

## BAGER,ARWA

DOB: 03/31/1981  
Sex: F  
Phone: (305) 788-5319  
Patient ID: 10513

Age: 41  
Fasting: Y

Specimen: MZ532205B  
Requisition: 0000977  
Lab Reference ID: 30056  
Report Status: FINAL / SEE REPORT

Collected: 10/12/2022 10:11  
Received: 10/12/2022 10:13  
Reported: 10/22/2022 15:31

Client #: 73916914  
TOLENTINO,JACLYN  
PARSLEY HEALTH LA  
8550 SANTA MONICA BLVD FL 2  
WEST HOLLYWOOD, CA 90069-4496  
Phone: (833) 447-2775

FASTING: YES ; COLLECTION KIT GIVEN TO PATIENT. PATIENT ADVISED TO RETURN.

## ▲ CHOLESTEROL, TOTAL

Analyte	Value
▲ CHOLESTEROL, TOTAL	238 H Reference Range: <200 mg/dL

## ▲ DIRECT LDL

Analyte	Value
▲ DIRECT LDL	160 H Reference Range: <100 mg/dL
Desirable range <100 mg/dL for primary prevention; <70 mg/dL for patients with CHD or diabetic patients with > or = 2 CHD risk factors.	

## ▲ HS CRP

Analyte	Value
▲ HS CRP	9.1 H mg/L
Reference Range Optimal <1.0 Jellinger PS et al. Endocr Pract.2017;23(Suppl 2):1-87.	
For ages >17 Years: hs-CRP mg/L Risk According to AHA/CDC Guidelines	
<1.0	Lower relative cardiovascular risk.
1.0-3.0	Average relative cardiovascular risk.
3.1-10.0	Higher relative cardiovascular risk. Consider retesting in 1 to 2 weeks to exclude a benign transient elevation in the baseline CRP value secondary to infection or inflammation.
>10.0	Persistent elevation, upon retesting, may be associated with infection and inflammation.

## ▲ SED RATE BY MODIFIED WESTERGREN

Analyte	Value
▲ SED RATE BY MODIFIED WESTERGREN	22 H Reference Range: < OR = 20 mm/h

## ▲ CBC (INCLUDES DIFF/PLT)

Analyte	Value
WHITE BLOOD CELL COUNT	9.1 Reference Range: 3.8-10.8 Thousand/uL
RED BLOOD CELL COUNT	4.45 Reference Range: 3.80-5.10 Million/uL
HEMOGLOBIN	12.5 Reference Range: 11.7-15.5 g/dL
HEMATOCRIT	37.5 Reference Range: 35.0-45.0 %
MCV	84.3 Reference Range: 80.0-100.0 fL

MCH	28.1	Reference Range: 27.0-33.0 pg
MCHC	33.3	Reference Range: 32.0-36.0 g/dL
RDW	12.4	Reference Range: 11.0-15.0 %
<b>▲ PLATELET COUNT</b>	<b>409 H</b>	Reference Range: 140-400 Thousand/uL
MPV	9.8	Reference Range: 7.5-12.5 fL
ABSOLUTE NEUTROPHILS	5342	Reference Range: 1500-7800 cells/uL
ABSOLUTE LYMPHOCYTES	2976	Reference Range: 850-3900 cells/uL
ABSOLUTE MONOCYTES	501	Reference Range: 200-950 cells/uL
ABSOLUTE EOSINOPHILS	209	Reference Range: 15-500 cells/uL
ABSOLUTE BASOPHILS	73	Reference Range: 0-200 cells/uL
NEUTROPHILS	58.7	%
LYMPHOCYTES	32.7	%
MONOCYTES	5.5	%
EOSINOPHILS	2.3	%
BASOPHILS	0.8	%

#### **▲ VITAMIN B12**

Analyte	Value	
<b>▲ VITAMIN B12</b>	<b>&gt;2000 H</b>	Reference Range: 200-1100 pg/mL

#### **▲ CARDIO IQ<sup>®</sup> LIPOPROTEIN SUBFRACT, ION MOBILITY**

Analyte	Value	
TOTAL PARTICLES TOTAL, HDL	23518	Reference Range: 17063-38995 nmol/L
<b>▲ LDL PARTICLE NUMBER</b> Risk: Optimal <1138; Moderate 1138-1409; High>1409	<b>1757 H</b>	Reference Range: <1138 nmol/L
TOTAL, NON-HDL	2280	Reference Range: 1044-2725 nmol/L
HDL PARTICLE SUBFRACTIONS HDL, SMALL	17276	Reference Range: 12602-28643 nmol/L
<b>▲ HDL LARGE</b> Risk: Optimal >6729; Moderate 6729-5353; High <5353	<b>6242 L</b>	Reference Range: >6729 nmol/L
LDL PARTICLE SUBFRACTIONS LDL, VERY SMALL-d	62	Reference Range: 35-139 nmol/L
LDL, VERY SMALL-c	64	Reference Range: 40-182 nmol/L
LDL, VERY SMALL-b	42	Reference Range: 36-255 nmol/L
LDL, VERY SMALL-a	41	Reference Range: 30-238 nmol/L
<b>▲ LDL SMALL</b> Risk: Optimal <142; Moderate 142-219; High>219	<b>198 H</b>	Reference Range: <142 nmol/L
<b>▲ LDL MEDIUM</b> Risk: Optimal <215; Moderate 215-301; High>301	<b>428 H</b>	Reference Range: <215 nmol/L
<b>▲ LDL, LARGE-b</b>	<b>410 H</b>	Reference Range: 89-368 nmol/L
LDL, LARGE-a	512	Reference Range: 122-580 nmol/L
IDL PARTICLE SUBFRACTIONS IDL, SMALL	237	Reference Range: 97-370 nmol/L

<b>IDL, LARGE</b>	<b>136</b>	Reference Range: 89-280 nmol/L
<b>VLDL PARTICLE SUBFRACTION VLDL, SMALL</b>	<b>62</b>	Reference Range: 35-129 nmol/L
<b>VLDL, MEDIUM</b>	<b>70</b>	Reference Range: 19-99 nmol/L
<b>VLDL, LARGE</b>	<b>18</b>	Reference Range: 3-33 nmol/L
<b>LDL PATTERN</b>	<b>A</b>	Reference Range: A Pattern
Risk: Optimal Pattern A; High Pattern B		
<b>LDL PEAK SIZE</b>	<b>224.2</b>	Reference Range: >222.9 Angstrom
Risk: Optimal >222.9; Moderate 222.9-217.4; High <217.4		

Adult cardiovascular event risk category cut points (optimal, moderate, high) are based on an adult U.S. reference population plus two large cohort study populations. Association between lipoprotein subfractions and cardiovascular events is based on Musunuru et al. ATVB. 2009;29:1975.

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute San Juan Capistrano. It has not been cleared or approved by FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.

## COMPREHENSIVE METABOLIC PANEL

Analyte	Value	
<b>GLUCOSE</b>	<b>93</b>	Reference Range: 65-99 mg/dL
Fasting reference interval		
<b>UREA NITROGEN (BUN)</b>	<b>11</b>	Reference Range: 7-25 mg/dL
<b>CREATININE</b>	<b>0.63</b>	Reference Range: 0.50-0.99 mg/dL
<b>EGFR</b>	<b>114</b>	Reference Range: > OR = 60 mL/min/1.73m2
The eGFR is based on the CKD-EPI 2021 equation. To calculate the new eGFR from a previous Creatinine or Cystatin C result, go to <a href="https://www.kidney.org/professionals/kdoqi/gfr%5Fcalculator">https://www.kidney.org/professionals/kdoqi/gfr%5Fcalculator</a>		
<b>BUN/CREATININE RATIO</b>	<b>NOT APPLICABLE</b>	Reference Range: 6-22 (calc)
<b>SODIUM</b>	<b>138</b>	Reference Range: 135-146 mmol/L
<b>POTASSIUM</b>	<b>4.6</b>	Reference Range: 3.5-5.3 mmol/L
<b>CHLORIDE</b>	<b>103</b>	Reference Range: 98-110 mmol/L
<b>CARBON DIOXIDE</b>	<b>26</b>	Reference Range: 20-32 mmol/L
<b>CALCIUM</b>	<b>9.6</b>	Reference Range: 8.6-10.2 mg/dL
<b>PROTEIN, TOTAL</b>	<b>7.1</b>	Reference Range: 6.1-8.1 g/dL
<b>ALBUMIN</b>	<b>4.8</b>	Reference Range: 3.6-5.1 g/dL
<b>GLOBULIN</b>	<b>2.3</b>	Reference Range: 1.9-3.7 g/dL (calc)
<b>ALBUMIN/GLOBULIN RATIO</b>	<b>2.1</b>	Reference Range: 1.0-2.5 (calc)
<b>BILIRUBIN, TOTAL</b>	<b>0.6</b>	Reference Range: 0.2-1.2 mg/dL
<b>ALKALINE PHOSPHATASE</b>	<b>48</b>	Reference Range: 31-125 U/L
<b>AST</b>	<b>17</b>	Reference Range: 10-30 U/L
<b>ALT</b>	<b>17</b>	Reference Range: 6-29 U/L

## HDL CHOLESTEROL

Analyte	Value	
<b>HDL CHOLESTEROL</b>	<b>52</b>	Reference Range: > OR = 50 mg/dL

## TRIGLYCERIDES

Analyte	Value
TRIGLYCERIDES	145 Reference Range: <150 mg/dL

## CARDIO IQ® HEMOGLOBIN A1c

Analyte	Value
HEMOGLOBIN A1c	5.4 Reference Range: <5.7 %
<p>For the purpose of screening for the presence of diabetes: &lt;5.7% is consistent with the absence of diabetes; 5.7-6.4% is consistent with increased risk for diabetes (prediabetes); &gt;= 6.5% is consistent with diabetes. This assay result is consistent with a decreased risk of diabetes. Currently, no consensus exists regarding use of hemoglobin A1c for diagnosis of diabetes in children. According to American Diabetes Association (ADA) guidelines, hemoglobin A1c &lt;7.0% represents optimal control in non-pregnant diabetic patients. Different metrics may apply to specific patient populations. Standards of Medical Care in Diabetes (ADA).</p>	

## HEMOGLOBIN A1c W/REFL TO GLYCOMARK®

Analyte	Value
HEMOGLOBIN A1c	5.4 Reference Range: <5.7 % of total Hgb
<p>For the purpose of screening for the presence of diabetes:</p> <p>&lt;5.7% Consistent with the absence of diabetes 5.7-6.4% Consistent with increased risk for diabetes (prediabetes) &gt; or =6.5% Consistent with diabetes</p> <p>This assay result is consistent with a decreased risk of diabetes.</p> <p>Currently, no consensus exists regarding use of hemoglobin A1c for diagnosis of diabetes in children.</p> <p>According to American Diabetes Association (ADA) guidelines, hemoglobin A1c &lt;7.0% represents optimal control in non-pregnant diabetic patients. Different metrics may apply to specific patient populations. Standards of Medical Care in Diabetes(ADA).</p>	

## FOLATE, RBC

Analyte	Value
FOLATE, RBC	778 Reference Range: >280 ng/mL RBC

## INSULIN

Analyte	Value
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**INSULIN****11.8** uIU/mL

Reference Range &lt; or = 19.6

## Risk:

Optimal &lt; or = 19.6

Moderate NA

High &gt;19.6

Adult cardiovascular event risk category cut points (optimal, moderate, high) are based on Quest Diagnostics population data from 12/2011.

This insulin assay shows strong cross-reactivity for some insulin analogs (lispro, aspart, and glargine) and much lower cross-reactivity with others (detemir, glulisine).

**OMEGACHECK®****Analyte****Value****EPA+DPA+DHA****6.4** Reference Range: >5.4 % by wt

Increasing blood levels of long-chain n-3 fatty acids are associated with a lower risk of sudden cardiac death (1). Based on the top (75th percentile) and bottom (25th percentile) quartiles of the CHL reference population, the following relative risk categories were established for OmegaCheck: A cut-off of >=5.5% by wt defines a population at optimal relative risk, 3.8-5.4% by wt defines a population at moderate relative risk, and <=3.7% by wt defines a population at high relative risk of sudden cardiac death. The totality of the scientific evidence demonstrates that when consumption of fish oils is limited to 3 g/day or less of EPA and DHA, there is no significant risk for increased bleeding time beyond the normal range. A daily dosage of 1 gram of EPA and DHA lowers the circulating triglycerides by about 7-10% within 2 to 3 weeks. (Reference: 1-Albert et al. NEJM. 2002; 346: 1113-1118). This test is performed by a Liquid Chromatography-Tandem Mass Spectrometry (LC/MS/MS) method. This test was developed and its performance characteristics determined by the Cleveland HeartLab, Inc. It has not been cleared or approved by the U.S. FDA. The Cleveland HeartLab, Inc. is regulated under Clinical Laboratory Improvement Amendments (CLIA) as qualified to perform high-complexity testing. This test is used for clinical purposes. It should not be regarded as investigational or for research.

**ARACHIDONIC ACID/EPA RATIO****5.6** Reference Range: 3.7-40.7**OMEGA-6/OMEGA-3 RATIO****6.1** Reference Range: 3.7-14.4**OMEGA-3 TOTAL****6.4** % by wt**EPA****1.6** Reference Range: 0.2-2.3 % by wt**DPA****1.2** Reference Range: 0.8-1.8 % by wt**DHA****3.6** Reference Range: 1.4-5.1 % by wt**OMEGA-6 TOTAL****39.0** % by wt

Cleveland HeartLab measures a number of omega-6 fatty acids with AA and LA being the two most abundant forms reported.

**ARACHIDONIC ACID****8.9** Reference Range: 8.6-15.6 % by wt**LINOLEIC ACID****28.2** Reference Range: 18.6-29.5 % by wt**OxLDL****Analyte****Value**

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**OxLDL****41** Reference Range: <60 U/L

Based on a recent study of an 'apparently healthy' and non-metabolic syndrome population(1), the following cut-offs have been defined for OxLDL: A cut-off of <60 U/L defines a population with a low relative risk of developing metabolic syndrome, a range of 60 to 69 U/L defines a population with a moderate relative risk (2.8 fold) and  $\geq 70$  U/L defines a population with a high relative risk (3.5-fold). (Reference: 1-Holvoet et al. JAMA. 2008; 299: 2287-2293.)

**Performing Sites**

EZ Quest Diagnostics/Nichols SJC-San Juan Capistrano,, 33608 Ortega Hwy, San Juan Capistrano, CA 92675-2042 Laboratory Director: Irina Maramica MD,PhD,MBA

MI Quest Diagnostics-Miami, 10200 Commerce Pkwy, Miramar, FL 33025-3938 Laboratory Director: Julie L Friedman, MD

Z4M Cleveland HeartLab Inc.-Cleveland HeartLab Inc., 6701 Carnegie Ave, Suite 500, Cleveland, OH 44103-4623 Laboratory Director: Mohammad Q Ansari

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**Key**

 Priority Out of Range  Out of Range

These results have been sent to the person who ordered the tests. Your receipt of these results should not be viewed as medical advice and is not meant to replace discussion with your doctor or other healthcare professional.

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