

POOK , Melannie  
21/1 Oxford Street BULIMBA 4171

Phone:

Birthdate: 27/01/1973      Sex: F      Medicare Number: 61779151772

Your Reference:      Lab Reference: 77.53142343

Laboratory: I-MED Radiology Network

Addressee: Dr JOHN ANTHONY FRANCIS DELIA      Referred by:

Name of test: CT Cardiac Scoring

Requested 08/05/2025      Collected: 06/05/2025      Reported: 08/05/2025 10:45:00

Dr John Delia  
Hawthorne Family Practice  
182 Riding Rd  
Balmoral 4171  
Tel: 0735228899  
6th May 2025

Patient ID: 77.11438747  
Accession Number: 77.53142343

Reported: 8 May 2025

Dear Dr Delia

Re: Ms Melannie Pook - DOB: 27/01/1973  
21/1 Oxford Street BULIMBA 4171

**CT CORONARY ARTERY CALCIUM SCORE**

**CLINICAL HISTORY**

High cholesterol.

**TECHNIQUE**

Non-contrast gated study performed.

DLP 102.5 mGy\*cm

**FINDINGS**

Adequate quality study.

Left Main	0
LAD	1.85
LCX	0

RCA	0
<b>TOTAL</b>	<b>1.85</b>

#### **Non-Coronary Findings:**

Right middle lobe 2 mm calcified granuloma.

Right lower lobe medial aspect osteophyte disease pulmonary fibrosis, not a clinically significant finding.

#### **CONCLUSION**

Coronary artery calcium score of 2, carries a low 10 year risk of coronary vascular event.

#### **CSANZ POSITION STATEMENT - CORONARY ARTERY CALCIUM SCORING**

##### ***Suggested management based on CAC results for asymptomatic patients***

<b>CAC</b>	<b>10-yr risk of CV Event</b>	<b>Guidance</b>
<b>0</b>	Very Low (< 1%)	a ZERO score confers a very low risk of death, <1% at 10 years Reassure; maintenance of healthy diet and lifestyle.
<b>1-100</b>	Low (<10%)	Maintenance of healthy diet and lifestyle
<b>101 - 400</b>	Moderate (10-20%)	Aspirin <b>recommended</b> Statins <b>considered reasonable</b>
<b>101 – 400 &amp; &gt;75th centile</b>	Moderately High (15-20%)	Reclassify as high risk; Aspirin <b>recommended</b> Statins <b>considered reasonable</b>
<b>&gt;400</b>	High (>20%)	Aspirin <b>recommended</b> Statin <b>recommended</b> , to achieve target LDL < 2.0 mmol/L Consider functional assessment.

Further Risk Stratification can be obtained at:

<https://www.mesa-nhlbi.org/MESACHDRisk/MesaRiskScore/RiskScore.aspx>

#### ***Recommendation: Asymptomatic patients suitable for CAC***

- Aged 45-75 years with intermediate cardiovascular risk (10-20%)
- There is a possible role for CAC in those aged 45-75 years with lower cardiovascular risk (6-10%) as defined by FRS in:

- Those with a strong family history of premature CHD
- Diabetics aged 40 – 60 years old.
- Indigenous patients (Aboriginals, Maori and Pacific Island patients) >40 years old.

***Recommendation: Symptomatic patients***

In the assessment of symptomatic patients, CAC **should not** be the sole test used.

Cardiologist review is recommended for functional assessment or a coronary angiogram.

**Dr Jeremy Lin. Radiologist**

**Electronically signed at 10:34 am Thu, 8th May 2025**

# Patient Health Summary

Name: Mrs Melannie Lee Pook  
Address: 21/1 Oxford Street  
Bulimba 4171  
D.O.B.: 27/01/1973  
Record No.:  
Home Phone:  
Work Phone:  
Mobile Phone: 0448 734 350

HAWTHORNE FAMILY PRACTICE  
182 Riding Road  
Balmoral 4171  
35228899

Printed on 13th May 2025

## Investigations:

POOK, MELANNIE  
21/1 OXFORD STREET, BULIMBA. 4171  
Phone: 0448734350  
Birthdate: 27/01/1973 Sex: F Medicare Number: 6177915177  
Your Reference: Lab Reference: 509637975-C-C847  
Laboratory: SNP  
Addressee: DR JOHN A DELIA Referred by: DR JOHN A DELIA

Name of Test: S- LIPID PROFILE  
Requested: 19/03/2025 Collected: 06/05/2025 Reported: 06/05/2025 20:29

Clinical notes: Not Provided

Clinical Notes : Not Provided

## Lipid Profile

Date	Latest Results				Reference	Units
	11-Jul-24	12-Feb-25	17-Feb-25	06-May-25		
Time F-Fast	0702 F	0822 F	0950	1426		
Lab Id.	526462772	683866066	526293018	509637975		
Cholesterol	6.9 H	7.6 H	7.1 H	6.5 H	(<5.6)	mmol/L
Triglyceride	2.4 H	2.3 H	2.4 H	2.0	(<2.1)	mmol/L
HDL	1.22	1.24	1.24	1.26	(>1.09)	mmol/L
LDL	4.6 H	5.3 H	4.8 H	4.4 H	(<4.1)	mmol/L
Chol/HDL Ratio	5.7 H	6.1 H	5.7 H	5.2 H	(<4.6)	
Non HDLC	5.68 H	6.36 H	5.86 H	5.24 H	(<3.81)	mmol/L

Comments on Collection 06-May-25 1426:

HDL-Cholesterol

Progress lipid levels.

LDL is now calculated by the Sampson equation which allows an accurate result at higher triglyceride levels.

The National Vascular Disease Prevention Alliance (NVDPA) guidelines recommend a target level of less than 2.5 mmol/L for non-HDLC.

TARGET LEVELS:

The National Vascular Disease Prevention Alliance (NVDPA) treatment target levels for high risk people (known coronary heart and other arterial disease, diabetes, chronic renal failure, Aboriginal and Torres Strait Islander peoples and familial hyperlipidaemic conditions) are:

Total Cholesterol	<4.0	mmol/L
HDL-Cholesterol	>=1.00	mmol/L
Fasting Triglycerides	<2.0	mmol/L
Non-HDL Cholesterol	<2.5	mmol/L

Increased non-HDL Cholesterol is the most significant marker for subclinical atherosclerosis (ref: Cardiology Today 2013; 3(2) : pp25-27).

CA

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Time F-Fast 0822 F 1426  
Lab Id. 683866066 509637975 Reference Units  
25OH Vit D 62 68 (50-150) nmol/L

Comments on Collection 06-May-25 1426:  
Adequate Vitamin D.  
Vitamin D measured by Diasorin Liaison.

EA

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Tests Completed: HDL-Cholesterol, Homocysteine, Vitamin D  
Tests Pending : HbA1c  
Sample Pending :

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Phone: 0448734350  
Birthdate: 27/01/1973 Sex: F Medicare Number: 6177915177  
Your Reference: Lab Reference: 509637975-H-E416  
Laboratory: SNP  
Addressee: DR JOHN A DELIA Referred by: DR JOHN A DELIA

Name of Test: HBA1C  
Requested: 19/03/2025 Collected: 06/05/2025 Reported: 07/05/2025 05:29

Clinical notes: Not Provided

Clinical Notes : Not Provided

#### HbA1c

	Latest Results				
Date	11-Jul-24	17-Feb-25	06-May-25		
Time F-Fast	0702 F	0950	1426		
Lab Id.	526462772	526293018	509637975	Reference	Units
HbA1c (NGSP)	5.4	5.4	5.1	(<6.5)	%
HbA1c (IFCC)	36	35	32	(<48)	mmol/mol

Comments on Collection 06-May-25 1426:  
Control zones for diabetes management

	NGSP (%)	IFCC (mmol/mol)
Very good control *	<6.1	<43
Good control	6.1 - 7.0	43 - 53
Suboptimal control	7.1 - 8.0	54 - 64
Poor control	8.1 - 9.0	65 - 75
Very poor control	>9.0	>75

In patients with a significant risk of adverse outcome from hypoglycaemia (children <16 and adults >70 years), higher target values may be appropriate.

An alternative test to monitor diabetes such as serum fructosamine is advisable in the presence of altered red cell lifespan.

HbA1c performed on the Sebia Cap3 analyser by capillary electrophoresis.

HA

#### PDF Image Enhanced Report

A PDF version of this report with images is available until 07-05-2026. Copy and paste the URL below into your web browser and use PIN 5763 to access the report.

<https://sdrviewer.apps.sonichealthcare.com/?GUID=66A9222E-2AB0-11F0-9953-910523733610&hostCode=SNP&shareType=1>

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Tests Completed: HDL-Cholesterol, Homocysteine, Vitamin D, HbA1c  
Tests Pending :  
Sample Pending :