

15/08/2024

Ms Julie Landon
Dietitian
Farmborough Heights, 2526
Phone: 0423363012
Email: julie@julielandonnutrition.com

RE: Mrs Amber Croft
DOB: 07/03/1982
0432727382
31 Bentley Road
Kembla Grange , 2526

Dear Julie,
Thank you for seeing Amber Croft, aged 42 yrs, for assistance with weight loss. Amber is overweight and has mild chronic renal impairment and chronic lower back pain. She also has pelvic congestion syndrome.

	Latest Results					
Date	11-Feb-21	13-Apr-22	01-Sep-23	05-Aug-24		
Time F-Fast	0900	0853 F	0846 F	0858 F		
Lab Id.	486785524	488318332	489497102	495386108	Reference	Units
Height	165	166	165	166		cm
Weight	79	80	80	80		kg
BMI	29.0 H	29.0 H	29.4 H	29.0 H	(18.5-24.9)	kg/m2

Routine biochemistry

	Latest Results					
Date	07-Jun-21	13-Apr-22	01-Sep-23	05-Aug-24		
Time F-Fast	0813 F	0853 F	0846 F	0858 F		
Lab Id.	487287902	488318332	489497102	495386108	Reference	Units
Fast. Glucose		4.9	4.6	4.3	(3.6-6.0)	mmol/L
Sodium	141	139	138	138	(135-145)	mmol/L
Potassium	3.9	4.1	4.2	4.7	(3.5-5.5)	mmol/L
Chloride	103	105	105	108	(95-110)	mmol/L
Bicarbonate	27	26	28	25	(20-32)	mmol/L
Urea	3.6	4.9	3.0	3.6	(2.5-7.0)	mmol/L
Creat.	94 H	92 H	85	87 H	(45-85)	umol/L
eGFR (CKD.EPI)	66 L	67 L	74 L	71 L	(>89)	mL/min/1.73m2
Calcium	2.30				(2.15-2.55)	mmol/L
Ca (corr)	2.36				(2.15-2.55)	mmol/L
Phosphate	1.10				(0.8-1.5)	mmol/L
Mg	0.79				(0.70-1.05)	mmol/L
Total Protein	71	75	67	66	(64-81)	g/L
Albumin	37	40	37	36	(33-46)	g/L
Globulin	34	35	30	30	(26-41)	g/L
ALP	67	58	41	45	(20-105)	U/L

GGT	17	21	19	21	(5-35)	U/L
ALT	12	14	21	13	(5-30)	U/L
AST	15	16	55 H	18	(10-35)	U/L
LDH	136	132	157	140	(120-250)	U/L
T Bilirubin	8	7	8	6	(3-15)	umol/L

					Latest Results	
Date	23-Nov-20	13-Apr-22	01-Sep-23	05-Aug-24		
Time F-Fast	0935 F	0853 F	0846 F	0858 F		
Lab Id.	486831591	488318332	489497102	495386108	Reference	Units
Status	Fasting	Fasting	Fasting	Fasting		
Cholesterol	4.00	3.68	3.93	4.01	(2.30-5.50)	mmol/L
Triglyceride	0.99	0.87	0.73	0.61	(0.00-2.00)	mmol/L
HDL	1.50	1.37	1.42	1.35	(1.00-3.00)	mmol/L
Chol/HDL Ratio	2.7	2.7	2.8	3.0	(0-4.5)	mmol/L
LDL	2.0	1.9	2.2	2.4	(0.0-3.50)	mmol/L
Non HDLC	2.50	2.31	2.51	2.66	(<4.00)	mmol/L

Current Medications:

Nicotinamide 500mg Tablet	1 Tablet Twice a day.
Norimin Tablet	1 Tablet Daily.

Allergies:

Bactrim
Non-Steroidal Anti renal impairment, Moderate
Inflammatory
Agents

Past Medical History:

Hay fever
Family history of bowel cancer
04/12/2020 Renal impairment
24/01/2023 Discectomy, microsurgical
Pelvic congestion syndrome

Sincerely,



Dr Jennifer Bowler
MBBS(Hons1), FRACGP, FACRRM, DRANZCOG, DCH
234102FJ