

MITCHELL, KARA
 1-17 PALMER AVE, OCEAN SHORES. 2483
 Phone: 0433872949
 Birthdate: 18/03/1988 Sex: F Medicare Number: 6203415837
 Your Reference: 00019156 Lab Reference: 665540276-C-C140
 Laboratory: SNP
 Addressee: DR LEILA K OMER A Referred by: DR LEILA K OMER A

Name of Test: S- ROUTINE CHEMISTRY
 Requested: 02/05/2022 Collected: 09/05/2022 Reported: 09/05/2022
 18:20

Clinical notes: pre pregnancy risk malabsorbtion

Clinical Notes : pre pregnancy risk malabsorbtion

Chemistry (serum)

Date	07/07/20	04/09/21	24/03/22	09/05/22		
Time F-Fast	1259	0828 F	1007	0751 F		
Lab Id.	653585864	662783430	666522532	665540276	Units	Reference
Sodium	139	138	140	137	mmol/L	(135-145)
Potassium	4.0	4.3	4.4	4.7	mmol/L	(3.5-5.5)
Chloride	105	107	104	106	mmol/L	(95-110)
Bicarbonate	26	24	29	27	mmol/L	(20-32)
Anion Gap	8	7	7	4	mmol/L	(<16)
Calcium (Corr.)	2.24		2.34	2.28	mmol/L	
(2.10-2.60)						
Phosphate	1.16		1.08	1.07	mmol/L	
(0.80-1.50)						
Urea	2.7	3.9	4.9	3.5	mmol/L	(2.5-7.0)
Urate	0.220		0.273	0.238	mmol/L	
(0.150-0.400)						
Creatinine	58	57	65	57	umol/L	(45-85)
eGFR	>90	>90	>90	>90		(>59)
Fast. Glucose		4.8		4.7	mmol/L	(3.6-6.0)
Random Glucose	3.6		4.8		mmol/L	(3.6-7.7)
Total Protein	64		71	65	g/L	(64-81)
Albumin	38		41	38	g/L	(33-46)
Globulin	26		30	27	g/L	(23-43)
T Bilirubin	5		8	9	umol/L	(<16)
ALP	41		50	38	U/L	(20-105)
AST	15		18	16	U/L	(10-35)
ALT	13		15	16	U/L	(5-30)
GGT	15		15	16	U/L	(5-35)
LDH	172		178	152	U/L	(120-250)
Cholesterol	4.7	4.6	5.4	5.7 H	mmol/L	(<5.6)
Triglyceride		0.8			mmol/L	(<2.1)
Haemolysis Index	5	4	11	6		(<40)

CA

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

Tests Completed: E/LFT

Tests Pending : Zinc, Vitamin B12, Folate (Serum), Homocysteine,

Vitamin D, FBE
Sample Pending : R-U-Iodine

MITCHELL, KARA
 1-17 PALMER AVE, OCEAN SHORES. 2483
 Phone: 0433872949
 Birthdate: 18/03/1988 Sex: F Medicare Number: 6203415837
 Your Reference: 00019156 Lab Reference: 665540276-H-H900
 Laboratory: SNP
 Addressee: DR LEILA K OMERA Referred by: DR LEILA K OMERA

Name of Test: .BLOOD COUNT
 Requested: 02/05/2022 Collected: 09/05/2022 Reported: 09/05/2022
 19:20

Clinical notes: pre pregnancy risk malabsorbtion

Clinical Notes : pre pregnancy risk malabsorbtion

Haematology

Date	07/07/20	04/09/21	24/03/22	09/05/22		
Time F-Fast	1259	0828 F	1007	0751 F		
Lab Id.	653585864	662783430	666522532	665540276	Units	Reference
Haemoglobin	139	146	155	142	g/L	(115-165)
Haematocrit	0.42	0.44	0.46	0.43		
(0.35-0.47)						
RCC	4.6	4.9	5.1	4.7	10*12/L	(3.9-5.6)
MCV	92	89	91	91	fL	(80-100)
WCC	5.5	4.4	6.2	4.5	10*9/L	(3.5-12.0)
Neutrophils	3.12	2.16	3.61	2.18	10*9/L	(1.5-8.0)
Lymphocytes	1.72	1.48	1.72	1.56	10*9/L	(1.0-4.0)
Monocytes	0.36	0.36	0.48	0.33	10*9/L	(0-0.9)
Eosinophils	0.29	0.36	0.34	0.42	10*9/L	(0-0.6)
Basophils	0.05	0.03	0.04	0.04	10*9/L	(0-0.15)
Platelets	212	187	243	181	10*9/L	(150-400)

HA

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Tests Completed: E/LFT,FBE
 Tests Pending : Zinc,Vitamin B12,Folate (Serum),Homocysteine,Vitamin D
 Sample Pending : R-U-Iodine

MITCHELL, KARA
 1-17 PALMER AVE, OCEAN SHORES. 2483
 Phone: 0433872949
 Birthdate: 18/03/1988 Sex: F Medicare Number: 6203415837
 Your Reference: 00019156 Lab Reference: 665540276-E-H245
 Laboratory: SNP
 Addressee: DR LEILA K OMER A Referred by: DR LEILA K OMER A

Name of Test: .ANAEMIA
 Requested: 02/05/2022 Collected: 09/05/2022 Reported: 09/05/2022
 20:20

Clinical notes: pre pregnancy risk malabsorbtion

Clinical Notes : pre pregnancy risk malabsorbtion

Haematinics

Date	07/07/20	04/09/21	24/03/22	09/05/22		
Time F-Fast	1259	0828 F	1007	0751 F		
Lab Id.	653585864	662783430	666522532	665540276	Units	Reference
Iron	16	13	25		umol/L	(5-30)
Transferrin	2.4	2.3	2.4		g/L	(1.9-3.1)
TIBC	60	58	60		umol/L	(47-77)
Trans Sat	27	22	42		%	(20-45)
Ferritin	46	109	117		ug/L	(30-250)
Vitamin B12		739	627	504	pmol/L	(>150)
Active B12	76				pmol/L	(>35)
Folate serum	20	10		32	nmol/L	(>7.0)

Comments on Collection 09/05/22 0751 F:
 All patients with low or equivocal vitamin B12 results (380 pmol/L or less) will be routinely tested for holo-transcobalamin (active B12) to clarify the B12 status.
 Both tests are now Medicare rebateable. Vitamin B12 concentrations over 380 pmol/L are generally considered replete.

EA

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

Tests Completed: E/LFT, Vitamin B12, Folate (Serum), Homocysteine, Vitamin D, FBE

Tests Pending : Zinc

Sample Pending : R-U-Iodine

MITCHELL, KARA
1-17 PALMER AVE, OCEAN SHORES. 2483
Phone: 0433872949
Birthdate: 18/03/1988 Sex: F Medicare Number: 6203415837
Your Reference: 00019156 Lab Reference: 665540276-E-E310
Laboratory: SNP
Addressee: DR LEILA K OMERA Referred by: DR LEILA K OMERA

Name of Test: S-HOMOCYSTEINE
Requested: 02/05/2022 Collected: 09/05/2022 Reported: 09/05/2022
20:20

Clinical notes: pre pregnancy risk malabsorbtion

Clinical Notes : pre pregnancy risk malabsorbtion

Date	07/07/20	09/05/22		
Time F-Fast	1259	0751 F		
Lab Id.	653585864	665540276	Units	Reference
Homocysteine	8.5	4.5	umol/L	(<15)

Comments on Collection 09/05/22 0751 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.

AB

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

Tests Completed: E/LFT, Vitamin B12, Folate (Serum), Homocysteine, Vitamin D, FBE
Tests Pending : Zinc
Sample Pending : R-U-Iodine

MITCHELL, KARA
1-17 PALMER AVE, OCEAN SHORES. 2483
Phone: 0433872949
Birthdate: 18/03/1988 Sex: F Medicare Number: 6203415837
Your Reference: 00019156 Lab Reference: 665540276-E-E405
Laboratory: SNP
Addressee: DR LEILA K OMER A Referred by: DR LEILA K OMER A

Name of Test: S-VITAMIN D
Requested: 02/05/2022 Collected: 09/05/2022 Reported: 09/05/2022
20:20

Clinical notes: pre pregnancy risk malabsorbtion

Clinical Notes : pre pregnancy risk malabsorbtion

Date	04/09/21	09/05/22		
Time F-Fast	0828 F	0751 F		
Lab Id.	662783430	665540276	Units	Reference
Hydroxycalciferol	95	132	nmol/L	(50-150)

Comments on Collection 09/05/22 0751 F:
According to the Position Statement 'Vitamin D and health in adults in Australia and New Zealand' MJA, 196(11):1-7, 2012, vitamin D status is defined as:

Vitamin D adequacy: >49 nmol/L 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.)
Mild vitamin D deficiency: 30-49 nmol/L
Moderate vitamin deficiency: 12.5-29 nmol/L
Severe vitamin D deficiency: < 12.5 nmol/L

EA

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

Tests Completed: E/LFT,Vitamin B12,Folate (Serum),Homocysteine,
Vitamin D,FBE

Tests Pending : Zinc

Sample Pending : R-U-Iodine

MITCHELL, KARA
1-17 PALMER AVE, OCEAN SHORES. 2483
Phone: 0433872949
Birthdate: 18/03/1988 Sex: F Medicare Number: 6203415837
Your Reference: 00019156 Lab Reference: 665540276-C-B099
Laboratory: SNP
Addressee: DR LEILA K OMER A Referred by: DR LEILA K OMER A

Name of Test: ZINC VIRTUAL
Requested: 02/05/2022 Collected: 09/05/2022 Reported: 10/05/2022
12:20

Clinical notes: pre pregnancy risk malabsorbtion

Clinical Notes : pre pregnancy risk malabsorbtion

Zinc

Date	14/01/21	22/03/21	25/03/21	09/05/22		
Time F-Fast	0823	1046	1038	0751 F		
Lab Id.	433190924	433562713	433753019	665540276	Units	Reference
Zinc-plasma	15.3			12.2	umol/L	(9.0-19.0)
Date Begin		21/03/2021	21/03/2021			
Date Finish		22/03/2021	22/03/2021			

CA

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

Tests Completed: Zinc,E/LFT,Vitamin B12,Folate (Serum),Homocysteine,
Vitamin D,FBE

Tests Pending :

Sample Pending : R-U-Iodine

MITCHELL, KARA
1-17 PALMER AVE, OCEAN SHORES. 2483
Phone: 0433872949
Birthdate: 18/03/1988 Sex: F Medicare Number: 6203415837
Your Reference: 00019156 Lab Reference: 665540276-C-C763
Laboratory: SNP
Addressee: DR LEILA K OMER A Referred by: DR LEILA K OMER A

Name of Test: IODINE-R-URINE
Requested: 02/05/2022 Collected: 11/05/2022 Reported: 13/05/2022
11:20

Clinical notes: pre pregnancy risk malabsorbtion

Clinical Notes : pre pregnancy risk malabsorbtion

Random Urine Iodine

R-U-Creatinine	10.8	mmol/L		
Urine iodine	196	ug/L	(>100)	
Creat Corr. Iodine	143	ug/L	(>100)	

Comments on Lab Id: 665540276

Iodine levels are interpreted using the WHO criteria. However, the creatinine-corrected iodine level allows for iodine assessment in urine samples which are more dilute or concentrated than usual.

WHO classification of iodine deficiency - Urine Iodine levels:

Not Iodine deficient:	>100 ug/L	urine
Mild Iodine deficiency:	50 - 100 ug/L	urine
Moderate Iodine deficiency:	20 - 49 ug/L	urine
Severe Iodine deficiency:	<20	ug/L urine

To convert Iodine ug/L to Iodine nmol/L
ug/L x 7.88 = nmol/L

HMRC recommends supplementation of 150ug/day of Iodine to ensure that all women who are pregnant, breastfeeding or considering pregnancy have adequate iodine status. Women should not take kelp (seaweed) supplements or kelp based products because they may contain varying levels of iodine and may be contaminated with heavy metals such as mercury.

* Please note R-U-Iodine collection date: 11/05/2022 07:00

CA

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Tests Completed: Zinc, R-U-Iodine, E/LFT, Vitamin B12, Folate (Serum),
Homocysteine, Vitamin D, FBE
Tests Pending :
Sample Pending :