



409 High Street Northcote 3070
301 Albert Street Brunswick 3056

reception@turnthecorner.com.au or 1300 557 502

06/08/2024

Dear Ki,

RE: Ki Grondowski
17/2 West St
Brunswick VIC 3056
Mobile 0405 206 371 DOB: 28/05/1989
Medicare Kim Grondowski 3454349404 1

Results below:

Meloxicam 15mg Capsule	1 Capsule Daily p.r.n.
Metformin 500mg Tablet	1 Tablet Daily.
Ponstan 250mg Capsule	2 Capsules Three times a day p.r.n.
Propranolol 10mg Tablet	1-2 Twice a day.

GRONDOWSKI, KIM KI
17/2 WEST STREET, BRUNSWICK. 3056
Phone: 0405206371
Birthdate: 28/05/1989 **Sex:** F **Medicare Number:** 34543494041
Your Reference: 00142874 **Lab Reference:** 24-20331601-HAE-0
Laboratory: AUSTRALIAN CLINICAL LABS
Addressee: DR STEFAN PANCZAK **Referred by:** DR STEFAN PANCZAK

Name of Test: HAEMATOLOGY GENERAL
Requested: 12/03/2024 Collected: 01/08/2024 Reported: 01/08/2024
18:44

CLINICAL NOTES: adhd,iron def,myalgia,restrictive diet

HAEMATOLOGY

SPECIMEN: WHOLE BLOOD

Date: 01/08/24 (#Refers to current
Coll. Time: 10:16 result only)
Lab Number: #20331601

HAEMOGLOBIN	134	(115 - 165) g/L
RBC	4.55	(3.80 - 5.50)x10 ¹² /L
HCT	0.40	(0.35 - 0.47)
MCV	89	(80 - 99) fL
MCH	29.5	(27.0 - 34.0)pg
MCHC	331	(310 - 360) g/L
RDW	13.1	(11.0 - 15.0)%
WCC	9.3	(4.0 - 11.0) x10 ⁹ /L
Neutrophils	5.6	(2.0 - 8.0) x10 ⁹ /L
Lymphocytes	2.8	(1.0 - 4.0) x10 ⁹ /L
Monocytes	0.6	(< 1.1) x10 ⁹ /L
Eosinophils	0.3	(< 0.7) x10 ⁹ /L
Basophils	< 0.1	(< 0.3) x10 ⁹ /L
PLATELETS	277	(150 - 450) x10 ⁹ /L
ESR	12	(< 21) mm/h

#20331601 : Normal full blood count. ESR is normal.

ES2-C CRP-W GLS-W GHB-W OHD-W ESR-C FBE-C IS-W LIP-W CPM-W E

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

GRONDOWSKI, KIM KI
17/2 WEST STREET, BRUNSWICK. 3056
Phone: 0405206371
Birthdate: 28/05/1989 Sex: F Medicare Number: 34543494041
Your Reference: 00142874 Lab Reference: 24-20331601-GHB-0
Laboratory: AUSTRALIAN CLINICAL LABS
Addressee: DR STEFAN PANCZAK Referred by: DR STEFAN PANCZAK

Name of Test: GLYCATED HB
Requested: 12/03/2024 Collected: 01/08/2024 Reported: 01/08/2024
20:13

CLINICAL NOTES: adhd,iron def,myalgia,restrictive diet

BIOCHEMISTRY

HAEMOGLOBIN A1c

SPECIMEN: WHOLE BLOOD

Date	Coll Time	Req. No.	IFCC HbA1c (mmol/mol)	DCCT HbA1c (%)
01/08/24	10:16	20331601	37	5.5

20331601 HbA1c consistent with euglycaemic state.

INTERPRETATION CRITERIA

DIAGNOSIS.

A HbA1c greater than or equal to 48 mmol/mol (6.5 %) is consistent with diabetes. Consider OGTT or repeat HbA1c for confirmation.
HbA1c 6.0 - 6.4% is consistent with prediabetes. Repeat testing annually is recommended. (ADS position statement 2020)

MONITORING.

The Australian Diabetes Society (ADS) recommends individualised HbA1c targets depending on the patient's age, comorbidities and any Hypoglycaemia (ADS position statement 2009).
A general target of less than or equal to 53 mmol/mol (7.0%) is often used.

Please note that Hb Alc results may be influenced by conditions affecting red cells or their survival times such as haemoglobinopathies, anaemias, recent transfusion or blood loss.

HbA1c tested on Roche c513 using Gen. 3 assay.

ES2-R CRP-W GLS-W GHB-C OHD-W ESR-R FBE-R IS-W LIP-W CPM-W E

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

GRONDOWSKI, KIM KI

17/2 WEST STREET, BRUNSWICK. 3056

Phone: 0405206371

Birthdate: 28/05/1989 Sex: F Medicare Number: 34543494041

Your Reference: 00142874 Lab Reference: 24-20331601-CRP-0

Laboratory: AUSTRALIAN CLINICAL LABS

Addressee: DR STEFAN PANCZAK Referred by: DR STEFAN PANCZAK

Name of Test: C-REACTIVE PROTEIN

Requested: 12/03/2024 Collected: 01/08/2024 Reported: 01/08/2024

20:29

CLINICAL NOTES: adhd,iron def,myalgia,restrictive diet

BIOCHEMISTRY

C REACTIVE PROTEIN (CRP)

SPECIMEN: SERUM

Date	Time	Lab No.	CRP	Units	Ref. Range
01/08/24	10:16	20331601	< 0.7	mg/L	(< 3.0)

In the setting of infection, CRP levels >100 mg/L are supportive of bacterial rather than viral aetiology.

Note results from this CRP assay should not be used for cardiac risk assessment. Please request the high sensitivity assay (hsCRP) instead.

ES2-R CRP-C GLS-W GHB-R OHD-W ESR-R FBE-R IS-W LIP-W CPM-W E

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

GRONDOWSKI, KIM KI

17/2 WEST STREET, BRUNSWICK. 3056

Phone: 0405206371

Birthdate: 28/05/1989 Sex: F Medicare Number: 34543494041

Your Reference: 00142874 Lab Reference: 24-20331601-MBI-0

Laboratory: AUSTRALIAN CLINICAL LABS

Addressee: DR STEFAN PANCZAK Referred by: DR STEFAN PANCZAK

Name of Test: MULTIPLE BIOCHEM ANALYSIS
Requested: 12/03/2024 **Collected:** 01/08/2024 **Reported:** 01/08/2024
20:29

CLINICAL NOTES: adhd,iron def,myalgia,restrictive diet

GENERAL CHEMISTRY

SPECIMEN: SERUM

Date: 01/08/24
Coll. Time: 10:16
Lab Number: 20331601

Sodium	136	(135 - 145)	mmol/L
Potassium	4.3	(3.5 - 5.2)	mmol/L
Chloride	103	(95 - 110)	mmol/L
Bicarbonate	24	(22 - 32)	mmol/L
Urea	3.7	(3.0 - 7.0)	mmol/L
Creatinine	66	(45 - 90)	umol/L
eGFR	> 90	(> 59) mL/min/1.73m2	
Calcium	2.48	(2.10 - 2.60)	mmol/L
Adj. Ca.	2.45	(2.10 - 2.60)	mmol/L
Magnesium	0.77	(0.70 - 1.10)	mmol/L
Phosphate	1.13	(0.75 - 1.50)	mmol/L
T.Protein	73	(60 - 80)	g/L
Albumin	42	(35 - 50)	g/L
Globulin	31	(23 - 39)	g/L
ALP	55	(30 - 110)	U/L
Bilirubin	10	(3 - 20)	umol/L
GGT	15	(5 - 35)	U/L
AST	21	(5 - 30)	U/L
ALT	15	(5 - 35)	U/L

20331601 Within reference intervals.

ES2-R CRP-C GLS-C GHB-R OHD-C ESR-R FBE-R IS-C LIP-C CPM-C E

All tests on this request have now been completed

GRONDOWSKI, KIM KI
17/2 WEST STREET, BRUNSWICK. 3056
Phone: 0405206371

Birthdate: 28/05/1989 **Sex:** F **Medicare Number:** 34543494041

Your Reference: 00142874 **Lab Reference:** 24-20331601-GLS-0

Laboratory: AUSTRALIAN CLINICAL LABS

Addressee: DR STEFAN PANCZAK **Referred by:** DR STEFAN PANCZAK

Name of Test: GLUCOSE
Requested: 12/03/2024 **Collected:** 01/08/2024 **Reported:** 01/08/2024
20:29

CLINICAL NOTES: adhd,iron def,myalgia,restrictive diet

BIOCHEMISTRY

GLUCOSE

Date	Time	Lab#	Collection Type	Specimen	Glucose (mmol/L)
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01/08/24 10:16 20331601 Fasting serum * **5.5**

20331601 Borderline fasting glucose.

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

ES2-R CRP-C GLS-C GHB-R OHD-C ESR-R FBE-R IS-C LIP-C CPM-C E

All tests on this request have now been completed

GRONDOWSKI, KIM KI

17/2 WEST STREET, BRUNSWICK. 3056

Phone: 0405206371

Birthdate: 28/05/1989 **Sex:** F **Medicare Number:** 34543494041

Your Reference: 00142874 **Lab Reference:** 24-20331601-OHD-0

Laboratory: AUSTRALIAN CLINICAL LABS

Addressee: DR STEFAN PANCZAK **Referred by:** DR STEFAN PANCZAK

Name of Test: VITAMIN D

Requested: 12/03/2024 **Collected:** 01/08/2024 **Reported:** 01/08/2024
20:29

CLINICAL NOTES: adhd,iron def,myalgia,restrictive diet

BIOCHEMISTRY

VITAMIN D

SPECIMEN: SERUM

Date	Time	Lab No.	25-hydroxy Vitamin D		
01/08/24	10:16	20331601	62	(50 - 200)	nmol/L

20331601 Within normal limits.

Interpretation:

Vitamin D deficiency <50 nmol/L

Severe deficiency <20 nmol/L

COMMENT: Vitamin D sufficiency is defined as greater than or equal to 50 nmol/L at the end of winter (level may need to be 10-20 nmol/L higher at the end of summer).

Reference: Position Statement. Vitamin D and Health in Adults in Australia and New Zealand. MJA,196(11): 686-687, 2012.

ES2-R CRP-C GLS-C GHB-R OHD-C ESR-R FBE-R IS-C LIP-C CPM-C E

All tests on this request have now been completed

GRONDOWSKI, KIM KI

17/2 WEST STREET, BRUNSWICK. 3056

Phone: 0405206371

Birthdate: 28/05/1989 **Sex:** F **Medicare Number:** 34543494041

Your Reference: 00142874 **Lab Reference:** 24-20331601-TMA-0

Laboratory: AUSTRALIAN CLINICAL LABS

Addressee: DR STEFAN PANCZAK **Referred by:** DR STEFAN PANCZAK

Name of Test: TFT MASTER PANEL
Requested: 12/03/2024 **Collected:** 01/08/2024 **Reported:** 01/08/2024
20:29

CLINICAL NOTES: adhd,iron def,myalgia,restrictive diet

ENDOCRINOLOGY

THYROID FUNCTION TEST

SPECIMEN: SERUM

Date: 01/08/24
Coll. Time: 10:16
Lab Number: 20331601

TSH 1.80 (0.40 - 4.00)mIU/L

20331601 Normal TSH level.

ES2-R CRP-C GLS-C GHB-R OHD-C ESR-R FBE-R IS-C LIP-C CPM-C E

All tests on this request have now been completed

GRONDOWSKI, KIM KI
17/2 WEST STREET, BRUNSWICK. 3056

Phone: 0405206371

Birthdate: 28/05/1989 **Sex:** F **Medicare Number:** 34543494041

Your Reference: 00142874 **Lab Reference:** 24-20331601-ISM-0

Laboratory: AUSTRALIAN CLINICAL LABS

Addressee: DR STEFAN PANCZAK **Referred by:** DR STEFAN PANCZAK

Name of Test: IRON MASTER
Requested: 12/03/2024 **Collected:** 01/08/2024 **Reported:** 01/08/2024
20:29

CLINICAL NOTES: adhd,iron def,myalgia,restrictive diet

BIOCHEMISTRY

IRON STUDIES

SPECIMEN: SERUM

Date: 01/08/24
Coll. Time: 10:16
Lab Number: 20331601

Iron 14.9 (10.0 - 30.0) umol/L
Transferrin 3.10 (2.10 - 3.80) g/L
Saturation 19 (15 - 45) %
Ferritin * 18 (30 - 200) ug/L

20331601 Iron studies are consistent with iron deficiency.

ES2-R CRP-C GLS-C GHB-R OHD-C ESR-R FBE-R IS-C LIP-C CPM-C E

All tests on this request have now been completed

GRONDOWSKI, KIM KI
17/2 WEST STREET, BRUNSWICK. 3056

Phone: 0405206371

Birthdate: 28/05/1989 **Sex:** F **Medicare Number:** 34543494041

Your Reference: 00142874 **Lab Reference:** 24-20331601-LS-0
Laboratory: AUSTRALIAN CLINICAL LABS
Addressee: DR STEFAN PANCZAK **Referred by:** DR STEFAN PANCZAK
Name of Test: LIPID STUDIES
Requested: 12/03/2024 **Collected:** 01/08/2024 **Reported:** 01/08/2024
20:29

CLINICAL NOTES: adhd,iron def,myalgia,restrictive diet

BIOCHEMISTRY

LIPID STUDIES

SPECIMEN: SERUM

Date:	01/08/24		
Coll. Time:	10:16		Desirable Range
Lab Number:	20331601		(Fasting)

Fasting Status	Fasting		
Total Chol.	* 5.6	(< 5.6)	mmol/L
HDL Chol.	1.5	(> 1.1)	mmol/L
LDL Chol.	* 3.6	(< 3.1)	mmol/L
Non-HDL Chol.	* 4.1	(< 4.1)	mmol/L
Triglyceride	1.2	(< 2.1)	mmol/L
LDL/HDL Ratio	2.4		
Chol/HDL Ratio	3.7		

20331601 Mild increase in LDL-cholesterol. Interpret in conjunction with other cardiovascular risk factors or treatment targets.

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

ES2-R CRP-C GLS-C GHB-R OHD-C ESR-R FBE-R IS-C LIP-C CPM-C E

All tests on this request have now been completed

Eating Disorder

Anxiety/Depression

Obsessive compulsive disorder

PTSD

ADHD

Autism spectrum disorder

05/07/2023 Iron deficiency

22/01/2024 Lateral epicondylitis

22/01/2024 Weight loss program

Sincerely yours,

A handwritten signature in black ink, appearing to read 'Stefan Panczak', with a stylized flourish at the end.

Dr Stefan Panczak
241616JB