

Referrer Dr Ambar Rafique

Address QUEANBEYAN GP SUPERCLINIC 150 CRAWFORD ST  
QUEANBEYAN NSW 2620

Phone 0262973311

Lab ID 944027250

Your ref. 18443

Address 17 MCINTOSH ST  
QUEANBEYAN NSW 2620

Phone 0401751300

DOB 14/10/1991 (32 Yrs MALE)

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Requested 25/03/2024

Clinical Notes PRE CONCEPTION BLOODS

Collected 27/03/2024 07:15

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GENERAL BIOCHEMISTRY

Test Name	Result	Units	Reference Interval	Comment
Bilirubin	12	umol/L	4 - 20	
Alk Phos	93	U/L	35 - 110	
AST	15	U/L	10 - 40	
ALT	18	U/L	5 - 40	
Gamma GT	21	U/L	5 - 50	
LDH	156	U/L	120 - 250	

Test Name	Result	Units	Reference Interval	Comment
Chol.	4.6	mmol/L	3.5 - 5.5	
Trigs.	0.72	mmol/L	0.50 - 2.00	

Test Name	Result	Units	Reference Interval	Comment
Sodium	139	mmol/L	135 - 145	
Potassium	4.0	mmol/L	3.5 - 5.5	
Chloride	105	mmol/L	95 - 110	
Bicarb.	26	mmol/L	20 - 32	
Anion Gap	12	mmol/L	10 - 22	
Creatinine	86	umol/L	60 - 110	
eGFR	>90		>89	
Urea	4.6	mmol/L	3.0 - 8.0	

Test Name	Result	Units	Reference Interval	Comment
Uric Acid	0.29	mmol/L	0.20 - 0.50	
Fasting Glucose	4.7	mmol/L	3.6 - 6.0	
Total Protein	74	g/L	60 - 80	
Albumin	47	g/L	35 - 50	
Globulin	27	g/L	18 - 35	
Phosphate	1.07	mmol/L	0.80 - 1.50	
Calcium	2.41	mmol/L	2.10 - 2.60	
Ca (corr)	2.31	mmol/L	2.10 - 2.60	
Magnesium	0.91	mmol/L	0.70 - 1.05	

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## LIPID STUDIES

Test Name	Result	Units	Reference Interval	Comment
Chol.	4.6	mmol/L	3.5 - 5.5	
HDL	1.4	mmol/L	>0.8	
LDL	2.9	mmol/L	<3.5	
Trigs.	0.72	mmol/L	0.50 - 2.00	
Tot/HDL	3.3	mmol/L	<5.1	
Non-HDL Cholesterol	3.2	mmol/L	<4.0	

According to the current Lipid Management Guidelines (2012) the suggested targets are:

<4.0mmol/L Total Cholesterol (TC)  
<2.0mmol/L Triglycerides (TG)  
>=1.0mmol/L HDL Cholesterol (HDL-C)  
<2.0mmol/L LDL Cholesterol (LDL-C)

The National Vascular Disease Prevention Alliance (NVDPA) guidelines recommend a target level of less than 2.5 mmol/L for non-HDLC. Compared to other lipid parameters, increased non-HDLC is the most significant marker for subclinical atherosclerosis.  
(ref: Cardiology Today 2013; 3(2): pp25-27).

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IRON STUDIES

Test Name	Result	Units	Reference Interval	Comment
Iron	26.5	umol/L	5.0 - 30.0	
Transferrin	2.2	g/L	2.0 - 3.2	
● Saturation	48 H	%	10 - 45	HIGH
Ferritin	190	ug/L	30 - 300	

Note high % saturation. If there has been no recent iron therapy, suggest follow up in 1-2 months.

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THYROID FUNCTION TESTS

Test Name	Result	Units	Reference Interval	Comment
TSH	1.3	mIU/L	0.40 - 3.5	

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VASCULAR RISK MARKERS

Test Name	Result	Units	Reference Interval	Comment
Homocysteine	6.0	umol/L	5.0 - 14.5	

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SPECIFIC PROTEINS

Test Name	Result	Units	Reference Interval	Comment
CRP	< 1	mg/L	<5	

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CORTISOL STUDIES

Cortisol (am)	381	100 - 535	nmol/L	
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## VITAMIN B12 AND FOLATE STUDIES

Test Name	Result	Units	Reference Interval	Comment
Vit. B12	665	pmol/L	>170	
Serum Folate	30.4	nmol/L	>5.9	

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## HORMONE ASSAYS

LH	4	IU/L	(0.6-12)
Testosterone	23.5	nmol/L	8.0 - 38.0
DHEAS	5.6	umol/L	(1.7-14.0)

For interpretation of results, please refer to the printed ranges.

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**HORMONE ASSAYS**

Fasting Glucose	4.7	3.6 - 6.0	mmol/L
Insulin (Fasting)	4.4	<10	mU/L

No evidence of insulin resistance.

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## HAEMATOLOGY

HAEMOGLOBIN	153	135 - 180	g/L
Haematocrit	0.44	0.40 - 0.54	L/L
Red cell count	5.3	4.5 - 6.5	x 10 <sup>12</sup> /L
Mean cell volume	84	80 - 100	fL
Mean cell haemoglobin	29.0	27.0 - 33.0	pg
Mean cell haemoglobin conc.	345	310 - 360	g/L
WHITE CELL COUNT	5.7	4.0 - 11.0	x 10 <sup>9</sup> /L
Neutrophils 61.4 %	3.5	2.0 - 7.5	x 10 <sup>9</sup> /L
Lymphocytes 24.6 %	1.4	1.0 - 4.0	x 10 <sup>9</sup> /L
Monocytes 8.8 %	0.5	<1.1	x 10 <sup>9</sup> /L
Eosinophils 3.5 %	0.2	<0.6	x 10 <sup>9</sup> /L
Basophils 0.0 %	0.0	<0.3	x 10 <sup>9</sup> /L
Nucleated red cells	0		per hundred white cells
PLATELETS	276	150 - 400	x 10 <sup>9</sup> /L
E.S.R.	3	<16	mm/hr

Haematological parameters show no significant abnormality.

Please note: The ESR is a non-specific test and is not recommended for general screening. CRP is the most useful acute phase marker and is the preferred test for diagnosis and monitoring of inflammation/infection. For further information, please contact the Clinical Pathologist, Dr Paul Whiting on 02 62859895.

HA

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VITAMIN STUDIES

Test Name	Result	Units	Reference Interval	Comment
25-OH Vitamin D	119	nmol/L	50 - 140	

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.

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TRACE ELEMENTS IN BLOOD

Zinc	12	10 - 18	umol/L
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