

Referrer Dr Susan Owen

Address LOWER MOUNTAINS FAM PRAC 2-6 VIEW STREET
BLAXLAND NSW 2774

Phone 0247391555

Lab ID 891611354

DOB 05/01/1974 (51 Yrs FEMALE)

Your ref. 00580737

Address 7 BOWAGA AVENUE
BLAXLAND EAST NSW 2774

Phone 0401932763

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Requested 08/01/2025

Clinical Notes NO HISTORY

Collected 13/01/2025 09:45

Received 13/01/2025 09:47

Biochemistry

Test Name	Result	Units	Reference Interval
Status	Fasting		
Sodium	140	mmol/L	135 - 145
Potassium	4.5	mmol/L	3.5 - 5.5
Chloride	104	mmol/L	95 - 110
Bicarbonate	26	mmol/L	20 - 32
Urea	6.4	mmol/L	3.0 - 8.0
Creatinine	55	umol/L	45 - 85
eGFR	>90	mL/min/1.73m2	>59
Calcium	2.39	mmol/L	2.15 - 2.55
Corrected Calcium	2.35	mmol/L	2.15 - 2.55
Magnesium	0.85	mmol/L	0.65 - 1.00
Phosphate	1.28	mmol/L	0.8 - 1.5
Total Bilirubin	13	umol/L	3 - 15
Alk Phos	114	U/L	30 - 115
Gamma GT	25	U/L	5 - 35
LDH	211	U/L	120 - 250
AST	25	U/L	10 - 35
ALT	30	U/L	5 - 30
Total Protein	69	g/L	64 - 83
Albumin	45	g/L	36 - 47
Globulin	24	g/L	23 - 39
● Cholesterol	6.3 H	mmol/L	<5.5
Triglycerides	0.7	mmol/L	<2.0

Comments

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

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Iron Studies

Test Name	Result	Units	Reference Interval
Iron	21.6	umol/L	5.0 - 30.0
Transferrin	2.7	g/L	2.0 - 3.2
TIBC (Calculated)	60	umol/L	46 - 70
Saturation	36	%	10 - 45
Ferritin	166	ug/L	30 - 300

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Lipids and HDL

Test Name	Result	Units	Reference Interval
Status	Fasting		
● Cholesterol	6.3 H	mmol/L	<5.5
Triglycerides	0.7	mmol/L	<2.0
HDL Cholesterol	2.0	mmol/L	> 1.2
● LDL Cholesterol	4.0 H	mmol/L	<3.0
● Non-HDL Cholesterol	4.3 H	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

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
CRP	4.0	mg/L	0.0 - 5.0

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25-OH Vitamin D

Test Name	Result	Units	Reference Interval
Vitamin D	79	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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Heavy Metals

Serum Zinc 13 umol/L 10 - 18

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Glucose

Test Name	Result	Units	Reference Interval
Glucose Fasting	5.3	mmol/L	3.6 - 6.0

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Thyroid Function

Test Name	Result	Units	Reference Interval
TSH	2.28	mIU/L	0.40 - 4.00

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Haemoglobin A1c

Test Name	Result	Units	Reference Interval
HbA1c (IFCC)	35	mmol/mol	20 - 38
HbA1c (NGSP)	5.4	%	4.0 - 5.6

Comments

HbA1c less than 48 mmol/mol (6.5%) does not exclude a diagnosis of diabetes mellitus based upon elevated glucose results. The existing diagnostic criteria for fasting and random glucose levels and for oral glucose tolerance testing remain valid, and are the diagnostic tests of choice in the presence of conditions that interfere with HbA1c measurement. Conditions which may affect the measured HbA1c value include any of the haemolytic anaemias, anaemia of chronic disease, severe liver disease, vitamin B12 and/or folate deficiency, the haemoglobinopathies and regular phlebotomy performed for medical indications or for blood donation. It also should be noted that further investigation is required for any inexplicably low HbA1c level or significant discrepancy between HbA1c and glucose results.

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Vitamin B12 and Folate

Test Name	Result	Units	Reference Interval
Vitamin B12	210	pmol/L	135 - 650
Active B12	75	pmol/L	>35
Serum Folate	24.3	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
Haemoglobin	136	g/L	119 - 160
Red cell count	4.5	$\times 10^{12}/L$	3.8 - 5.8
Haematocrit	0.41		0.35 - 0.48
MCV	90	fL	80 - 100
MCH	30.0	pg	27.0 - 32.0
MCHC	333	g/L	310 - 360
RDW	12.2		10.0 - 15.0
White cell count	6.9	$\times 10^9/L$	4.0 - 11.0
Neutrophils	4.12	$\times 10^9/L$	2.0 - 7.5
Lymphocytes	1.99	$\times 10^9/L$	1.0 - 4.0
Monocytes	0.50	$\times 10^9/L$	0.0 - 1.0
Eosinophils	0.19	$\times 10^9/L$	0.0 - 0.5
Basophils	0.05	$\times 10^9/L$	0.0 - 0.3
NRBC	<1.0	/100 WBC	<1
Platelets	260	$\times 10^9/L$	150 - 450
ESR	8	mm/h	1 - 31

Comments

Full blood count is within reference limits

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