

Well Person Screen

For

Mrs A.N. OTHER

Date sample tested: 25/10/05

Results of Well Person Screen.

	Current levels	Ideal levels	
Blood Cells: OK			
Red cell count	4.37 x10 ¹² /L	3.95 – 5.15	The cells which carry haemoglobin
HCT	0.41	0.33 – 0.45	The percentage of the blood made up of red cells
MCV	93.6 fL	80 – 99	Indicates the size of the red blood cells.
MCH	30.2 pg	26.0 – 33.5	Indicates the amount of haemoglobin in the red cells
MCHC	32.3 g/dL	30 – 35	
RDW	14.5	11.5 – 15.0	Useful in determining types of anaemia.
Platelets	280 x10 ⁹ /L	150 – 400	The cells responsible for clotting
MPV	10.9 fL	7 – 13	
White Cell Count	6.45 x10 ⁹ /L	3 – 10.0	The cells which fight infection and repair damage
Neutrophils	3.87 x10 ⁹ /L	2.0 – 7.5	
Lymphocytes	2.8 x10 ⁹ /L	1.5 – 4.0	
Monocytes	0.55 x10 ⁹ /L	0.2 – 1.0	
Eosinophils	0.19 x10 ⁹ /L	0.0 – 0.4	
Basophils	0.04 x10 ⁹ /L	0.0 – 0.1	
Anaemia: OK			
Haemoglobin (Hgb)	13.2 g/dL	11.5 – 15.5	Low levels of this oxygen carrier may indicate anaemia.
Iron	18 umol/L	6.6 – 26.0	
T.I.B.C.	66 umol/L	41 – 77	
Iron saturation	27%	20 – 55	
Ferritin	87 ug/L	13 – 150	
Electrolytes: OK			
Sodium	139 mmol/L	135 – 145	Can relate to adrenal health and can be affected by medication. High levels are frequently due to dehydration.
Potassium	4.5 mmol/L	3.5 – 5.1	Also relates to adrenal health, can be affected by medication and dehydration. Low potassium levels common in certain types of high blood pressure.
Chloride	100 mmol/L	98 – 107	
Bicarbonate:	24 mmol/L		
Kidneys: OK			
Urea	5.6 mmol/L	1.7 – 8.3	Raised levels of urea or creatinine can indicate a problem with the kidneys
Creatinine	63 mmol/L	49 – 92	
Calcium	2.45 mmol/L	2.20 – 2.60	Calcium is important in controlling muscle contraction and nerve excitability.
Albumin	46 g/L	34 – 50	Albumin is produced by the liver and assists in the correct balance of fluid in the body.
Total Protein	76 g/L	63 – 83	
Globulin	30 g/L	19 – 35	
Liver: Liver enzymes are generally on the high side of normal which may indicate mild problems dealing with the fats in your diet. Gamma GGT is often raised in people carrying too much body fat.			
Bilirubin	7 umol/L	0 – 20	Formed from the breakdown of haemoglobin from red blood Cells.
Alkaline Phosphatase	70 IU/L	35 – 104	These results indicate how well the liver is functioning.
Aspartate Transferase	23 IU/L	0 – 31	Generally if levels are high it can indicate that the liver is
Alanine Transferase	38* IU/L	10 – 35	under stress and may warrant further consideration by a
LDH	414 IU/L	240 – 480	medical professional.
CK	92 IU/L	26 – 140	
Gamma GT	46 IU/L	9 – 35	

Blood Fats: YOUR CHOLESTEROL AND BLOOD FATS ARE RAISED. THIS PUTS YOU AT INCREASED RISK OF CARDIOVASCULAR DISEASE AND NEEDS TO BE DEALT WITH AS SOON AS POSSIBLE. Please see accompanying handouts on lowering cholesterol and dietary change and monitor at your next Well Person Screen.

Triglycerides	2.5* mmol/L	<2.3	Raised levels of Triglycerides, cholesterol and LDL increase the risk of heart and circulatory disease. Up to 3.0
Cholesterol	7.4*	<5.0	
LDL Cholesterol	4.9*mmol/L		
HDL Cholesterol	1.4 mmol/L	2 – 1.7	Raised levels of HDL is good news as it is protective against heart disease.
HDL % of cholesterol	19%*	20 & over	

Diabetes and gout: Increased uric acid levels can be associated with chronic inflammatory states including those in the vascular system. This is one of the precipitating factors in atherosclerosis or hardening of the arteries. Over ¾ of patients with heart disease and high Triglycerides will present with elevated levels of uric acid.

Uric acid	455* omol/L	175 - 363	Raised levels increase risk of gout
Random Blood Glucose	5.5 mmol/L	3.5 – 7.9	A high level of glucose in the blood can indicate diabetes.

Inflammation: OK

ESR	7 mm/hr	1 – 20	A raised ESR can show that there is inflammation or tissue destruction present which may need further investigation.
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Thyroid: OK

Total thyroxine (T4)	104	59 – 154	Indicates how much thyroxine is being produced by the body
Thyroid Stimulating Hormone	1.63	0.27 - 4.20	Indicates how hard the body is having to work to produce it.

The overwhelming message for your Wellness profile is that there needs to be serious dietary changes to reverse the trend you are showing of heading towards serious heart disease. I look forward to seeing how your next results show improvements after you have incorporated the healthy suggestions made in the accompanying information over the next 3 months.

WE RECOMMEND PASSING A COPY OF THESE RESULTS TO YOUR DOCTOR.

All information provided by The Health Analysis Centre is provided for general information only and should not be treated as a substitute for the medical advice of your doctor or any other health care professional. This information cannot and should not be used as a basis for diagnosis or choice of treatment.