

Clinical Notes : vegetarian diet

IRON

Date	22/06/21	23/08/21	11/06/22	04/12/24		
Time F-Fast	0824 F	1334	0931 F	0916		
Lab ID	861913784	864193022	881042968	891245781	Units	Reference
Iron	8.4	12.8	12.8	14.1	umol/L	(5.0-30.0)
Transferrin	2.5	L 1.9	2.0	2.2	g/L	(2.0-3.2)
TIBC (Calc)	56	L 44	46	50	umol/L	(46-70)
Saturation	15	29	28	28	%	(10-45)
Ferritin	17	H 281	212	87	ug/L	(30-300)

NATA Accreditation No 2178

Tests Completed: B12(s), Fol(s), Iron(s), CRP(s), Active B12(s),
HbA1c Diag(e), FBC(e), ESR(e)

Tests Pending : Vit D(s)

Sample Pending :

CLARK, KYLIE
59 BOOREA ST, BLAXLAND. 2774
Phone: 0413160003
Birthdate: 07/03/1971 Sex: F Medicare Number: 5036988273
Your Reference: 00327442 Lab Reference: 891245781-C-C513
Laboratory: Douglass Hanly Moir Pathology
Addressee: DR L MCDONNELL Referred by: DR LOUISE MCDONNELL

Name of Test: Vit D(s)
Requested: 03/12/2024 Collected: 04/12/2024 Reported: 05/12/2024 02:27

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Date	31/08/10	15/02/11	23/08/21	04/12/24		
Time F-Fast	0840 F	1035	1334	0916		
Lab ID	204588785	206970897	864193022	891245781	Units	Reference
Vitamin D	51	64	56	66	nmol/L	(50-140)

Comments on Collection 04/12/24 0916:
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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HbA1c Diag(e), FBC(e), ESR(e)

Tests Pending :

Sample Pending :