

Hi Henry,

How are you going with your healthy eating plan? Hopefully you are making those adjustments and eating enough protein from different sources and plenty of vegetables.

I do need further information:

- When did you start taking Crestor?
  - When did you start taking Coversil?
  - Did you fast prior to your blood test 7/5/24
  - Do you have copies of any old blood tests so I can see what your cholesterol was like before taking Crestor?
- 07.11.2020 -  
17.05.2020

I also need you to ask your doctor for some more blood tests. Please fast overnight before these tests.

- FBC for red and white cells
- Lft
- Iron Studies
- Zinc
- Homocysteine
- ESR
- Lipids

If you are worried about your heart you can ask for a coronary artery score.

CARFAX-FOSTER, MARE  
 9A MINCHINBURY ST, EASTERN CREEK. 2766  
 Phone: 0296755513  
 Birthdate: 27/01/1963 Sex: M Medicare Number: 3227614216  
 Your Reference: 00408528 Lab Reference: 20-25941049-LIP-0  
 Laboratory: Laverty Pathology  
 Addressee: DR TEOFISTA DE VERA Referred by: DR TEOFISTA DE VERA

Name of Test: LIPID STUDIES (LIP-0)  
 Requested: 07/11/2020 Collected: 08/11/2020 Reported: 08/11/2020  
 18:14

LIPID STUDIES

Request Number	15627584	20008509	22827135	25941049
Date Collected	7 Aug 18	7 Sep 19	2 May 20	8 Nov 20
Time Collected	18:48	11:08	09:02	08:34
Specimen Type: Serum				

Reference intervals are included for reference only, and interpretation / treatment goals should be guided by patient-specific cardiovascular risk assessment (see Australian Cardiovascular Risk Charts. Alternatively, the web-site [www.cvdcheck.org.au](http://www.cvdcheck.org.au) can be accessed in order to complete a risk assessment for individual patients.)

Haemolysis	Nil	Nil	Nil	Nil
Icterus	Nil	Nil	Nil	Nil
Lipaemia	Nil	Nil	Nil	Nil

Fasting status		Random	Fasting	Fasting	Fasting
Chol (3.9-5.2)	mmol/L	4.2	5.8	5.8	4.1
Trig (0.5-1.7)	mmol/L	1.8	2.4	2.7	1.0
HDL (1.0-2.0)	mmol/L	1.1	1.1	1.1	1.2
LDL (1.5-3.4)	mmol/L	2.3	3.6	3.5	2.4
Non-HDL (< 3.4)	mmol/L	3.1	4.7	4.7	2.9
Chol/HDL(< 5.0)		3.8	5.3	5.3	3.4

NVDPA TARGET LIPID RANGES (MMOL/L) FOR PATIENTS AT HIGH / MODERATE RISK OF CARDIOVASCULAR DISEASE:

TOTAL CHOLESTEROL	<4.0
TRIGS (FASTING)	<2.0
HDL-C	>= 1.0
LDL-C	<2.0
NON HDL-C	<2.5

LDL-C exceeds target for higher risk patients and may be excessive in some individuals.

Requested Tests : GLU, MBA\*, LIP, A1C\*