

Patient Health Summary

Name: Ms Rebecca Alibrandi
Address: 57 Mapleton Avenue
North Kellyville 2155
D.O.B.: 15/04/1984
Record No.: 28383
Home Phone:
Work Phone:
Mobile Phone: 0412 085 500

The Ponds Family Medical Practice
165 The Ponds Boulevard
The Ponds 2769
0288244777

Printed on 4th November 2024

Investigations:

ALIBRANDI, REBECCA
57 MAPLETON AVENUE, NORTH KELLYVILLE. 2155
Phone: 0412085500
Birthdate: 15/04/1984 Sex: F Medicare Number: 25242706472
Your Reference: 00132184 Lab Reference: 24-90549555-OHD-0
Laboratory: AUSTRALIAN CLINICAL LABS
Addressee: DR JANAKI SURESHWARAN Referred by: DR JANAKI SURESHWARAN
Copy to:
MEDICAL PRACTICE THE PONDS FAMILY

Name of Test: VITAMIN D
Requested: 26/04/2024 Collected: 07/05/2024 Reported: 07/05/2024 13:22

ENDOCRINOLOGY

VITAMIN D

SPECIMEN: SERUM

Date	Req. No.	25-hydroxy Vitamin D	
11/02/23	75235247	59	
07/05/24	90549555	* 37	(50 - 200) nmol/L

90549555 Low levels of 25-hydroxy vitamin D may be seen with lack of sunlight exposure, nutritional deficiency disorders (dietary, malabsorption, phenytoin therapy etc) and in hepatic disorders associated with impaired hydroxylation of cholecalciferol (vitamin D3).

Interpretation:

Vitamin D deficiency <50 nmol/L
Severe deficiency <20 nmol/L

COMMENT: Vitamin D sufficiency is defined as greater than or equal to 50 nmol/L at the end of winter (level may need to be 10-20 nmol/L higher at the end of summer).

Reference: Position Statement. Vitamin D and Health in Adults in Australia and New Zealand. MJA,196(11): 686-687, 2012.

TESTS COMPLETED: IS, LIP, CPM, ECU, LFT, GLS, INS, OHD, TFT,
INCOMPLETE TESTS: B12, ESR, FBE, IFT, GHB,

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Phone: 0412085500
Birthdate: 15/04/1984 Sex: F Medicare Number: 25242706472
Your Reference: 00132184 Lab Reference: 24-90549555-INS-0
Laboratory: AUSTRALIAN CLINICAL LABS

Addressee: DR JANAKI SURESHWARAN Referred by: DR JANAKI SURESHWARAN
Copy to: MEDICAL PRACTICE THE PONDS FAMILY

Name of Test: INSULIN
Requested: 26/04/2024 Collected: 07/05/2024 Reported: 07/05/2024 13:14

ENDOCRINOLOGY

INSULIN STUDIES

SPECIMEN: SERUM

Date	Time	Lab No.	Insulin	Ref Range	Units
07/05/24	09:15	90549555	3	(See below)	mU/L

Insulin Reference Ranges:

Fasting 2 - 12 mU/L
2hr post prandial 5 - 30 mU/L

TESTS COMPLETED: INS,
INCOMPLETE TESTS: B12, ESR, FBE, IFT, IS, LIP, CPM, ECU, LFT, GHB, GLS, OH, TFT,

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Phone: 0412085500
Birthdate: 15/04/1984 Sex: F Medicare Number: 25242706472
Your Reference: 00132184 Lab Reference: 24-90549555-LS-0
Laboratory: AUSTRALIAN CLINICAL LABS
Addressee: DR JANAKI SURESHWARAN Referred by: DR JANAKI SURESHWARAN
Copy to: MEDICAL PRACTICE THE PONDS FAMILY

Name of Test: LIPID STUDIES
Requested: 26/04/2024 Collected: 07/05/2024 Reported: 07/05/2024 13:15

BIOCHEMISTRY

LIPID STUDIES

SPECIMEN: SERUM

Date:	11/02/23	07/05/24	Desirable Range
Lab Number:	75235247	90549555	(Fasting)
Fasting status	Fasting	Fasting	
Total Chol.	3.8	4.6	(< 5.6) mmol/L
HDL Chol.	1.4	1.7	(> 1.1) mmol/L
LDL Chol.	2.2	2.8	(< 3.1) mmol/L
Non-HDL Chol.	2.4	2.9	(< 4.1) mmol/L
Triglyceride	0.5	0.3	(< 2.1) mmol/L
LDL/HDL Ratio	1.6	1.6	
Chol/HDL Ratio	2.7	2.7	

90549555 Interpret in conjunction with other cardiovascular risk factors or treatment targets.

Recommended targets for high risk patients are

Total cholesterol < 4.0 mmol/L
HDL Cholesterol > 1.0 mmol/L
LDL Cholesterol < 2.5 mmol/L (< 1.8 mmol/L for very high risk)
Non-HDL Cholesterol < 3.3 mmol/L (< 2.5 mmol/L for very high risk)
Fasting triglycerides < 2.0 mmol/L

Lipid ranges and targets are from the AACB Guideline for Harmonised Lipid Reporting (2018)
Target values need to be individualised based on clinical assessment of

overall risk.
See the AusCVD Risk calculator at www.cvdcheck.org.au
Please note, from 27/09/2023, modified lipid reference ranges apply.

TESTS COMPLETED: LIP, GLS, INS, TFT,
INCOMPLETE TESTS: B12, ESR, FBE, IFT, IS, CPM, ECU, LFT, GHB, OHD,

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Phone: 0412085500
Birthdate: 15/04/1984 **Sex:** F **Medicare Number:** 25242706472
Your Reference: 00132184 **Lab Reference:** 24-90549555-GLS-0
Laboratory: AUSTRALIAN CLINICAL LABS
Addressee: DR JANAKI SURESHWARAN **Referred by:** DR JANAKI SURESHWARAN
Copy to:
MEDICAL PRACTICE THE PONDS FAMILY

Name of Test: GLUCOSE
Requested: 26/04/2024 **Collected:** 07/05/2024 **Reported:** 07/05/2024 13:17

BIOCHEMISTRY

GLUCOSE

Date	Time	Lab#	Collection Type	Specimen	Glucose (mmol/L)
20/04/22	09:45	64395666	Random	serum	3.8
11/02/23	11:35	75235247	Fasting	serum	4.6
07/05/24	09:15	90549555	Fasting	serum	4.7

90549555 Normal fasting glucose.
NOTE: HbA1c has been requested.

Glucose Reference Ranges

Random 3.0 - 6.9 mmol/L
Fasting 3.0 - 5.4 mmol/L
1 Hour post prandial 3.0 - 11.0 mmol/L
2 Hour post prandial 3.0 - 7.7 mmol/L

Specimen Legend:

Fl-ox = Fluoride oxalate, serum = Serum, np = Non-Preserved

TESTS COMPLETED: LIP, GLS, INS, TFT,
INCOMPLETE TESTS: B12, ESR, FBE, IFT, IS, CPM, ECU, LFT, GHB, OHD,

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Phone: 0412085500
Birthdate: 15/04/1984 **Sex:** F **Medicare Number:** 25242706472
Your Reference: 00132184 **Lab Reference:** 24-90549555-TMA-0
Laboratory: AUSTRALIAN CLINICAL LABS
Addressee: DR JANAKI SURESHWARAN **Referred by:** DR JANAKI SURESHWARAN
Copy to:
MEDICAL PRACTICE THE PONDS FAMILY

Name of Test: TFT MASTER PANEL
Requested: 26/04/2024 **Collected:** 07/05/2024 **Reported:** 07/05/2024 13:17

ENDOCRINOLOGY

THYROID FUNCTION TEST

SPECIMEN: SERUM

Date: 11/02/23 07/05/24
Coll. Time: 11:35 09:15
Lab Number: 75235247 90549555

TSH 1.80 2.19 (0.40 - 4.00) mIU/L

90549555 Normal TSH level.

TESTS COMPLETED: LIP, GLS, INS, TFT,
INCOMPLETE TESTS: B12, ESR, FBE, IFT, IS, CPM, ECU, LFT, GHB, OHD,

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Phone: 0412085500
Birthdate: 15/04/1984 Sex: F Medicare Number: 25242706472
Your Reference: 00132184 Lab Reference: 24-90549555-MBI-0
Laboratory: AUSTRALIAN CLINICAL LABS
Addressee: DR JANAKI SURESHWARAN Referred by: DR JANAKI SURESHWARAN
Copy to:
MEDICAL PRACTICE THE PONDS FAMILY

Name of Test: MULTIPLE BIOCHEM ANALYSIS
Requested: 26/04/2024 Collected: 07/05/2024 Reported: 07/05/2024 13:22

GENERAL CHEMISTRY

SPECIMEN: SERUM

Date: 27/05/22 11/02/23 07/05/24
Time: 10:05 11:35 09:15
Request: 66155890 75235247 90549555

Sodium	139	141	139	(135 - 145)	mmol/L
Potassium	4.1	4.0	4.3	(3.5 - 5.2)	mmol/L
Chloride	106	106	105	(95 - 110)	mmol/L
Bicarbonate *	21	28	26	(22 - 32)	mmol/L
Urea	5.2	4.5	5.1	(3.0 - 7.0)	mmol/L
Creatinine	54	55	60	(45 - 90)	umol/L
eGFR	> 90	> 90	> 90	(> 59) mL/min/1.73m2	
Calcium			2.29	(2.10 - 2.60)	mmol/L
Adj.Ca			2.26	(2.10 - 2.60)	mmol/L
Magnesium			0.82	(0.70 - 1.10)	mmol/L
Phosphate			1.35	(0.75 - 1.50)	mmol/L
T.Protein	64	67	70	(60 - 80)	g/L
Albumin	38	40	42	(35 - 50)	g/L
Globulin	26	27	28	(23 - 39)	g/L
ALP	48	41	41	(30 - 110)	U/L
Bilirubin *	26	30	20	(3 - 20)	umol/L
GGT	< 7	< 7	11	(5 - 35)	U/L
AST	14	15	13	(5 - 30)	U/L
ALT	9	15	11	(5 - 35)	U/L

90549555 Within reference intervals.

TESTS COMPLETED: IS, LIP, CPM, ECU, LFT, GLS, INS, OHD, TFT,
INCOMPLETE TESTS: B12, ESR, FBE, IFT, GHB,

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Phone: 0412085500
Birthdate: 15/04/1984 Sex: F Medicare Number: 25242706472
Your Reference: 00132184 Lab Reference: 24-90549555-ISM-0
Laboratory: AUSTRALIAN CLINICAL LABS
Addressee: DR JANAKI SURESHWARAN Referred by: DR JANAKI SURESHWARAN
Copy to:
MEDICAL PRACTICE THE PONDS FAMILY

Name of Test: IRON MASTER

Requested: 26/04/2024 Collected: 07/05/2024 Reported: 07/05/2024 13:22

BIOCHEMISTRY

IRON STUDIES

SPECIMEN: SERUM

Date: 19/01/21 11/02/23 07/05/24
Lab Number: 48936733 75235247 90549555

Iron	18.9	17.0	13.1	(10.0 - 30.0)	umol/L
Transferrin *	1.97	2.13	2.35	(2.10 - 3.80)	g/L
Saturation	38	32	22	(15 - 45)	%
Ferritin	51	42	36	(30 - 200)	ug/L

90549555 Iron studies are within normal limits.

TESTS COMPLETED: IS, LIP, CPM, ECU, LFT, GLS, INS, OHD, TFT,
INCOMPLETE TESTS: B12, ESR, FBE, IFT, GHB,

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Phone: 0412085500
Birthdate: 15/04/1984 Sex: F Medicare Number: 25242706472
Your Reference: 00132184 Lab Reference: 24-90549555-HAE-0
Laboratory: AUSTRALIAN CLINICAL LABS
Addressee: DR JANAKI SURESHWARAN Referred by: DR JANAKI SURESHWARAN
Copy to: MEDICAL PRACTICE THE PONDS FAMILY

Name of Test: HAEMATOLOGY GENERAL
Requested: 26/04/2024 Collected: 07/05/2024 Reported: 07/05/2024 13:56

HAEMATOLOGY

SPECIMEN: WHOLE BLOOD

Date: 20/04/22 11/02/23 07/05/24 (#Refers to current
Coll. Time: 09:45 11:35 09:15 result only)
Lab Number: 64395666 75235247 #90549555

HAEMOGLOBIN	121	122	124	(115 - 165)	g/L
RBC	4.23	4.26	4.50	(3.80 - 5.50)x10	12/L
HCT	0.38	0.38	0.39	(0.35 - 0.47)	
MCV	90	90	87	(80 - 99)	fL
MCH	28.6	28.6	27.6	(27.0 - 34.0)	pg
MCHC	318	321	318	(310 - 360)	g/L
RDW	12.9	12.9	12.3	(11.0 - 15.0)	%
WCC	10.0	6.9	8.4	(4.0 - 11.0)	x10 9/L
Neutrophils	6.4	4.0	5.1	(2.0 - 8.0)	x10 9/L
Lymphocytes	2.7	2.4	2.6	(1.0 - 4.0)	x10 9/L
Monocytes	0.8	0.4	0.6	(< 1.1)	x10 9/L
Eosinophils	0.1	< 0.1	< 0.1	(< 0.7)	x10 9/L
Basophils	0.0	0.0	0.0	(< 0.3)	x10 9/L
PLATELETS	202	190	203	(150 - 450)	x10 9/L
MPV	10.9	10.9	10.3		fL
ESR		2	5	(< 21)	mm/h

#90549555 : The red cell, white cell and platelet parameters are within normal limits.

TESTS COMPLETED: ESR, FBE, IS, LIP, CPM, ECU, LFT, GLS, INS, OHD, TFT,
INCOMPLETE TESTS: B12, IFT, GHB,

ALIBRANDI, REBECCA
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Phone: 0412085500
Birthdate: 15/04/1984 **Sex:** F **Medicare Number:** 25242706472
Your Reference: 00132184 **Lab Reference:** 24-90549555-BFM-0
Laboratory: AUSTRALIAN CLINICAL LABS
Addressee: DR JANAKI SURESHWARAN **Referred by:** DR JANAKI SURESHWARAN
Copy to: MEDICAL PRACTICE THE PONDS FAMILY

Name of Test: B12, FOLATE (SERUM/RBC)
Requested: 26/04/2024 **Collected:** 07/05/2024 **Reported:** 07/05/2024 14:14

BIOCHEMISTRY

VITAMIN B12 AND FOLATE

SPECIMEN: SERUM/BLOOD

Date: 11/02/23 **07/05/24**
Time: 11:35 09:15
Lab Number: 75235247 90549555

Test	Result	Reference	Unit
Vitamin B12	410	268	pmol/L
Active B12	116	(> 30)	pmol/L

90549555 Normal B12 result.

RANGES	B12	Serum Folate	Red Cell Folate
Normal	> 180	> 10.0	> 450
Equivocal	150 - 180	5.0 - 10.0	350 - 450
Deficient	< 150	< 5.0	< 350

Vitamin B12 and Folate analyses are performed on the Siemens Centaur/Atellica.

TESTS COMPLETED: B12, ESR, FBE, IS, LIP, CPM, ECU, LFT, GLS, INS, OHD, TFT,
 INCOMPLETE TESTS: IFT, GHB,

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Phone: 0412085500
Birthdate: 15/04/1984 **Sex:** F **Medicare Number:** 25242706472
Your Reference: 00132184 **Lab Reference:** 24-90549555-GHB-0
Laboratory: AUSTRALIAN CLINICAL LABS
Addressee: DR JANAKI SURESHWARAN **Referred by:** DR JANAKI SURESHWARAN
Copy to: MEDICAL PRACTICE THE PONDS FAMILY

Name of Test: GLYCATED HB
Requested: 26/04/2024 **Collected:** 07/05/2024 **Reported:** 07/05/2024 18:17

BIOCHEMISTRY

HAEMOGLOBIN A1c

SPECIMEN: WHOLE BLOOD

Date	Coll Time	Req. No.	IFCC HbA1c (mmol/mol)	DCCT HbA1c (%)
11/02/23	11:35	75235247	37	5.5
07/05/24	09:15	90549555	39	5.7

90549555 HbA1c consistent with euglycaemic state.

INTERPRETATION CRITERIA

DIAGNOSIS.

A HbA1c greater than or equal to 48 mmol/mol (6.5 %) is consistent

with diabetes. Consider OGTT or repeat HbA1c for confirmation.
HbA1c 6.0 - 6.4% is consistent with prediabetes. Repeat testing annually is recommended. (ADS position statement 2020)

MONITORING.

The Australian Diabetes Society (ADS) recommends individualised HbA1c targets depending on the patient's age, comorbidities and any Hypoglycaemia (ADS position statement 2009).
A general target of less than or equal to 53 mmol/mol (7.0%) is often used.

Please note that Hb A1c results may be influenced by conditions affecting red cells or their survival times such as haemoglobinopathies, anaemias, recent transfusion or blood loss.

TESTS COMPLETED: B12, ESR, FBE, IS, LIP, CPM, ECU, LFT, GHB, GLS, INS, OHD, TFT,
INCOMPLETE TESTS: IFT,