

Referrer Ms Pip Smith

Address PIP SMITH HLTH CONSULTING 64 SCENIC ROAD  
YOUNG NSW 2594

Phone 0439360092

Lab ID 868517868

DOB 14/01/1982 (40 Yrs FEMALE)

Your ref. .

Address 46 SUNSHINE ST  
MANLY VALE NSW 2093

Phone 0404566722

Copy to

Requested 05/02/2022

Clinical Notes NO HISTORY

Collected 05/02/2022 08:34

Received 05/02/2022 08:42

### C Reactive Protein (High Sens)

Test Name	Result	Units	Reference Interval
CRP	2.1	mg/L	0.0 - 5.0

NATA ACCREDITATION NO 2178

Reported on 05-02-2022 18:25

### 25-OH Vitamin D

Test Name	Result	Units	Reference Interval
● Vitamin D	178 H	nmol/L	50 - 140

### Comments

Test repeated and result confirmed.  
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

Reported on 07-02-2022 09:59

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#### Heavy Metals

Serum Copper 18 umol/L 12 - 22

NATA ACCREDITATION NO 2178

Reported on 10-02-2022 14:05

#### Blood Metals

Zinc-plasma 16.9 umol/L 9.0 - 19.0

Reported by Sullivan and Nicolaides Pathology, a member of the Sonic Healthcare Group.

#### Comments

Reported by Sullivan and Nicolaides Pathology, a member of the Sonic Healthcare Group.

NATA ACCREDITATION NO 2178

Reported on 08-02-2022 15:35

#### Homocysteine

Homocysteine 6.7 umol/L 5.0 - 12.0

NATA ACCREDITATION NO 2178

Reported on 07-02-2022 09:37

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## Random Urine Iodine

R-U-Creatinine	8.2	mmol/L	
Urine iodine	49 L	ug/L	> 100
Creat Corr. Iodine	44 L	ug/L	> 100

## Comments

Iodine levels are interpreted using the WHO criteria. However, the creatinine-corrected iodine level allows for iodine assessment in urine samples which are more dilute or concentrated than usual.

WHO classification of iodine deficiency - Urine Iodine levels:

Not Iodine deficient:	> 100 ug/L	urine
Mild Iodine deficiency:	50 - 100 ug/L	urine
Moderate Iodine deficiency:	20 - 49 ug/L	urine
Severe Iodine deficiency:	< 20	ug/L urine

To convert Iodine ug/L to Iodine nmol/L  
 $\text{ug/L} \times 7.88 = \text{nmol/L}$

HMRC recommends supplementation of 150ug/day of Iodine to ensure that all women who are pregnant, breastfeeding or considering pregnancy have adequate iodine status. Women should not take kelp (seaweed) supplements or kelp based products because they may contain varying levels of iodine and may be contaminated with heavy metals such as mercury.

Reported by Sullivan and Nicolaides Pathology, a member of the Sonic Healthcare Group.

NATA ACCREDITATION NO 2178

Reported on 08-02-2022 14:36

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## Vitamin B12 and Folate

Test Name	Result	Units	Reference Interval
Vitamin B12	583	pmol/L	135 - 650

## Comments

From 8 March 2014, active B12 (holotranscobalamin) testing will be performed on all patients with low or equivocal (at or below 340 pmol/L) total B12 results. Both tests are eligible for a Medicare rebate under these circumstances.

NATA ACCREDITATION NO 2178

Reported on 05-02-2022 18:56