

Lab ID 851287820

DOB 23/01/1963 (61 Yrs FEMALE)

Referrer Dr Kathryn Mayer

Your ref. 00224838

Address CRESTWOOD FAM PRAC SUITE 3 GROUND FLOOR 29-31  
LEXINGTON DRIVE  
BELLA VISTA NSW 2153

Address 357 MUD ISLAND RD  
SACKVILLE NORTH NSW 2756

Phone 0298361022

Phone 0418417862

Copy to Email Patient Copy (0298555336)

Requested 10/01/2025

Clinical Notes history of low iron and high chol and low vit d, on vit supplements,  
hot flushes. Fasting.

Collected 13/01/2025 10:46

Received 13/01/2025 10:48

**Reproductive Hormones**  
(Abbott Method)

Test Name	Result	Units	Reference Interval	Comment
FSH	71.2	IU/L		
Oestradiol	<80	pmol/L		

**Comments**

FSH	Basal Mid cycle peak Post-menopausal	1.5 – 10.0 7.0 – 22.0 25 – 130.0
Oestradiol	Follicular phase Preovulatory phase Luteal phase Post-menopausal	<320 450 – 2000 125 – 1300 <170

Combined results consistent with ovarian hypofunction.

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## Biochemistry

Test Name	Result	Units	Reference Interval	Comment
Status	Fasting			
Sodium	140	mmol/L	135 - 145	
Potassium	4.1	mmol/L	3.5 - 5.5	
Chloride	107	mmol/L	95 - 110	
Bicarbonate	24	mmol/L	20 - 32	
Urea	5.1	mmol/L	3.0 - 8.5	
Creatinine	70	umol/L	45 - 85	
eGFR	80	mL/min/1.73m2	>59	
Calcium	2.22	mmol/L	2.15 - 2.55	
Corrected Calcium	2.20	mmol/L	2.15 - 2.55	
Magnesium	0.87	mmol/L	0.65 - 1.00	
Phosphate	1.27	mmol/L	0.8 - 1.5	
Total Bilirubin	11	umol/L	3 - 15	
Alk Phos	57	U/L	30 - 115	
Gamma GT	13	U/L	5 - 35	
LDH	181	U/L	120 - 250	
AST	25	U/L	10 - 35	
ALT	18	U/L	5 - 30	
● Total Protein	<b>63 L</b>	g/L	64 - 83	<b>LOW</b>
Albumin	44	g/L	36 - 47	
● Globulin	<b>19 L</b>	g/L	23 - 39	<b>LOW</b>
Cholesterol	5.3	mmol/L	<5.5	
Triglycerides	0.6	mmol/L	<2.0	

## Comments

eGFR (mL/min/1.73m2) calculated by CKD-EPI formula - see [www.kidney.org.au](http://www.kidney.org.au)

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**Iron Studies**

Test Name	Result	Units	Reference Interval	Comment
Iron	18.0	umol/L	5.0 - 30.0	
Transferrin	2.8	g/L	2.0 - 3.2	
TIBC (Calculated)	62	umol/L	46 - 70	
Saturation	29	%	10 - 45	
● Ferritin	25 L	ug/L	30 - 300	LOW

**Comments**

Serum ferritin levels between 15-30 ug/L may reflect depleted iron stores and iron therapy may be indicated.

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## Lipids and HDL

Test Name	Result	Units	Reference Interval	Comment
Status	Fasting			
Cholesterol	5.3	mmol/L	<5.5	
Triglycerides	0.6	mmol/L	<2.0	
HDL Cholesterol	1.9	mmol/L	> 1.2	
● LDL Cholesterol	3.1 H	mmol/L	<3.0	HIGH
Non-HDL Cholesterol	3.4	mmol/L	<4.0	

## Comments

Please note that the above reference limits are decision limits.  
A flag based on these limits is an indication to review the absolute  
cardiovascular risk for the patient. For assessment of absolute  
cardiovascular disease risk please see [www.cvdcheck.org.au](http://www.cvdcheck.org.au)

The above decision limits are based on the European Atherosclerosis Society  
(EAS) and European Federation of Clinical Chemistry and Laboratory Medicine  
(EFLM) Consensus Statement 2016 and the Australasian Association of  
Clinical Biochemistry and Laboratory Medicine (AACB) Lipid Reporting  
Guideline 2018.

Lipid treatment targets for patients at high risk of cardiovascular  
disease:

Total cholesterol	<4.0 mmol/L
Triglyceride	<2.0 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)

High risk – Primary prevention                      Very high risk – Secondary prevention

Target values from the AACB Lipid Reporting Guideline 2018.

Please note that as there is a continuum of risk, benefits are obtained for  
any measured lipid components moving towards and beyond the various target  
levels.

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C Reactive Protein (High Sens)

Test Name	Result	Units	Reference Interval	Comment
CRP	0.5	mg/L	0.0 - 5.0	

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25-OH Vitamin D

Test Name	Result	Units	Reference Interval	Comment
Vitamin D	68	nmol/L	50 - 140	

Comments

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.

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## Glucose

Test Name	Result	Units	Reference Interval	Comment
Glucose Fasting	4.6	mmol/L	3.6 - 6.0	

## Comments

Diabetes is unlikely if fasting glucose levels are less than 5.5 mmol/L but an OGTT could be indicated in the presence of risk factors such as metabolic syndrome, past gestational diabetes, polycystic ovary or family history of type 2 diabetes.

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## Thyroid Function

Test Name	Result	Units	Reference Interval	Comment
TSH	1.76	mIU/L	0.40 - 4.00	

## Comments

TSH is within reference limits.  
Please note that if 'Thyroid function tests' or 'TFTs' are requested as a simple screening test, a TSH level is always done first. If this is increased a T4 level will be done automatically. If this is decreased a T4 and T3 will be performed automatically.

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Vitamin B12 and Folate

Test Name	Result	Units	Reference Interval	Comment
Vitamin B12	259	pmol/L	135 - 650	
Active B12	> 128	pmol/L	> 35	
Serum Folate	19.6	nmol/L	> 7.0	

Comments

From 27 November 2023, active B12 (holotranscobalamin) testing will be performed on all patients with low or equivocal (at or below 400 pmol/L) total B12 results. Both tests are eligible for a Medicare rebate under these circumstances.

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## Haematology

Test Name	Result	Units	Reference Interval	Comment
Haemoglobin	120	g/L	119 - 160	
● Red cell count	3.6 L	$\times 10^{12}/L$	3.8 - 5.8	LOW
Haematocrit	0.36		0.35 - 0.48	
MCV	99	fL	80 - 100	
● MCH	33.1 H	pg	27.0 - 32.0	HIGH
MCHC	336	g/L	310 - 360	
RDW	13.2		10.0 - 15.0	
White cell count	4.0	$\times 10^9/L$	4.0 - 11.0	
● Neutrophils	1.77 L	$\times 10^9/L$	2.0 - 7.5	LOW
Lymphocytes	1.84	$\times 10^9/L$	1.0 - 4.0	
Monocytes	0.25	$\times 10^9/L$	0.0 - 1.0	
Eosinophils	0.15	$\times 10^9/L$	0.0 - 0.5	
Basophils	0.03	$\times 10^9/L$	0.0 - 0.3	
NRBC	<1.0	/100 WBC	<1	
Platelets	183	$\times 10^9/L$	150 - 450	
ESR	2	mm/h	1 - 35	

## Comments

Persistent neutropenia.

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13-01-2025 21:00