1	Units	Ref. Range
04/03/24	08:30	88355336	19.6	nmol/L	(5.6 - 28.6)

IGF1 test was performed on Siemens Immulite XPI.
As of 17/01/2018, revised and validated Age specific Reference Ranges apply (from Siemens Ref. IMC 18-November 2017).

HIX-R MBA-R LIP-R FSH-R LH-R OST-R PRL-R TSH-R GLS-R INS-R T

This request has other tests in progress at the time of reporting

Insulin Growth Factor-1	19.6	nmol/L	(5.6 - 28.6)	N - Normal, applies only to non-numeric values.
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07/03/2024 15:26
COMMENT

IGF1 test was performed on Siemens Immulite XPI.
As of 17/01/2018, revised and validated Age specific Reference Ranges apply (from Siemens Ref. IMC 1

Wednesday, March 06, 2024
Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 06/03/2024
Status: Normal
Action: No Action
Notified: 20/03/2024
Type: Pathology

MR BRETT OTTLEY
PO BOX 2196
HUMPTY D00 NT 0836
DOB: 13/01/1961 Gender: M
Medicare Number: IHI Number: DVA Number:
Patient Contact Number: 0428831456

Department: CH - Chemistry
Lab: **AUSTRALIAN CLINICAL LABS** Lab Reference Number: **24-88355336-HIX-0**
Principal Result Interpreter:
Requesting Provider: **DR SHAMISTRA BARATHAN** Requested Date: 28/02/2024

Collected Date: 04/03/2024 Reported Date: 06/03/2024
Result Status: F - Final
Result Copies To:

HOMA INDEX

CLINICAL NOTES: ED, ?Prediabetes, ?Low testosterone, ?Prolactin, inte

ENDOCRINOLOGY

HOMA INDEX

SPECIMEN: SERUM

Date	Time	Lab No.	Homa Index	Ref range
04/03/24	08:30	88355336	1.5	(0.7 - 2.4)

HIX-C MBA-R LIP-R FSH-R LH-R OST-R PRL-R TSH-R GLS-R INS-R T

This request has other tests in progress at the time of reporting

HOMA Index	1.5	(0.7 - 2.4)	N - Normal, applies only to non-numeric values.	06/03/2024 12:40
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Tuesday, March 05, 2024
Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 05/03/2024
Status: Normal
Action: No Action
Notified: 20/03/2024
Type: Pathology

MR BRETT OTTLEY
PO BOX 2196
HUMPTY DOO NT 0836
DOB: 13/01/1961 Gender: M
Medicare Number: IHI Number: DVA Number:
Patient Contact Number: 0428831456

Department: CH - Chemistry
Lab: **AUSTRALIAN CLINICAL LABS** Lab Reference Number: **24-88355336-HOR-0**
Principal Result Interpreter:
Requesting Provider: **DR SHAMISTRA BARATHAN** Requested Date: 28/02/2024
Collected Date: 04/03/2024 Reported Date: 05/03/2024
Result Status: F - Final
Result Copies To:

HORMONES

CLINICAL NOTES: ED, ?Prediabetes, ?Low testosterone, ?Prolactin, inte

ENDOCRINOLOGY

HORMONE STUDIES

SPECIMEN: SERUM

Date: 04/03/24
Coll. Time: 08:30
Lab Number: 88355336

FSH	50	IU/L (2 - 18)
LH	7	IU/L (< 6)
Prolactin (mIU/L)	103	mIU/L (45 - 375)
Oestradiol	61	pmol/L (< 150)

Prolactin test is performed using Siemens Centaur/Atellica system.

Validated by B. Souza

MBA-R LIP-R FSH-C LH-C OST-C PRL-C TSH-R GLS-R HIX-W INS-R T

This request has other tests in progress at the time of reporting

Panel Free Text

Validated by B. Souza

Follicle Stimulating Hormone	50	IU/L	(2 - 18)	H - Above high normal
05/03/2024 15:35				
Lutenizing Hormone	7	U/L	(< 6)	H - Above high normal
05/03/2024 15:35				
Serum Oestradiol	61	pmol/L	(< 150)	N - Normal, applies only to non-numeric values.
05/03/2024 15:37				
Serum Prolactin	103	mIU/L	(45 - 375)	N - Normal, applies only to non-numeric values.
05/03/2024 15:35				
PROLACTIN METHOD				

Prolactin test is performed using Siemens Centaur/Atellica system.

Tuesday, March 05, 2024

Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 05/03/2024

Status: **Abnormal**

Action: No Action

Notified: 20/03/2024

Type: **Pathology**

MR BRETT OTTLEY

PO BOX 2196

HUMPTY DOO NT 0836

DOB: 13/01/1961 Gender: M

Medicare Number: IHI Number:

DVA Number:

Patient Contact Number: 0428831456

Department: CH - Chemistry

Lab: **AUSTRALIAN CLINICAL LABS**

Lab Reference Number: **24-88355336-LS-0**

Principal Result Interpreter:

Requesting Provider: **DR SHAMISTRA BARATHAN**

Requested Date: 28/02/2024

Collected Date: 04/03/2024

Reported Date: 05/03/2024

Result Status: F - Final

Result Copies To:

LIPID STUDIES

CLINICAL NOTES: ED,?Prediabetes,?Low testosterone,?Prolactin, inte

BIOCHEMISTRY

LIPID STUDIES

SPECIMEN: SERUM

Date:	04/03/24	24/03/23	29/07/22	Desirable Range	
Lab Number:	88355336	76600755	67337900	(Fasting)	
Fasting Status	Fasting	Fasting	Fasting		
Total Chol.	* 8.9	* 7.5	* 6.7	(< 5.6)	mmol/L
HDL Chol.	1.5	1.8	1.5	(> 0.9)	mmol/L
LDL Chol.	** 6.9	* 5.2	* 4.8	(< 3.1)	mmol/L
Non-HDL Chol.	* 7.4	* 5.7	* 5.2	(< 4.1)	mmol/L
Triglyceride	1.1	1.1	0.8	(< 2.1)	mmol/L
LDL/HDL Ratio	4.6	2.9	3.2		
Chol/HDL Ratio	5.9	4.2	4.5		

88355336 Marked elevation in LDL-Cholesterol. This level of LDL Cholesterol is suggestive of Familial Hypercholesterolemia. Interpret in conjunction with other cardiovascular risk factors or treatment targets.

Please note, from 27/09/2023, modified lipid reference ranges apply.

Recommended targets for high risk patients are

Total cholesterol < 4.0 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)
Fasting triglycerides < 2.0 mmol/L

Lipid ranges and targets are from the AACB Guideline for Harmonised Lipid Reporting (2018)

Target values need to be individualised based on clinical assessment of overall risk.

See the AusCVD Risk calculator at www.cvdcheck.org.au

Validated by B. Sonza

MBA-R LIP-C FSH-V LH-V OST-V PRL-V TSH-R GLS-R HIX-W INS-R T

This request has other tests in progress at the time of reporting

Panel Free Text

Validated by B. Sonza

Fasting status	Fasting	N - Normal, applies only to non-numeric values.			04/03/2024 18:30
Total Cholesterol	8.9	mmol/L	(< 5.6)	H - Above high normal	
05/03/2024 15:21					
Triglycerides	1.1	mmol/L	(< 2.1)	N - Normal, applies only to non-numeric values.	
05/03/2024 15:21					
H.D.L. Cholesterol	1.5	mmol/L	(> 0.9)	N - Normal, applies only to non-numeric values.	
05/03/2024 15:21					

L.D.L. Cholesterol	6.9	mmol/L	(< 3.1)	H - Above high normal
05/03/2024 15:21				
Non-HDL Cholesterol	7.4	mmol/L	(< 4.1)	H - Above high normal
05/03/2024 15:21				
LDL/HDL Ratio (Risk Factor)	4.6	N - Normal, applies only to non-numeric values.		05/03/2024 15:21
Chol/HDL Ratio (Risk Factor)	5.9	N - Normal, applies only to non-numeric values.		05/03/2024 15:21

Lipid Comment:

Marked elevation in LDL-Cholesterol. This level of LDL Cholesterol is suggestive of Familial Hyperch

Ref Range

Desirable Range (Fasting)

HIGH RISK LDL REF RANGE

Recommended targets for high risk patients are

Total cholesterol	< 4.0 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

Lipid ranges and targets are from the AACB Guideline for Harmonised Lipid Reporting (2018)

Target values need to be individualised based on clinical assessment of overall risk.

See the AusCVD Risk calculator at www.cvdcheck.org.au

COMMENT

Please note, from 27/09/2023, modified lipid reference ranges apply.

Tuesday, March 05, 2024

Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 05/03/2024

Status: Normal

Action: Clinical Action

Notified: 20/03/2024

Type: Pathology

MR BRETT OTTLEY

PO BOX 2196

HUMPTY DOO NT 0836

DOB: 13/01/1961 Gender: M

Medicare Number: IHI Number: DVA Number:

Patient Contact Number: 0428831456

Department: CH - Chemistry

Lab: **AUSTRALIAN CLINICAL LABS**

Lab Reference Number: **24-88355336-AGN-0**

Principal Result Interpreter:

Requesting Provider: **DR SHAMISTRA BARATHAN**

Requested Date: 28/02/2024

Collected Date: 04/03/2024

Reported Date: 05/03/2024

Result Status: F - Final

Result Copies To:

ANDROGEN STUDIES

CLINICAL NOTES: ED,?Prediabetes,?Low testosterone,?Prolactin, inte

ANDROGEN STUDIES

SPECIMEN: SERUM

Date: 04/03/24 22/05/23
Time: 08:30 08:16
Lab Number: 88355336 78423506

Testosterone 10.7 12.4 nmol/L (6.0 - 28.0)
SHBG re-std. 36 nmol/L (15 - 50)

88355336 Within normal limits. Increased LH level noted.

Testosterone II and SHBG are assayed on the Siemens Centaur/Atellica.

MBA-R LIP-V FSH-V LH-V OST-V PRL-V TSH-R GLS-R HIX-W INS-C T

This request has other tests in progress at the time of reporting

Testosterone 10.7 nmol/L (6.0 - 28.0) N - Normal, applies only to non-numeric values.

05/03/2024 16:14

Comment:

Within normal limits. Increased LH level noted.

INST COMM

Testosterone II and SHBG are assayed on the Siemens Centaur/Atellica.

Tuesday, March 05, 2024
Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 05/03/2024
Status: Normal
Action: No Action
Notified: 20/03/2024
Type: Pathology

MR BRETT OTTLEY
PO BOX 2196
HUMPTY DOO NT 0836
DOB: 13/01/1961 Gender: M
Medicare Number: IHI Number: DVA Number:
Patient Contact Number: 0428831456

Department: CH - Chemistry
Lab: AUSTRALIAN CLINICAL LABS Lab Reference Number: 24-88355336-THA-0
Principal Result Interpreter:
Requesting Provider: DR SHAMISTRA BARATHAN Requested Date: 28/02/2024
Collected Date: 04/03/2024 Reported Date: 05/03/2024
Result Status: F - Final
Result Copies To:

THYROID AUTOANTIBODIES

CLINICAL NOTES: ED,?Prediabetes,?Low testosterone,?Prolactin, inte

BIOCHEMISTRY - THYROID AUTOANTIBODIES - CUMULATIVE
 SPECIMEN: SERUM

Date	Lab Number	aTGII (IU/ml) (< 4.5)	aTPO (U/ml) (< 60)
04/03/24	88355336	< 1.3	32
24/03/23	76600755	< 1.3	< 28

Key:

aTGII - anti-thyroglobulin antibodies

aTPO - anti-thyroid peroxidase antibodies

Anti-ThyroGlobulin assay (aTGII) is standardised to the WHO International Reference Preparation, Human (NIBSC 65/093) and is performed on the Siemens Centaur/Atellica Immunoassay systems.

Normal thyroid antibodies.

MBA-R LIP-V FSH-V LH-V OST-V PRL-V TSH-R GLS-R HIX-W INS-C T

This request has other tests in progress at the time of reporting

Thyroid peroxidase antibody 32 U/mL (< 60) N - Normal, applies only to non-numeric values.

05/03/2024 16:11

Thyroglobulin antibodies < 1.3 IU/mL (< 4.5) N - Normal, applies only to non-numeric values.

05/03/2024 16:14

Comment:

Normal thyroid antibodies.

COMMENT

Key:

aTGII - anti-thyroglobulin antibodies

aTPO - anti-thyroid peroxidase antibodies

Anti-ThyroGlobulin assay (aTGII) is standardised to the WHO International Reference Preparation, Hum

Tuesday, March 05, 2024

Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 05/03/2024

Status: Normal

Action: No Action

Notified: 20/03/2024

Type: Pathology

MR BRETT OTTLEY

PO BOX 2196

HUMPTY D00 NT 0836

DOB: 13/01/1961 Gender: M

Medicare Number: IHI Number: DVA Number:

Patient Contact Number: 0428831456

Department: CH - Chemistry
Lab: AUSTRALIAN CLINICAL LABS Lab Reference Number: 24-88355336-INS-0
Principal Result Interpreter:
Requesting Provider: DR SHAMISTRA BARATHAN Requested Date: 28/02/2024
Collected Date: 04/03/2024 Reported Date: 05/03/2024
Result Status: F - Final
Result Copies To:

INSULIN

CLINICAL NOTES: ED,?Prediabetes,?Low testosterone,?Prolactin, inte

ENDOCRINOLOGY

INSULIN STUDIES			SPECIMEN: SERUM		
Date	Time	Lab No.	Insulin	Ref Range	Units
04/03/24	08:30	88355336		6 (See below)	mU/L
24/03/23	08:30	76600755		5	

Insulin Reference Ranges:

	Fasting	2 - 12 mU/L
	2hr post prandial	5 - 30 mU/L

MBA-R LIP-V FSH-V LH-V OST-V PRL-V TSH-R GLS-R HIX-W INS-C T

This request has other tests in progress at the time of reporting

Insulin	6	mU/L	(See below)	N - Normal, applies only to non-numeric values.
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05/03/2024 16:02
RANGE

Insulin Reference Ranges:

	Fasting	2 - 12 mU/L
	2hr post prandial	5 - 30 mU/L

Tuesday, March 05, 2024
Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 05/03/2024
Status: Normal
Action: No Action
Notified: 20/03/2024
Type: Pathology

MR BRETT OTTLEY
PO BOX 2196
HUMPTY DOO NT 0836
DOB: 13/01/1961 Gender: M
Medicare Number: IHI Number: DVA Number:
Patient Contact Number: 0428831456

Department: CH - Chemistry
Lab: AUSTRALIAN CLINICAL LABS Lab Reference Number: 24-88355336-ISM-0
Principal Result Interpreter:
Requesting Provider: DR SHAMISTRA BARATHAN Requested Date: 28/02/2024
Collected Date: 04/03/2024 Reported Date: 05/03/2024
Result Status: F - Final
Result Copies To:

IRON STUDIES

CLINICAL NOTES: ED,?Prediabetes,?Low testosterone,?Prolactin, inte

BIOCHEMISTRY

IRON STUDIES

SPECIMEN: SERUM

Date: 04/03/24 24/03/23 23/03/22
Lab Number: 88355336 76600755 61896727

Iron	13	(10.0 - 30.0) umol/L
Transferrin *	1.87	(2.10 - 3.80) g/L
Saturation	27	(15 - 50) %
Ferritin	301	188 285 (30 - 500) ug/L

88355336 Low transferrin may be due to acute and chronic inflammatory disease (negative acute phase reactant) or protein losing states.

MBA-R LIP-V FSH-W LH-W OST-W PRL-W TSH-C GLS-R HIX-W INS-W T

This request has other tests in progress at the time of reporting

Iron	13	umol/L	(10.0 - 30.0)	N - Normal, applies only to non-numeric values.
05/03/2024 15:21				
Transferrin	1.87	g/L	(2.10 - 3.80)	L - Below low normal
05/03/2024 15:21				
Transferrin Saturation	27	%	(15 - 50)	N - Normal, applies only to non-numeric values.
05/03/2024 15:35				
Ferritin	301	ug/L	(30 - 500)	N - Normal, applies only to non-numeric values.

05/03/2024 15:35

Comment:

Low transferrin may be due to acute and chronic inflammatory disease (negative acute phase reactant)

Tuesday, March 05, 2024
Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 05/03/2024
Status: Normal
Action: No Action
Notified: 20/03/2024
Type: Pathology

MR BRETT OTTLEY
PO BOX 2196
HUMPTY DOO NT 0836
DOB: 13/01/1961 Gender: M
Medicare Number: IHI Number: DVA Number:
Patient Contact Number: 0428831456

Department: CH - Chemistry
Lab: AUSTRALIAN CLINICAL LABS Lab Reference Number: 24-88355336-TSH-0
Principal Result Interpreter:
Requesting Provider: DR SHAMISTRA BARATHAN Requested Date: 28/02/2024

Collected Date: 04/03/2024 Reported Date: 05/03/2024
Result Status: F - Final
Result Copies To:

THYROID STIMULATING HORM

CLINICAL NOTES: ED,?Prediabetes,?Low testosterone,?Prolactin, inte

ENDOCRINOLOGY

THYROID FUNCTION ASSAYS				SPECIMEN: SERUM	
Date:	04/03/24	24/03/23	23/03/22	28/10/21	
Coll. Time:	08:30	08:30	08:21	08:40	
Lab Number:	88355336	76600755	61896727	56065335	

Free T4		14.4		11.8	pmol/L (9.0 - 25.0)
TSH	2.52	1.85	2.10	1.29	mIU/L (0.40 - 4.00)
Free T3		4.0		4.1	pmol/L (3.5 - 6.5)

88355336 Normal TSH level.
Thyroid antibodies to follow.

MBA-R LIP-V FSH-W LH-W OST-W PRL-W TSH-C GLS-R HIX-W INS-W T

This request has other tests in progress at the time of reporting

Thyroid Stimulating Hormone	2.52	mIU/L	(0.40 - 4.00)	N - Normal, applies only to non-numeric values.
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05/03/2024 15:35

Comment:

Normal TSH level.
Thyroid antibodies to follow.

Tuesday, March 05, 2024
Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 05/03/2024
Status: Normal
Action: No Action
Notified: 20/03/2024
Type: Pathology

MR BRETT OTTLEY
PO BOX 2196
HUMPTY DOO NT 0836
DOB: 13/01/1961 Gender: M
Medicare Number: IHI Number: DVA Number:
Patient Contact Number: 0428831456

Department: CH - Chemistry
Lab: AUSTRALIAN CLINICAL LABS Lab Reference Number: 24-88355336-BFM-0
Principal Result Interpreter:
Requesting Provider: DR SHAMISTRA BARATHAN Requested Date: 28/02/2024
Collected Date: 04/03/2024 Reported Date: 05/03/2024
Result Status: F - Final
Result Copies To:

B12, FOLATE (SERUM/RBC)

CLINICAL NOTES: ED,?Prediabetes,?Low testosterone,?Prolactin, inte

BIOCHEMISTRY

VITAMIN B12 AND FOLATE

SPECIMEN: SERUM/BLOOD

Date: 04/03/24 24/03/23 23/03/22
Time: 08:30 08:30 08:21
Lab Number: 88355336 76600755 61896727

Vitamin B12	439	372	448	pmol/L
Folate	23.3	11.7	19.8	nmol/L

88355336 Normal B12 and folate results.

RANGES	B12	Serum Folate	Red Cell Folate
Normal	> 180	> 10.0	> 450
Equivocal	150 - 180	5.0 - 10.0	350 - 450
Deficient	< 150	< 5.0	< 350

Vitamin B12 and Folate analyses are performed on the Siemens Centaur/ Atellica.

MBA-C LIP-V FSH-W LH-W OST-W PRL-W TSH-W GLS-C HIX-W INS-W T

This request has other tests in progress at the time of reporting

Vitamin B12	439	pmol/L	N - Normal, applies only to non-numeric values.	05/03/2024 15:32
Serum Folate	23.3	nmol/L	N - Normal, applies only to non-numeric values.	05/03/2024 15:32

Comment:

Normal B12 and folate results.

REF RANGE

RANGES	B12	Serum Folate	Red Cell Folate
Normal	> 180	> 10.0	> 450
Equivocal	150 - 180	5.0 - 10.0	350 - 450
Deficient	< 150	< 5.0	< 350

COMMENT

Vitamin B12 and Folate analyses are performed on the Siemens Centaur/ Atellica.

Tuesday, March 05, 2024
Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 05/03/2024
Status: Normal
Action: No Action
Notified: 20/03/2024
Type: Pathology

MR BRETT OTTLEY
PO BOX 2196
HUMPTY DOO NT 0836
DOB: 13/01/1961 Gender: M
Medicare Number: IHI Number: DVA Number:
Patient Contact Number: 0428831456

Department: CH - Chemistry
Lab: **AUSTRALIAN CLINICAL LABS** Lab Reference Number: **24-88355336-MBI-0**
Principal Result Interpreter:
Requesting Provider: **DR SHAMISTRA BARATHAN** Requested Date: 28/02/2024
Collected Date: 04/03/2024 Reported Date: 05/03/2024
Result Status: F - Final
Result Copies To:

GENERAL CHEMISTRY

CLINICAL NOTES: ED,?Prediabetes,?Low testosterone,?Prolactin, inte

GENERAL CHEMISTRY		SPECIMEN: SERUM	
Sodium	140 mmol/L (135 - 145)	Calcium	2.28 mmol/L (2.10 - 2.60)
Pot.	4.6 mmol/L (3.5 - 5.2)	Adj. Ca	2.29 mmol/L (2.10 - 2.60)
Chlor.	105 mmol/L (95 - 110)		
Bicarb.	26 mmol/L (22 - 32)	Phos.	1.40 mmol/L (0.75 - 1.50)
		T.Prot.	70 g/L (60 - 80)
Urea	7.2 mmol/L (4.0 - 9.0)	Albumin	39 g/L (35 - 50)
Creat.	100 umol/L (60 - 110)	Glob.	31 g/L (23 - 39)
eGFR	69 mL/min/1.73m2 (> 59)	Alk.Phos	52 U/L (30 - 110)
Urate	0.43 mmol/L (0.18 - 0.47)	Bili.	14 umol/L (3 - 20)
		GGTP	< 7 U/L (5 - 50)
		AST	27 U/L (5 - 35)
		ALT	26 U/L (5 - 40)
		LD	141 U/L (120 - 250)

Within reference intervals.

MBA-C LIP-V FSH-W LH-W OST-W PRL-W TSH-W GLS-C HIX-W INS-W T

This request has other tests in progress at the time of reporting

Sodium	140	mmol/L	(135 - 145)	N - Normal, applies only to non-numeric values.
05/03/2024 15:14				
Potassium	4.6	mmol/L	(3.5 - 5.2)	N - Normal, applies only to non-numeric values.
05/03/2024 15:14				
Chloride	105	mmol/L	(95 - 110)	N - Normal, applies only to non-numeric values.
05/03/2024 15:14				
Bicarbonate	26	mmol/L	(22 - 32)	N - Normal, applies only to non-numeric values.
05/03/2024 15:14				
Urea	7.2	mmol/L	(4.0 - 9.0)	N - Normal, applies only to non-numeric values.
05/03/2024 15:21				
Creatinine	100	umol/L	(60 - 110)	N - Normal, applies only to non-numeric values.

05/03/2024 15:21	Albumin	39	g/L	(35 - 50)	N - Normal, applies only to non-numeric values.
05/03/2024 15:14	Total Protein	70	g/L	(60 - 80)	N - Normal, applies only to non-numeric values.
05/03/2024 15:21	Bilirubin (Total)	14	umol/L	(3 - 20)	N - Normal, applies only to non-numeric values.
05/03/2024 15:21	Gamma GT	< 7	U/L	(5 - 50)	N - Normal, applies only to non-numeric values.
05/03/2024 15:23	Alkaline Phosphatase	52	U/L	(30 - 110)	N - Normal, applies only to non-numeric values.
05/03/2024 15:21	AST	27	U/L	(5 - 35)	N - Normal, applies only to non-numeric values.
05/03/2024 15:21	ALT	26	U/L	(5 - 40)	N - Normal, applies only to non-numeric values.
05/03/2024 15:21	LD	141	U/L	(120 - 250)	N - Normal, applies only to non-numeric values.
05/03/2024 15:21	Phosphate	1.40	mmol/L	(0.75 - 1.50)	N - Normal, applies only to non-numeric values.
05/03/2024 15:21	Calcium	2.28	mmol/L	(2.10 - 2.60)	N - Normal, applies only to non-numeric values.
05/03/2024 15:16	Urate	0.43	mmol/L	(0.18 - 0.47)	N - Normal, applies only to non-numeric values.
05/03/2024 15:17	Comment:				
	Within reference intervals.				
	eGFR	69	mL/min/1.73m2	(> 59)	N - Normal, applies only to non-numeric values.
05/03/2024 15:23	Adjusted Calcium	2.29	mmol/L	(2.10 - 2.60)	N - Normal, applies only to non-numeric values.
05/03/2024 15:23	Globulin	31	g/L	(23 - 39)	N - Normal, applies only to non-numeric values.
05/03/2024 15:23					

Tuesday, March 05, 2024
Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 05/03/2024
Status: Abnormal
Action: No Action
Notified: 20/03/2024
Type: Pathology

MR BRETT OTTLEY
PO BOX 2196
HUMPTY DOO NT 0836
DOB: 13/01/1961 Gender: M
Medicare Number: IHI Number: DVA Number:
Patient Contact Number: 0428831456
Department: CH - Chemistry
Lab: AUSTRALIAN CLINICAL LABS Lab Reference Number: 24-88355336-GLS-0
Principal Result Interpreter:
Requesting Provider: DR SHAMISTRA BARATHAN Requested Date: 28/02/2024
Collected Date: 04/03/2024 Reported Date: 05/03/2024
Result Status: F - Final
Result Copies To:

GLUCOSE

CLINICAL NOTES: ED,?Prediabetes,?Low testosterone,?Prolactin, inte

BIOCHEMISTRY

Date	Time	Lab#	Collection Type	Specimen	Glucose (mmol/L)
04/03/24	08:30	88355336	Fasting	serum *	5.5
24/03/23	08:30	76600755	Fasting	fl-ox	4.9
29/07/22	Not stated	67337900	Fasting	fl-ox	5.0
23/03/22	08:21	61896727	Fasting	fl-ox	4.6
28/10/21	08:40	56065335	Fasting	fl-ox	4.6

88355336 Borderline fasting glucose.
Suggest glucose tolerance test or HbA1c if at risk for diabetes.
Otherwise annual fasting glucose is advised.

Glucose Reference Ranges
Random 3.0 - 6.9 mmol/L
Fasting 3.0 - 5.4 mmol/L
1 Hour post prandial 3.0 - 11.0 mmol/L
2 Hour post prandial 3.0 - 7.7 mmol/L
Specimen Legend:
Fl-ox = Fluoride oxalate, serum = Serum, np = Non-Preserved

MBA-W LIP-V FSH-W LH-W OST-W PRL-W TSH-W GLS-C HIX-W INS-W T
This request has other tests in progress at the time of reporting

Glucose 5.5 mmol/L H - Above high normal 05/03/2024 15:21

Comment:
Borderline fasting glucose.
Suggest glucose tolerance test or HbA1c if at risk for diabetes. Otherwise annual fasting glucose is

Glucose Reference Ranges
Random 3.0 - 6.9 mmol/L
Fasting 3.0 - 5.4 mmol/L
1 Hour post prandial 3.0 - 11.0 mmol/L
2 Hour post prandial 3.0 - 7.7 mmol/L
Specimen Legend:
Fl-ox = Fluoride oxalate, serum = Serum, np = Non-Preserved

Specimen collected

08:30

Specimen Type

Fasting

CONTAINER

serum

Monday, March 04, 2024
Requested by Shamistra Barathan

Checked by Dr Shamistra Barathan on 04/03/2024
Status: Abnormal
Action: No Action
Notified: 20/03/2024
Type: Pathology

MR BRETT OTTLEY
PO BOX 2196
HUMPTY DOO NT 0836
DOB: 13/01/1961 Gender: M
Medicare Number: IHI Number: DVA Number:
Patient Contact Number: 0428831456

Department: HM - Hematology
Lab: AUSTRALIAN CLINICAL LABS Lab Reference Number: 24-88355336-HAE-0
Principal Result Interpreter:
Requesting Provider: DR SHAMISTRA BARATHAN Requested Date: 28/02/2024
Collected Date: 04/03/2024 Reported Date: 04/03/2024
Result Status: F - Final
Result Copies To:

ROUTINE HAEMATOLOGY

CLINICAL NOTES: ED,?Prediabetes,?Low testosterone,?Prolactin, inte

HAEMATOLOGY			SPECIMEN: WHOLE BLOOD	
Date:	04/03/24	24/03/23	29/07/22	(#Refers to current result only)
Coll. Time:	08:30	08:30	NS	
Lab Number:	#88355336	76600755	67337900	

HAEMOGLOBIN	145	145	141 (125 - 175)	g/L
RBC	4.73	4.84	4.66 (4.50 - 6.50)	x10 ^12 /L
HCT	0.44	0.43	0.42 (0.40 - 0.55)	
MCV	92	89	91 (80 - 99)	fL
MCH	30.7	30.0	30.3 (27.0 - 34.0)	pg
MCHC	333	337	333 (310 - 360)	g/L
RDW	12.7	13.0	12.5 (11.0 - 15.0)	%

WCC	*	3.6	*	3.8	*	3.5 (4.0 - 11.0)	x10 ^9 /L
Neutrophils		2.5		2.5		2.1 (2.0 - 8.0)	x10 ^9 /L
Lymphocytes	*	0.8		1.1		1.1 (1.0 - 4.0)	x10 ^9 /L
Monocytes		0.2		0.2		0.2 (< 1.1)	x10 ^9 /L
Eosinophils		< 0.1		< 0.1		< 0.1 (< 0.7)	x10 ^9 /L
Basophils		0.0		0.0		< 0.1 (< 0.3)	x10 ^9 /L
PLATELETS		234		242		332 (150 - 450)	x10 ^9 /L
ESR						8 (< 21)	mm/h

#88355336 : No significant FBE abnormality.

GLS-W HIX-W INS-W TSH-W THA-W IGF-W TES-W BFO-W FBE-C LFH-W

This request has other tests in progress at the time of reporting

HAEMOGLOBIN	145	g/L	(125 - 175)	N - Normal, applies only to non-numeric values.	
04/03/2024 15:36					
RCC	4.73	x10*12/L	(4.50 - 6.50)	N - Normal, applies only to non-numeric values.	
04/03/2024 15:36					
RDW	12.7	%	(11.0 - 15.0)	N - Normal, applies only to non-numeric values.	
04/03/2024 15:36					
MCV	92	fL	(80 - 99)	N - Normal, applies only to non-numeric values.	
04/03/2024 15:36					
Platelets	234	x10*9/L	(150 - 450)	N - Normal, applies only to non-numeric values.	
04/03/2024 15:36					
White Cell Count	3.6	x10*9/L	(4.0 - 11.0)	L - Below low normal	
04/03/2024 15:36					
Lymphocytes	0.8	x10*9/L	(1.0 - 4.0)	L - Below low normal	
04/03/2024 15:37					
Monocytes	0.2	x10*9/L	(< 1.1)	N - Normal, applies only to non-numeric values.	
04/03/2024 15:37					
Neutrophils	2.5	x10*9/L	(2.0 - 8.0)	N - Normal, applies only to non-numeric values.	
04/03/2024 15:37					
Eosinophils	< 0.1	x10*9/L	(< 0.7)	N - Normal, applies only to non-numeric values.	
04/03/2024 15:37					
Basophils	0.0	x10*9/L	(< 0.3)	N - Normal, applies only to non-numeric values.	
04/03/2024 15:37					
HCT	0.44	(0.40 - 0.55)	N - Normal, applies only to non-numeric values.	04/03/2024 15:37	
MCH	30.7	pg	(27.0 - 34.0)	N - Normal, applies only to non-numeric values.	
04/03/2024 15:37					
MCHC	333	g/L	(310 - 360)	N - Normal, applies only to non-numeric values.	

values.

04/03/2024 15:37

COMMENT

#88355336 : No significant FBE abnormality.

Relevant medical history:

Condition

Serum zinc level low - 05/04/2023

Serum vitamin B12 low - 05/04/2023

Folic acid deficiency - 05/04/2023

Depression - 22/03/2023

Chronic fatigue syndrome - 22/03/2023

Hypercholesterolaemia - 22/03/2023

Sleep apnoea - 22/03/2023

Anxiety - 22/03/2023

Medication History:

Allergies: No known allergies

Many thanks for your input,

Warm Regards

DocuSigned by:

081B02FA193B478...

Dr Shamistra Barathan (Provider Number: 438348AT)

MBBS, FRACGP, FACNEM, DFFP, DRCOG