



Tweed Health for Everyone Superclinic
33 - 35 Corporation Circuit, Tweed Heads South NSW 2486
Tweed Health for Everyone Terranora
2-14 Henry Lawson Drive, Terranora NSW 2486
THE Allied Hub
8/43 Greenway Drive, Tweed Heads South NSW 2486
Ph: 07 55 897 555 Fax: 07 55 230 644

Dr Emily McCallum BSc, MBBS, DCH, FRACGP, AHPRA: MED0001662694
Provider No: 448206EH

1st September 2025

Leigh Gibbs
Naturopath
hello@nadawellness.com.au

Re: Miss Elissa Zarzour
DOB: 16/08/2005
Address: 4 Tyrone Terrace
Banora Point, NSW 2486
Ph (Mobile): 0409310092 Ph (Home): 0755242512
Medicare No: 2287804675
Pension/DVA No: 280822002,

To Leigh Gibbs,

Below is a copy of Elissa's recent blood test results - Elissa requested these results be sent to you.

Investigations:

ZARZOUR, ELISSA
4 TYRONE TERRACE, BANORA POINT. 2486
Phone: 0409310092
Birthdate: 16/08/2005 **Sex:** F **Medicare Number:** 2287804675
Your Reference: 90D5B8EF3D **Lab Reference:** 530345510-H-H900
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM **Referred by:** DR EMILY M MCCALLUM
Copy to: COPY TO BE VERIFIED

Name of Test: .BLOOD COUNT
Requested: 05/08/2025 **Collected:** 23/08/2025 **Reported:** 23/08/2025 13:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

Haematology

Date	Latest Results				Reference	Units
	05-Jan-21	01-Oct-21	26-Apr-23	23-Aug-25		
Time F-Fast	1309 F	1325 F	1351 F	1153 F		
Lab Id.	658094258	662157455	671399423	530345510		
Haemoglobin	129	130	143	129	(115-165)	g/L
Haematocrit	0.39	0.38	0.42	0.37	(0.35-0.47)	
RCC	4.4	4.4	4.7	4.2	(3.9-5.6)	10*12/L
MCV	87	87	88	88	(80-100)	fL
WCC	6.3	7.5	6.4	6.7	(3.5-12.0)	10*9/L
Neutrophils	3.53	4.53	3.97	4.00	(1.5-8.0)	10*9/L

Tweed Health for Everyone's preferred method of receiving correspondence is via Medical Objects. Please respect the environment, thank you for your consideration.

Lymphocytes	2.14	2.30	1.77	2.15	(1.0-4.0)	10*9/L
Monocytes	0.40	0.48	0.43	0.40	(0-0.9)	10*9/L
Eosinophils	0.16	0.15	0.16	0.12	(0-0.6)	10*9/L
Basophils	0.02	0.03	0.02	0.03	(0-0.15)	10*9/L
Platelets	230	218	203	179	(150-400)	10*9/L

HA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: FBE

Tests Pending : Copper (Serum),Iron Studies,CRP,Magnesium ,
Red Cell Zinc,E/LFT,TFTH,Vitamin B12,Folate (Serum),
Prolactin,Testosterone,Homocysteine,Insulin,DHEAS,
SHBG,Vitamin D,HbA1c,Calculated FTe,IGF-1 (Liaison),
Thyroid Abs,TTG Abs,Gliadin Abs,IgA

Sample Pending : R-U-Iodine

ZARZOUR, ELISSA

4 TYRONE TERRACE, BANORA POINT.2486

Phone: 0409310092

Birthdate: 16/08/2005 Sex: F Medicare Number: 2287804675

Your Reference: 90D5B8EF3D Lab Reference: 530345510-C-C290

Laboratory: SNP

Addressee: DR EMILY M MCCALLUM Referred by: DR EMILY M MCCALLUM

Copy to:

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Name of Test: S-C REACTIVE PROTEIN

Requested: 05/08/2025 Collected: 23/08/2025 Reported: 23/08/2025 14:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

Date	Latest Results				Reference	Units
	05-Jan-21	01-Oct-21	26-Apr-23	23-Aug-25		
Time F-Fast	1309 F	1325 F	1351 F	1153 F		
Lab Id.	658094258	662157455	671399423	530345510		
CRP	0.9	1.2	1.1	<0.4	(<5)	mg/L

Comments on Collection 23-Aug-25 1153 F:

C Reactive Protein

CRP is a more sensitive early indicator of an acute phase response than is ESR. It also returns towards normal more rapidly with improvement or resolution of the disease process.

If CRP is elevated, it can indicate disease activity of an inflammatory, infective or neoplastic nature.

Artefactually decreased CRP values occur when patients are treated with antibiotics containing carboxypenicillins including Ticarcillin.

CA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: CRP,Magnesium ,E/LFT,FBE

Tests Pending : Copper (Serum),Iron Studies,Red Cell Zinc,TFTH,
Vitamin B12,Folate (Serum),Prolactin,Testosterone,
Homocysteine,Insulin,DHEAS,SHBG,Vitamin D,HbA1c,
Calculated FTe,IGF-1 (Liaison),Thyroid Abs,TTG Abs,
Gliadin Abs,IgA

Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
 4 TYRONE TERRACE, BANORA POINT. 2486
Phone: 0409310092
Birthdate: 16/08/2005 **Sex:** F **Medicare Number:** 2287804675
Your Reference: 90D5B8EF3D **Lab Reference:** 530345510-C-C140
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM **Referred by:** DR EMILY M MCCALLUM
Copy to:

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Name of Test: S-ROUTINE CHEMISTRY
Requested: 05/08/2025 **Collected:** 23/08/2025 **Reported:** 23/08/2025 14:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

Chemistry (serum)

Date	Latest Results					
	05-Jan-21	01-Oct-21	26-Apr-23	23-Aug-25	Reference	Units
Time F-Fast	1309 F	1325 F	1351 F	1153 F		
Lab Id.	658094258	662157455	671399423	530345510		
Sodium	136	134	138	136	(135-145)	mmol/L
Potassium	4.0	3.8	4.1	3.8	(3.5-5.5)	mmol/L
Chloride	103	104	103	104	(95-110)	mmol/L
Bicarbonate	27	22	25	25	(20-32)	mmol/L
Anion Gap	6	8	10	7	(<16)	mmol/L
Calcium (Corr.)	2.33	2.25	2.37	2.26	(2.10-2.60)	mmol/L
Phosphate	1.12	1.02	1.08	1.07	(0.80-1.50)	mmol/L
Urea	3.8	3.1	2.3 L	3.1	(2.5-6.5)	mmol/L
Urate	0.320	0.280	0.305	0.282	(0.150-0.400)	mmol/L
Creatinine	62	62	69	60	(45-85)	umol/L
eGFR				>90	(>59)	
Fast. Glucose	4.1	4.2	4.4	4.1	(3.6-6.0)	mmol/L
Total Protein	71	74	84 H	73	(64-81)	g/L
Albumin	38	38	44	42	(33-46)	g/L
Globulin	33	36	40	31	(23-43)	g/L
T Bilirubin	10	10	15	15	(<16)	umol/L
ALP	77	69	58	47	(20-105)	U/L
AST	21	20	23	19	(10-35)	U/L
ALT	19	21	19	14	(5-30)	U/L
GGT	12	12	16	12	(5-35)	U/L
LD	197	184	195	177	(<250)	U/L
Cholesterol	3.9	4.0	4.5	4.1	(<5.6)	mmol/L
Triglyceride		0.9	0.8		(<2.1)	mmol/L
Magnesium				0.84	(0.70-1.10)	mmol/L
Haemolysis Index	6	6	2	3	(<40)	mg/dL

CA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: CRP, Magnesium, E/LFT, FBE

Tests Pending : Copper (Serum), Iron Studies, Red Cell Zinc, TFTH,
 Vitamin B12, Folate (Serum), Prolactin, Testosterone,
 Homocysteine, Insulin, DHEAS, SHBG, Vitamin D, HbA1c,
 Calculated FTe, IGF-1 (Liaison), Thyroid Abs, TTG Abs,
 Gliadin Abs, IgA

Sample Pending : R-U-Iodine

ZARZOUR, ELISSA

4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 **Sex:** F **Medicare Number:** 2287804675
Your Reference: 90D5B8EF3D **Lab Reference:** 530345510-E-E030
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM **Referred by:** DR EMILY M MCCALLUM
Copy to:
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Name of Test: S- THYROID FUNCTION
Requested: 05/08/2025 **Collected:** 23/08/2025 **Reported:** 24/08/2025 05:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

Thyroid Function Tests

				Latest Results		
Date	05-Jan-21	01-Oct-21	26-Apr-23	23-Aug-25		
Time F-Fast	1309 F	1325 F	1351 F	1153 F		
Lab Id.	658094258	662157455	671399423	530345510	Reference	Units
Free T4				14.5	(9.0-19.0)	pmol/L
TSH	0.9	1.2	1.2	0.9	(0.3-3.5)	mIU/L

Comments on Collection 23-Aug-25 1153 F:
 Euthyroid

EA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,E/LFT,TFTH,
 Folate (Serum),Prolactin,Testosterone,Homocysteine,
 Insulin,DHEAS,SHBG,Calculated FTe,Thyroid Abs,FBE

Tests Pending : Copper (Serum),Red Cell Zinc,Vitamin B12,Vitamin D,
 HbA1c,IGF-1 (Liaison),TTG Abs,Gliadin Abs,IgA

Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
 4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 **Sex:** F **Medicare Number:** 2287804675
Your Reference: 90D5B8EF3D **Lab Reference:** 530345510-E-E223
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM **Referred by:** DR EMILY M MCCALLUM
Copy to:
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Name of Test: S- PROLACTIN
Requested: 05/08/2025 **Collected:** 23/08/2025 **Reported:** 24/08/2025 05:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

Prolactin

				Latest Results		
Date	28-Apr-20	01-Oct-21	23-Aug-25	23-Aug-25		
Time F-Fast	0851 F	1325 F	1153 F	1153 F		
Lab Id.	652654026	662157455	530345510	Reference	Units	
Prolactin	336	263	356	(<500)	mIU/L	

EA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,E/LFT,TFTH,
Folate (Serum),Prolactin,Testosterone,Homocysteine,
Insulin,DHEAS,SHBG,Calculated FTe,Thyroid Abs,FBE
Tests Pending : Copper (Serum),Red Cell Zinc,Vitamin B12,Vitamin D,
HbA1c,IGF-1 (Liaison),TTG Abs,Gliadin Abs,IgA
Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 Sex: F Medicare Number: 2287804675
Your Reference: 90D5B8EF3D Lab Reference: 530345510-E-E515
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM Referred by: DR EMILY M MCCALLUM
Copy to:

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Name of Test: S- ANDROGENS
Requested: 05/08/2025 Collected: 23/08/2025 Reported: 24/08/2025 05:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

Androgens

Date	Latest Results					
	28-Apr-20	05-Jan-21	01-Oct-21	23-Aug-25		
Time F-Fast	0851 F	1309 F	1325 F	1153 F		
Lab Id.	652654026	658094258	662157455	530345510	Reference	Units
Testosterone	1.6	1.3	1.3	1.6	(<2.2)	nmol/L
SHBG	19 L	16 L	19 L	22	(20.0-110.0)	nmol/L
Calculated FTe	42 H	36		36	(3-37)	pmol/L

Comments on Collection 23-Aug-25 1153 F:

Median Female Testosterone Level Tanner Stage of Puberty
(nmol/L)

<1.2	P1 Pre Pubertal
<0.9	P2
<1.5	P3
<2.0	P4
<2.2	P5

SHBG levels in females are often decreased in hirsutism, acne, polycystic ovarian disease, Cushings disease, obesity and myxoedema. SHBG performed on the Abbott immunoassay.

The Vermuelen calculation is the preferred measurement of free testosterone, and overcomes some of the inaccuracies of the FAI ratio.

AE

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,E/LFT,TFTH,
Folate (Serum),Prolactin,Testosterone,Homocysteine,
Insulin,DHEAS,SHBG,Calculated FTe,Thyroid Abs,FBE
Tests Pending : Copper (Serum),Red Cell Zinc,Vitamin B12,Vitamin D,
HbA1c,IGF-1 (Liaison),TTG Abs,Gliadin Abs,IgA
Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 **Sex:** F **Medicare Number:** 2287804675
Your Reference: 90D5B8EF3D **Lab Reference:** 530345510-E-E310
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM **Referred by:** DR EMILY M MCCALLUM
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Name of Test: S-HOMOCYSTEINE
Requested: 05/08/2025 **Collected:** 23/08/2025 **Reported:** 24/08/2025 05:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

	Latest Results				
Date	05-Jan-21	01-Oct-21	26-Apr-23	23-Aug-25	
Time F-Fast	1309 F	1325 F	1351 F	1153 F	
Lab Id.	658094258	662157455	671399423	530345510	Reference Units
Homocysteine	6.1	5.2	5.0	7.1	(<15) umol/L

Comments on Collection 23-Aug-25 1153 F:
Serum homocysteine levels are markedly elevated (50 - 500 umol/L) in homocystinuria which is associated with childhood onset of ocular lens displacement, skeletal abnormalities and arterial and venous thromboses. Moderate elevations of serum homocysteine (16 - 100 umol/L) are seen in folic acid, vitamin B12 and pyridoxine deficiencies, several genetic defects, and renal failure. Elevated levels of serum homocysteine are associated with increased risk of atherosclerosis and venous thromboembolism.

EA

PDF Image Enhanced Report

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<https://sdrvviewer.apps.sonichealthcare.com/?GUID=A5D7A12C-8056-11F0-B1AF-9305DA254398&hostCode=SNP&shareType=1>

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,E/LFT,TFTH,
Folate (Serum),Prolactin,Testosterone,Homocysteine,
Insulin,DHEAS,SHBG,Calculated FTe,Thyroid Abs,FBE
Tests Pending : Copper (Serum),Red Cell Zinc,Vitamin B12,Vitamin D,
HbA1c,IGF-1 (Liaison),TTG Abs,Gliadin Abs,IgA
Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 **Sex:** F **Medicare Number:** 2287804675
Your Reference: 90D5B8EF3D **Lab Reference:** 530345510-E-E320
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM **Referred by:** DR EMILY M MCCALLUM
Copy to:
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Name of Test: S-INSULIN
Requested: 05/08/2025 **Collected:** 23/08/2025 **Reported:** 24/08/2025 05:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

		Latest Results		
Date	01-Oct-21	23-Aug-25		
Time F-Fast	1325 F	1153 F		
Lab Id.	662157455	530345510	Reference	Units
S-Insulin	8	4	(3-15)	mU/L

Comments on Collection 23-Aug-25 1153 F:
Please note: The insulin reference interval only refers to a fasting collection
Insulin concentration measured on Abbott Alinity. To convert to pmol/L, please multiply result by 6.
Please note: Different insulin assays may give variable concentrations.
Exogenous insulin use can also result in different concentrations depending on the type of insulin administered.
(Ref. Clin Biochem. 2015 Dec;48(18):1354-7 and Clin Chem Lab Med 2014; 52(3): 355-362)

EA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,E/LFT,TFTH,
Folate (Serum),Prolactin,Testosterone,Homocysteine,
Insulin,DHEAS,SHBG,Calculated FTe,Thyroid Abs,FBE
Tests Pending : Copper (Serum),Red Cell Zinc,Vitamin B12,Vitamin D,
HbA1c,IGF-1 (Liaison),TTG Abs,Gliadin Abs,IgA
Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 Sex: F Medicare Number: 2287804675
Your Reference: 90D5B8EF3D Lab Reference: 530345510-E-E345
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM Referred by: DR EMILY M MCCALLUM
Copy to:
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Name of Test: S-DHEAS
Requested: 05/08/2025 Collected: 23/08/2025 Reported: 24/08/2025 05:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

		Latest Results		
Date	28-Apr-20 05-Jan-21 01-Oct-21	23-Aug-25		
Time F-Fast	0851 F 1309 F 1325 F	1153 F		
Lab Id.	652654026 658094258 662157455	530345510	Reference	Units
DHEAS	10.9 H 11.2 H 12.5 H	13.5	(3.2-15.5)	umol/L

Comments on Collection 23-Aug-25 1153 F:
DHEAS is performed by Abbott CMIA.
As of 29/05/23 the SNP Reference Intervals for DHEAS have been amended to align with CALIPER Intervals for children and Abbott Intervals for adults.

EA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,E/LFT,TFTH,
Folate (Serum),Prolactin,Testosterone,Homocysteine,

Insulin,DHEAS,SHBG,Calculated FTe,Thyroid Abs,FBE
Tests Pending : Copper (Serum),Red Cell Zinc,Vitamin B12,Vitamin D,
HbA1c,IGF-1 (Liaison),TTG Abs,Gliadin Abs,IgA
Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 Sex: F Medicare Number: 2287804675
Your Reference: 90D5B8EF3D Lab Reference: 530345510-E-E725
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM Referred by: DR EMILY M MCCALLUM
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Name of Test: S- THYROID ANTIBODIES
Requested: 05/08/2025 Collected: 23/08/2025 Reported: 24/08/2025 05:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

Thyroid Antibodies

Thyroid Peroxidase Ab	<1.0	(<5.6)	IU/mL
Thyroglobulin Ab	2.3	(<4.1)	IU/mL

Comments on Collection 530345510

Thyroid Antibodies: Levels up to 100 IU/mL can occur in normal subjects (5% of males, 15% of females - mainly elderly) and may also occur in non-thyroid autoimmune and chromosomal disorders.

Raised levels may occur in prodromal hypothyroidism before TSH elevations occur and may also be seen in thyrotoxicosis, thyroiditis, non-toxic goitre and thyroid cancer. The levels seen in Graves' Disease and Hashimoto's can vary from normal up to >1000, but are usually elevated.

EA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,E/LFT,TFTH,
Folate (Serum),Prolactin,Testosterone,Homocysteine,
Insulin,DHEAS,SHBG,Calculated FTe,Thyroid Abs,FBE
Tests Pending : Copper (Serum),Red Cell Zinc,Vitamin B12,Vitamin D,
HbA1c,IGF-1 (Liaison),TTG Abs,Gliadin Abs,IgA
Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 Sex: F Medicare Number: 2287804675
Your Reference: 90D5B8EF3D Lab Reference: 530345510-V-V109
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM Referred by: DR EMILY M MCCALLUM
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Name of Test: HOMOCYSTEINE
Requested: 05/08/2025 Collected: 23/08/2025 Reported: 24/08/2025 05:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

SS

PDF Image Enhanced Report

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<https://sdrvviewer.apps.sonichealthcare.com/?GUID=A5F97EE6-8056-11F0-B1AF-9305DA254398&hostCode=SNP&shareType=1>

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,E/LFT,TFTH,
Folate (Serum),Prolactin,Testosterone,Homocysteine,
Insulin,DHEAS,SHBG,Calculated FTe,Thyroid Abs,FBE
Tests Pending : Copper (Serum),Red Cell Zinc,Vitamin B12,Vitamin D,
HbA1c,IGF-1 (Liaison),TTG Abs,Gliadin Abs,IgA
Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 Sex: F Medicare Number: 2287804675
Your Reference: 90D5B8EF3D Lab Reference: 530345510-E-E935
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM Referred by: DR EMILY M MCCALLUM
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Name of Test: .VIRTUAL VITD
Requested: 05/08/2025 Collected: 23/08/2025 Reported: 24/08/2025 15:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

Vitamin D

Date	01-Oct-21	26-Apr-23	Latest Results	
Time F-Fast	1325 F	1351 F	1153 F	
Lab Id.	662157455	671399423	530345510	Reference Units
25OH Vit D	27 L	50	21 L	(50-150) nmol/L

Comments on Collection 23-Aug-25 1153 F:
Moderate Vitamin D deficiency.
Vitamin D is considered adequate if > 49 nmol/L when measured at the end of winter (levels may need to be 10 - 20 nmol/L higher at the end of summer to allow for seasonal decrease). Position Statement: Vitamin D and adult bone health in Australia and New Zealand, MJA, 196(11):1 - 7, 2012.
Vitamin D measured by Diasorin Liaison.

SS

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,E/LFT,TFTH,
Folate (Serum),Prolactin,Testosterone,Homocysteine,
Insulin,DHEAS,SHBG,Vitamin D,Calculated FTe,
Thyroid Abs,FBE
Tests Pending : Copper (Serum),Red Cell Zinc,Vitamin B12,HbA1c,
IGF-1 (Liaison),TTG Abs,Gliadin Abs,IgA
Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 **Sex:** F **Medicare Number:** 2287804675
Your Reference: 90D5B8EF3D **Lab Reference:** 530345510-C-H245
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM **Referred by:** DR EMILY M MCCALLUM
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Name of Test: .ANAEMIA
Requested: 05/08/2025 **Collected:** 23/08/2025 **Reported:** 24/08/2025 16:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

Haematinics

Date	Latest Results				Reference	Units
	05-Jan-21	01-Oct-21	26-Apr-23	23-Aug-25		
Time F-Fast	1309 F	1325 F	1351 F	1153 F		
Lab Id.	658094258	662157455	671399423	530345510		
Iron	17	17	17	24	(5-30)	umol/L
Transferrin	3.3 H	3.4 H	3.7 H	3.4 H	(1.9-3.1)	g/L
TIBC	83 H	85 H	92 H	85 H	(47-77)	umol/L
Trans Sat	20	20	18 L	28	(20-45)	%
Ferritin	14 L	27 L	35	16 L	(30-250)	ug/L
CRP	0.9	1.2	1.1	<0.4	(<5)	mg/L
Vitamin B12		450	604	287	(>150)	pmol/L
Folate serum		34	40	26	(>7.0)	nmol/L

Comments on Collection 23-Aug-25 1153 F:

Iron Studies

Consistent with iron deficiency. During reproductive years, iron deficiency in women commonly reflects menstrual losses or multiparity. However, a low dietary iron intake should also be considered, and investigation of the GIT for a source of blood loss may be indicated.

EA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,E/LFT,TFTH,Vitamin B12,
Folate (Serum),Prolactin,Testosterone,Homocysteine,
Insulin,DHEAS,SHBG,Vitamin D,Calculated FTe,
Thyroid Abs,FBE

Tests Pending : Copper (Serum),Red Cell Zinc,HbA1c,IGF-1 (Liaison),
TTG Abs,Gliadin Abs,IgA

Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 **Sex:** F **Medicare Number:** 2287804675
Your Reference: 90D5B8EF3D **Lab Reference:** 530345510-E-E518
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM **Referred by:** DR EMILY M MCCALLUM

Name of Test: _IGF1 VIRTUAL
Requested: 05/08/2025 **Collected:** 23/08/2025 **Reported:** 25/08/2025 09:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

IGF-1

		Latest Results		
Date	01-Oct-21	23-Aug-25		
Time F-Fast	1325 F	1153 F		
Lab Id.	662157455	530345510	Reference	Units
IGF-1	38	38	(16-56)	nmol/L

Comments on Collection 23-Aug-25 1153 F:
IGF-1 testing performed on Diasorin Liaison XL.
IGF-1 reference intervals have been updated, as published in a recent study
(Clin Biochem Rev Supplement 44 (1) 2024, S39).

ES

PDF Image Enhanced Report

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<https://sdrvviewer.apps.sonichealthcare.com/?GUID=53DA539C-8141-11F0-9701-9305DA254398&hostCode=SNP&shareType=1>

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,E/LFT,TFTH,Vitamin B12,
Folate (Serum),Prolactin,Testosterone,Homocysteine,
Insulin,DHEAS,SHBG,Vitamin D,Calculated FTe,
IGF-1 (Liaison),Thyroid Abs,FBE

Tests Pending : Copper (Serum),Red Cell Zinc,HbA1c,TTG Abs,
Gliadin Abs,IgA

Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 Sex: F Medicare Number: 2287804675
Your Reference: 90D5B8EF3D Lab Reference: 530345510-V-V031
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM Referred by: DR EMILY M MCCALLUM

Name of Test: IGF-1 VENUS
Requested: 05/08/2025 Collected: 23/08/2025 Reported: 25/08/2025 09:23

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

SS

PDF Image Enhanced Report

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Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,E/LFT,TFTH,Vitamin B12,
Folate (Serum),Prolactin,Testosterone,Homocysteine,
Insulin,DHEAS,SHBG,Vitamin D,Calculated FTe,

IGF-1 (Liaison),Thyroid Abs,FBE
Tests Pending : Copper (Serum),Red Cell Zinc,HbA1c,TTG Abs,
Gliadin Abs,IgA
Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 Sex: F Medicare Number: 2287804675
Your Reference: 90D5B8EF3D Lab Reference: 530345510-H-E416
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM Referred by: DR EMILY M MCCALLUM

Name of Test: HBA1C
Requested: 05/08/2025 Collected: 23/08/2025 Reported: 25/08/2025 13:24

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

HbA1c

HbA1c (NGSP)	5.0	(<6.5)	%
HbA1c (IFCC)	31	(<48)	mmol/mol

Comments on Collection 530345510

HbA1c not consistent with diabetes mellitus provided the patient has normal red blood cell turnover. For high risk individuals, repeat HbA1c in 12 months.

Ref: Australian Diabetes Society Position Statement 2023.
HbA1c measured by capillary electrophoresis (Sebia Cap3).

HA

PDF Image Enhanced Report

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Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,E/LFT,TFTH,Vitamin B12,
Folate (Serum),Prolactin,Testosterone,Homocysteine,
Insulin,DHEAS,SHBG,Vitamin D,HbA1c,Calculated FTe,
IGF-1 (Liaison),Thyroid Abs,FBE,IgA

Tests Pending : Copper (Serum),Red Cell Zinc,TTG Abs,Gliadin Abs
Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 Sex: F Medicare Number: 2287804675
Your Reference: 90D5B8EF3D Lab Reference: 530345510-V-V244
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM Referred by: DR EMILY M MCCALLUM

Name of Test: .HbA1c Graph
Requested: 05/08/2025 Collected: 23/08/2025 Reported: 25/08/2025 13:24

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

SS

PDF Image Enhanced Report

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Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,E/LFT,TFTH,Vitamin B12,
Folate (Serum),Prolactin,Testosterone,Homocysteine,
Insulin,DHEAS,SHBG,Vitamin D,HbA1c,Calculated FTe,
IGF-1 (Liaison),Thyroid Abs,FBE,IgA

Tests Pending : Copper (Serum),Red Cell Zinc,TTG Abs,Gliadin Abs
Sample Pending : R-U-Iodine

ZARZOUR, ELISSA

4 TYRONE TERRACE, BANORA POINT.2486

Phone: 0409310092

Birthdate: 16/08/2005 Sex: F Medicare Number: 2287804675

Your Reference: 90D5B8EF3D Lab Reference: 530345510-C-C632

Laboratory: SNP

Addressee: DR EMILY M MCCALLUM Referred by: DR EMILY M MCCALLUM

Name of Test: ZINC-RED CELL

Requested: 05/08/2025 Collected: 23/08/2025 Reported: 25/08/2025 14:24

Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

Red Cell Zinc

Red Cell Zinc 198 (145 - 245) umol/L

Comments on Lab Id: 530345510

YY

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Iron Studies,CRP,Magnesium ,Red Cell Zinc,E/LFT,
TFTH,Vitamin B12,Folate (Serum),Prolactin,
Testosterone,Homocysteine,Insulin,DHEAS,SHBG,
Vitamin D,HbA1c,Calculated FTe,IGF-1 (Liaison),
Thyroid Abs,FBE,IgA

Tests Pending : Copper (Serum),TTG Abs,Gliadin Abs
Sample Pending : R-U-Iodine

ZARZOUR, ELISSA

4 TYRONE TERRACE, BANORA POINT.2486

Phone: 0409310092

Birthdate: 16/08/2005 Sex: F Medicare Number: 2287804675

Your Reference: 90D5B8EF3D Lab Reference: 530345510-C-B091

Laboratory: SNP

Addressee: DR EMILY M MCCALLUM Referred by: DR EMILY M MCCALLUM

Name of Test: _COPPER VIRTUAL
Requested: 05/08/2025 **Collected:** 23/08/2025 **Reported:** 25/08/2025 16:23
Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

Copper

	Latest Results					
Date	28-Apr-20	05-Jan-21	01-Oct-21	23-Aug-25		
Time F-Fast	0851 F	1309 F	1325 F	1153 F		
Lab Id.	652654026	658094258	662157455	530345510	Reference	Units
Copper-serum	16.1	15.6	16.9	16.1	(13.0-25.0)	umol/L

CA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Copper (Serum),Iron Studies,CRP,Magnesium ,
Red Cell Zinc,E/LFT,TFTH,Vitamin B12,Folate (Serum),
Prolactin,Testosterone,Homocysteine,Insulin,DHEAS,
SHBG,Vitamin D,HbA1c,Calculated FTe,IGF-1 (Liaison),
Thyroid Abs,FBE,IgA

Tests Pending : TTG Abs,Gliadin Abs

Sample Pending : R-U-Iodine

ZARZOUR, ELISSA
4 TYRONE TERRACE, BANORA POINT.2486
Phone: 0409310092
Birthdate: 16/08/2005 **Sex:** F **Medicare Number:** 2287804675
Your Reference: 90D5B8EF3D **Lab Reference:** 530345510-I-I907
Laboratory: SNP
Addressee: DR EMILY M MCCALLUM **Referred by:** DR EMILY M MCCALLUM

Name of Test: S-Coeliac Autoabs
Requested: 05/08/2025 **Collected:** 23/08/2025 **Reported:** 26/08/2025 07:23
Clinical notes: Checkup, ?PCOS. Fasting.

Clinical Notes : Checkup, ?PCOS. Fasting.

Coeliac Disease Autoantibodies

Tissue Transglutaminase IgA Abs	<1	(<7)	U/mL
Gliadin (deamidated) IgG Abs	<1	(<7)	U/mL
Immunoglobulin A (Total IgA)	1.78	(1.24 - 4.16)	g/L

Comments on Lab Id: 530345510

With a normal or near normal IgA, the presence of CD is very unlikely (<5%). If suggestive symptoms, signs or family history, coeliac tissue typing or endoscopy may help exclude the disease further.

IA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Copper (Serum),Iron Studies,CRP,Magnesium ,
Red Cell Zinc,E/LFT,TFTH,Vitamin B12,Folate (Serum),
Prolactin,Testosterone,Homocysteine,Insulin,DHEAS,
SHBG,Vitamin D,HbA1c,Calculated FTe,IGF-1 (Liaison),
Thyroid Abs,FBE,TTG Abs,Gliadin Abs,IgA

Tests Pending :

Sample Pending : R-U-Iodine

Yours faithfully,

A handwritten signature in dark ink, appearing to read 'Em', with a long horizontal flourish extending to the right.

.....
Dr Emily McCallum
BSc, MBBS, DCH, FRACGP, AHPRA: MED0001662694