

WATSON, ASH
 35 THE GLEN CRESCENT, SPRINGWOOD. 2777
 Phone: 0410763471
 Birthdate: 31/03/1977 Sex: F Medicare Number: 2473250348
 Your Reference: 800350974 Lab Reference: 866037497-H-H902
 Laboratory: bsp
 Addressee: DR MAGDALENA MIRONOWICZ Referred by: DR MAGDALENA
 MIRONOWICZ

Name of Test: Haematology
 Requested: 29/11/2021 Collected: 03/12/2021 Reported: 03/12/2021
 11:09

Clinical notes: vegan diet, past hx of deficiencies

Clinical Notes : vegan diet, past hx of deficiencies

Haematology

Haemoglobin	135	g/L	(119 - 160)
Red cell count	4.7	x10 ¹² /L	(3.8 - 5.8)
Haematocrit	0.42		(0.35 - 0.48)
MCV	90	fL	(80 - 100)
MCH	29.0	pg	(27.0 - 32.0)
MCHC	322	g/L	(310 - 360)
RDW	12.9		(10.0 - 15.0)
White cell count	5.2	x10 ⁹ /L	(4.0 - 11.0)
Neutrophils	2.89	x10 ⁹ /L	(2.0 - 7.5)
Lymphocytes	1.61	x10 ⁹ /L	(1.0 - 4.0)
Monocytes	0.39	x10 ⁹ /L	(0.0 - 1.0)
Eosinophils	0.32	x10 ⁹ /L	(0.0 - 0.5)
Basophils	0.02	x10 ⁹ /L	(0.0 - 0.3)
NRBC	<1.0	/100 WBC	(<1)
Platelets	212	x10 ⁹ /L	(150 - 450)

Comment on Lab ID 866037497

Full blood count is within reference limits

NATA Accreditation No 2178

Tests Completed: FBC(e)
 Tests Pending : B12(s), Fol(s), LFT(s), C(s), UCreat(s), E(s), Glu(p),
 Phos(s), Ca(s), Ferr(s), Mg(s), Vit D(s), TSH(s), HbA1c Diag(e)
 Sample Pending :

WATSON, ASH
35 THE GLEN CRESCENT, SPRINGWOOD. 2777
Phone: 0410763471
Birthdate: 31/03/1977 Sex: F Medicare Number: 2473250348
Your Reference: 800350974 Lab Reference: 866037497-C-C924
Laboratory: bsp
Addressee: DR MAGDALENA MIRONOWICZ Referred by: DR MAGDALENA
MIRONOWICZ

Name of Test: Glucose
Requested: 29/11/2021 Collected: 03/12/2021 Reported: 03/12/2021
12:09

Clinical notes: vegan diet, past hx of deficiencies

Clinical Notes : vegan diet, past hx of deficiencies

Glucose

Glucose Fasting 4.5 mmol/L (3.6 - 6.0)

Comment on Lab ID 866037497

NATA Accreditation No 2178

Tests Completed: Glu(p), FBC(e)
Tests Pending : B12(s), Fol(s), LFT(s), C(s), UCreat(s), E(s), Phos(s),
Ca(s), Ferr(s), Mg(s), Vit D(s), TSH(s), HbA1c Diag(e)
Sample Pending :

WATSON, ASH
 35 THE GLEN CRESCENT, SPRINGWOOD. 2777
 Phone: 0410763471
 Birthdate: 31/03/1977 Sex: F Medicare Number: 2473250348
 Your Reference: 800350974 Lab Reference: 866037497-C-C141
 Laboratory: bsp
 Addressee: DR MAGDALENA MIRONOWICZ Referred by: DR MAGDALENA
 MIRONOWICZ

Name of Test: Biochemistry
 Requested: 29/11/2021 Collected: 03/12/2021 Reported: 03/12/2021
 13:09

Clinical notes: vegan diet, past hx of deficiencies

Clinical Notes : vegan diet, past hx of deficiencies

Biochemistry

Status	Fasting		
Sodium	141	mmol/L	(135 - 145)
Potassium	4.0	mmol/L	(3.5 - 5.5)
Chloride	H 111	mmol/L	(95 - 110)
Bicarbonate	21	mmol/L	(20 - 32)
Urea	3.1	mmol/L	(2.5 - 7.0)
Creatinine	55	umol/L	(45 - 85)
eGFR	>90	mL/min/1.73m2	(>59)
Calcium	2.23	mmol/L	(2.15 - 2.55)
Corrected Calcium	2.29	mmol/L	(2.15 - 2.55)
Magnesium	0.77	mmol/L	(0.65 - 1.00)
Phosphate	0.87	mmol/L	(0.8 - 1.5)
Total Bilirubin	8	umol/L	(3 - 15)
Alk Phos	60	U/L	(20 - 105)
Gamma GT	13	U/L	(5 - 35)
LDH	197	U/L	(120 - 250)
AST	17	U/L	(10 - 35)
ALT	H 37	U/L	(5 - 30)
Total Protein	68	g/L	(68 - 85)
Albumin	40	g/L	(37 - 48)
Globulin	28	g/L	(23 - 39)

Comment on Lab ID 866037497

eGFR (mL/min/1.73m2) calculated by CKD-EPI formula - see www.kidney.org.au

NATA Accreditation No 2178

Tests Completed: LFT(s), C(s), UCreat(s), E(s), Glu(p), Phos(s), Ca(s),
 Mg(s), FBC(e)
 Tests Pending : B12(s), Fol(s), Ferr(s), Vit D(s), TSH(s), HbA1c Diag(e)
 Sample Pending :

WATSON, ASH
35 THE GLEN CRESCENT, SPRINGWOOD. 2777
Phone: 0410763471
Birthdate: 31/03/1977 Sex: F Medicare Number: 2473250348
Your Reference: 800350974 Lab Reference: 866037497-C-E777
Laboratory: bsp
Addressee: DR MAGDALENA MIRONOWICZ Referred by: DR MAGDALENA
MIRONOWICZ

Name of Test: HbA1c
Requested: 29/11/2021 Collected: 03/12/2021 Reported: 03/12/2021
19:39

Clinical notes: vegan diet, past hx of deficiencies

Clinical Notes : vegan diet, past hx of deficiencies

Haemoglobin A1c

HbA1c (IFCC)	35	mmol/mol	(20 - 38)
HbA1c (NGSP)	5.4	%	(4.0 - 5.6)

Comment on Lab ID 866037497

HbA1c less than 48 mmol/mol (6.5%) does not exclude a diagnosis of diabetes mellitus based upon elevated glucose results. The existing diagnostic criteria for fasting and random glucose levels and for oral glucose tolerance testing remain valid, and are the diagnostic tests of choice for gestational diabetes, type 1 diabetes and in the presence of conditions that interfere with HbA1c measurement. Conditions which may affect the measured HbA1c value include any of the haemolytic anaemias, anaemia of chronic disease, severe liver disease, vitamin B12 and/or folate deficiency, the haemoglobinopathies and regular phlebotomy performed for medical indications or for blood donation. It also should be noted that further investigation is required for any inexplicably low HbA1c level or significant discrepancy between HbA1c and glucose results.

Please note that of 19/08/2021, HbA1c measurement changed from the Biorad D-100 to the Sebia Capillarys 3 method.

NATA Accreditation No 2178

Tests Completed: LFT(s), C(s), UCreat(s), E(s), Glu(p), Phos(s), Ca(s),
Mg(s), HbA1c Diag(e), FBC(e)

Tests Pending : B12(s), Fol(s), Ferr(s), Vit D(s), TSH(s)

Sample Pending :

WATSON, ASH
35 THE GLEN CRESCENT, SPRINGWOOD. 2777
Phone: 0410763471
Birthdate: 31/03/1977 Sex: F Medicare Number: 2473250348
Your Reference: 800350974 Lab Reference: 866037497-E-H246
Laboratory: bsp
Addressee: DR MAGDALENA MIRONOWICZ Referred by: DR MAGDALENA
MIRONOWICZ

Name of Test: B12/Folate/RCF
Requested: 29/11/2021 Collected: 03/12/2021 Reported: 04/12/2021
04:39

Clinical notes: vegan diet, past hx of deficiencies

Clinical Notes : vegan diet, past hx of deficiencies

Vitamin B12 and Folate

Vitamin B12	L 124	pmol/L	(135 - 650)
Serum Folate	34.2	nmol/L	(>7.0)

Comment on Lab ID 866037497

Vitamin B12 performed by Abbott Architect method.

Reduced B12. Causes include dietary factors pernicious anaemia small bowel malabsorption HIV pregnancy and drugs such as metformin. Suggest intrinsic factor antibody (IF Ab) +/- gastric parietal cell antibody (GPC Ab) if clinically indicated.

From 8 March 2014, active B12 (holotranscobalamin) testing will be performed on all patients with low or equivocal (at or below 340 pmol/L) total B12 results. Both tests are eligible for a Medicare rebate under these circumstances.

NATA Accreditation No 2178

Tests Completed: B12(s), Fol(s), LFT(s), C(s), UCreat(s), E(s), Glu(p),
Phos(s), Ca(s), Ferr(s), Mg(s), Vit D(s), TSH(s),
Active B12(s), HbA1c Diag(e), FBC(e)

Tests Pending :
Sample Pending :

WATSON, ASH
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Phone: 0410763471
Birthdate: 31/03/1977 Sex: F Medicare Number: 2473250348
Your Reference: 800350974 Lab Reference: 866037497-C-C151
Laboratory: bsp
Addressee: DR MAGDALENA MIRONOWICZ Referred by: DR MAGDALENA
MIRONOWICZ

Name of Test: Iron Studies
Requested: 29/11/2021 Collected: 03/12/2021 Reported: 04/12/2021
04:39

Clinical notes: vegan diet, past hx of deficiencies

Clinical Notes : vegan diet, past hx of deficiencies

Iron Studies
Ferritin 25 ug/L (15 - 200)

Comment on Lab ID 866037497

Serum ferritin levels between 15-30 ug/L may reflect depleted iron stores
and iron therapy may be indicated.

NATA Accreditation No 2178

Tests Completed: B12(s), Fol(s), LFT(s), C(s), UCreat(s), E(s), Glu(p),
Phos(s), Ca(s), Ferr(s), Mg(s), Vit D(s), TSH(s),
Active B12(s), HbA1c Diag(e), FBC(e)

Tests Pending :
Sample Pending :

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35 THE GLEN CRESCENT, SPRINGWOOD. 2777
Phone: 0410763471
Birthdate: 31/03/1977 Sex: F Medicare Number: 2473250348
Your Reference: 800350974 Lab Reference: 866037497-C-C513
Laboratory: bsp
Addressee: DR MAGDALENA MIRONOWICZ Referred by: DR MAGDALENA
MIRONOWICZ

Name of Test: Vit D(s)
Requested: 29/11/2021 Collected: 03/12/2021 Reported: 04/12/2021
04:39

Clinical notes: vegan diet, past hx of deficiencies

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25-OH Vitamin D

Vitamin D L 43 nmol/L (50 - 140)

Comment on Lab ID 866037497

Consistent with mild Vitamin D deficiency.
Due to the prolonged half-life of 25-OH Vitamin D, reassessment of Vitamin D status should not be undertaken until at least 3 to 4 months after implementing supplementation or changing the dose of replacement therapy. 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.

NATA Accreditation No 2178

Tests Completed: B12(s), Fol(s), LFT(s), C(s), UCreat(s), E(s), Glu(p),
Phos(s), Ca(s), Ferr(s), Mg(s), Vit D(s), TSH(s),
Active B12(s), HbA1c Diag(e), FBC(e)

Tests Pending :
Sample Pending :

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Your Reference: 800350974 Lab Reference: 866037497-E-E031
Laboratory: bsp
Addressee: DR MAGDALENA MIRONOWICZ Referred by: DR MAGDALENA
MIRONOWICZ

Name of Test: Thyroid Function
Requested: 29/11/2021 Collected: 03/12/2021 Reported: 04/12/2021
04:39

Clinical notes: vegan diet, past hx of deficiencies

Clinical Notes : vegan diet, past hx of deficiencies

Thyroid Function

TSH 2.72 mIU/L (0.40 - 3.50)

Comment on Lab ID 866037497

NATA Accreditation No 2178

Tests Completed: B12(s), Fol(s), LFT(s), C(s), UCreat(s), E(s), Glu(p),
Phos(s), Ca(s), Ferr(s), Mg(s), Vit D(s), TSH(s),
Active B12(s), HbA1c Diag(e), FBC(e)

Tests Pending :

Sample Pending :

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Birthdate: 31/03/1977 Sex: F Medicare Number: 2473250348
Your Reference: 800350974 Lab Reference: 866037497-C-E348
Laboratory: bsp
Addressee: DR MAGDALENA MIRONOWICZ Referred by: DR MAGDALENA
MIRONOWICZ

Name of Test: Active B12(s)
Requested: 29/11/2021 Collected: 03/12/2021 Reported: 04/12/2021
04:39

Clinical notes: vegan diet, past hx of deficiencies

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Active B12

Active B12 L 26 pmol/L (>35)

Comment on Lab ID 866037497

NATA Accreditation No 2178

Tests Completed: B12(s), Fol(s), LFT(s), C(s), UCreat(s), E(s), Glu(p),
Phos(s), Ca(s), Ferr(s), Mg(s), Vit D(s), TSH(s),
Active B12(s), HbA1c Diag(e), FBC(e)

Tests Pending :
Sample Pending :

Dr Magdalena Mironowicz

2-6 View Street

Blaxland 2774

Ph: (02) 47391555 Fax: (02) 47395159

Prescriber no. 2301039

Dr Magdalena Mironowicz

2-6 View Street

Blaxland 2774

Ph: (02) 47391555 Fax: (02) 47395159

Prescriber no. 2301039

eRx:
EXPRESS



Patient's Medicare no. **2473250348-1**

Pharmaceutical
benefits
entitlement no.

☐ PBS Safety Net entitlement cardholder (cross relevant box)	☐ Concessional or dependant RPBS beneficiary or PBS Safety Net concession cardholder
---	---

Patient's name
Address

Ash Jay Watson
35 The Glen Crescent
Springwood 2777

Date 20/12/2021

Script ID: 137304

PBSXXXXXXXXXXXX
Non PBS

☐ Brand substitution not permitted

Cyanocobalamin 1mg/ml Injection

1ml IM every 3 months x3

Quantity: 3*1ml. No repeats.

1 item printed

Dr Magdalena Mironowicz
MBBS

If not a Medical Practitioner, tick your prescriber type:

Dentist ☐ Nurse Practitioner ☐ Midwife ☐ Optometrist ☐

Turn over for privacy notice

Patient's Medicare no. **2473250348-1**

Pharmaceutical
benefits
entitlement no.

☐ PBS Safety Net entitlement cardholder (cross relevant box)	☐ Concessional or dependant RPBS beneficiary or PBS Safety Net concession cardholder
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Patient's name
Address

Ash Jay Watson
35 The Glen Crescent
Springwood 2777

Date 20/12/2021

Script ID: 137304

PBSXXXXXXXXXXXX
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1ml IM every 3 months x3

Quantity: 3*1ml. No repeats.

1 item printed

Dr Magdalena Mironowicz
MBBS

Turn over for privacy notice

I declare that I have received this/these medicine(s) and the information relating to any entitlement to a pharmaceutical benefit is correct.

Patient's or agent's signature

Date of supply

/ /

Agent's address

Issued under clause 35 of the Poisons Reg. 2008

PB023.2008

eRx:



2KCW5VJ79N502XRH19

Issued under clause 35 of the Poisons Reg. 2008