

Lab ID 891611359

DOB 06/06/1961 (63 Yrs FEMALE)

Referrer Ms Suzanne Ellis

Your ref.

Address SUZANNE ELLIS HERBALIST 14A HARE STREET
GLENBROOK NSW 2773

Address 22 MACCAULEY CRES
GLENBROOK NSW 2773

Phone 0413923791

Phone 0414849385

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Requested 08/01/2025

Clinical Notes NO HISTORY

Collected 08/01/2025 09:17

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Biochemistry

Test Name	Result	Units	Reference Interval	Comment
Status	Fasting			
Sodium	141	mmol/L	135 - 145	
Potassium	4.2	mmol/L	3.5 - 5.5	
Chloride	108	mmol/L	95 - 110	
Bicarbonate	27	mmol/L	20 - 32	
Urea	5.4	mmol/L	3.0 - 8.5	
Creatinine	65	umol/L	45 - 85	
eGFR	>90	mL/min/1.73m2	>59	
Urate	0.24	mmol/L	0.15 - 0.40	
Calcium	2.22	mmol/L	2.15 - 2.55	
Corrected Calcium	2.28	mmol/L	2.15 - 2.55	
Phosphate	1.12	mmol/L	0.8 - 1.5	
Total Bilirubin	10	umol/L	3 - 15	
Alk Phos	83	U/L	30 - 115	
Gamma GT	8	U/L	5 - 35	
LDH	187	U/L	120 - 250	
AST	27	U/L	10 - 35	
ALT	20	U/L	5 - 30	
Total Protein	65	g/L	64 - 83	
Albumin	40	g/L	36 - 47	
Globulin	25	g/L	23 - 39	
Cholesterol	5.0	mmol/L	<5.5	
Triglycerides	0.5	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	Comment
Iron	16.8	umol/L	5.0 - 30.0	
Transferrin	2.3	g/L	2.0 - 3.2	
TIBC (Calculated)	52	umol/L	46 - 70	
Saturation	32	%	10 - 45	
Ferritin	76	ug/L	30 - 300	

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Lipids and HDL

Test Name	Result	Units	Reference Interval	Comment
Status	Fasting			
Cholesterol	5.0	mmol/L	<5.5	
Triglycerides	0.5	mmol/L	<2.0	
HDL Cholesterol	1.9	mmol/L	> 1.2	
LDL Cholesterol	2.9	mmol/L	<3.0	
Non-HDL Cholesterol	3.1	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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25-OH Vitamin D

Test Name	Result	Units	Reference Interval	Comment
Vitamin D	82	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	12	umol/L	10 - 18
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Glucose

Test Name	Result	Units	Reference Interval	Comment
Glucose Fasting	4.8	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	1.46	mIU/L	0.40 - 4.00	
Free T4	13.4	pmol/L	9.0 - 19.0	
Free T3	4.1	pmol/L	2.6 - 6.0	

Comments

Euthyroid values.

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Vitamin B12 and Folate

Test Name	Result	Units	Reference Interval	Comment
Vitamin B12	354	pmol/L	135 - 650	
Active B12	128	pmol/L	>35	
Serum Folate	32.0	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	135	g/L	119 - 160	
Red cell count	4.7	$\times 10^{12}/L$	3.8 - 5.8	
Haematocrit	0.42		0.35 - 0.48	
MCV	90	fL	80 - 100	
MCH	29.0	pg	27.0 - 32.0	
MCHC	324	g/L	310 - 360	
RDW	13.2		10.0 - 15.0	
White cell count	5.8	$\times 10^9/L$	4.0 - 11.0	
Neutrophils	2.54	$\times 10^9/L$	2.0 - 7.5	
Lymphocytes	2.57	$\times 10^9/L$	1.0 - 4.0	
Monocytes	0.37	$\times 10^9/L$	0.0 - 1.0	
Eosinophils	0.22	$\times 10^9/L$	0.0 - 0.5	
Basophils	0.07	$\times 10^9/L$	0.0 - 0.3	
NRBC	<1.0	/100 WBC	<1	
Platelets	373	$\times 10^9/L$	150 - 450	

Comments

Full blood count is within reference limits

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