

# DOWDY, GEORGE L

DOB: 10/18/1945    Age: 76    Specimen: TZ049608C  
 Sex: M    Fasting: Y    Requisition: 0265484  
 Phone: 3733836906    Lab Reference ID: 22045186CE13122  
 Patient ID: 2068606    Report Status: FINAL / SEE REPORT

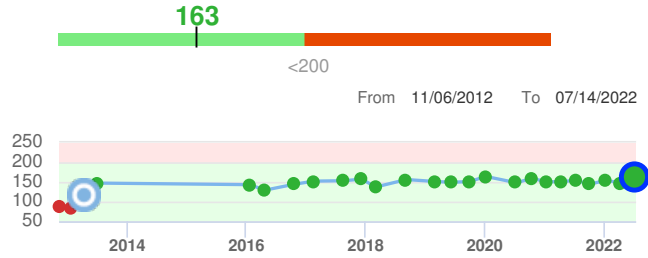
Collected: 07/13/2022 09:32    Client #: 101956  
 Received: 07/13/2022 09:32    BLACKBURN, ERIN  
 Reported: 07/14/2022 03:06    AHMG DIABETES AND ENDO  
 2415 N ORANGE AVE STE 502  
 ORLANDO, FL 32804-5503  
 Phone: (407) 303-2801  
 Fax: (407) 303-2805

FASTING: YES

## ▲ LIPID PANEL, STANDARD

### CHOLESTEROL, TOTAL

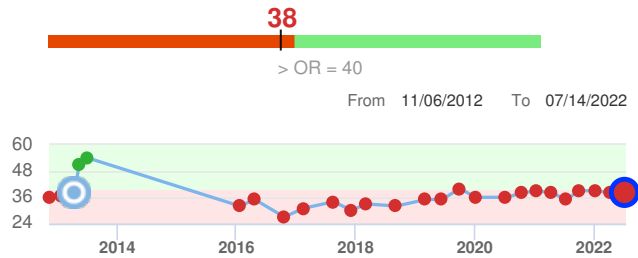
Reference Range: <200 mg/dL



Reference range varies across results

### ▲ HDL CHOLESTEROL

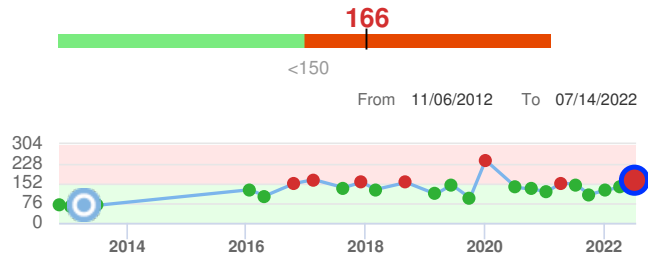
Reference Range: > OR = 40 mg/dL



Reference range varies across results

### ▲ TRIGLYCERIDES

Reference Range: <150 mg/dL

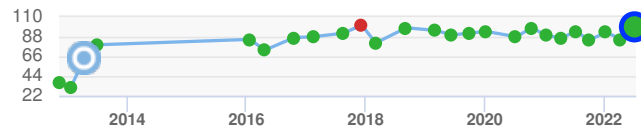


## LDL-CHOLESTEROL

99

mg/dL (calc)

From 11/06/2012 To 07/14/2022



Reference range varies across results

Reference range: <100

Desirable range <100 mg/dL for primary prevention;  
<70 mg/dL for patients with CHD or diabetic patients  
with > or = 2 CHD risk factors.

LDL-C is now calculated using the Martin-Hopkins  
calculation, which is a validated novel method providing  
better accuracy than the Friedewald equation in the  
estimation of LDL-C.

Martin SS et al. JAMA. 2013;310(19): 2061-2068  
(<http://education.QuestDiagnostics.com/faq/FAQ164>)

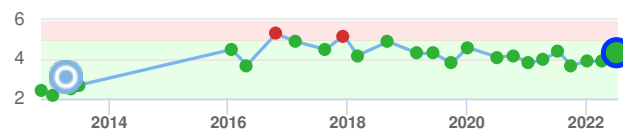
## CHOL/HDL C RATIO

Reference Range: <5.0 (calc)

4.3

<5.0

From 11/06/2012 To 07/14/2022



Reference range varies across results

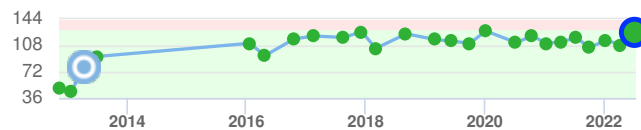
## NON HDL CHOLESTEROL

Reference Range: <130 mg/dL (calc)

125

<130

From 11/06/2012 To 07/14/2022



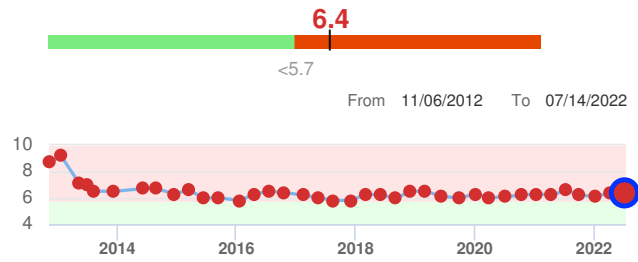
Reference range varies across results

For patients with diabetes plus 1 major ASCVD risk  
factor, treating to a non-HDL-C goal of <100 mg/dL  
(LDL-C of <70 mg/dL) is considered a therapeutic  
option.

## ▲ HEMOGLOBIN A1c

### ▲ HEMOGLOBIN A1c

Reference Range: <5.7 % of total Hgb



For someone without known diabetes, a hemoglobin A1c value between 5.7% and 6.4% is consistent with prediabetes and should be confirmed with a follow-up test.

For someone with known diabetes, a value <7% indicates that their diabetes is well controlled. A1c targets should be individualized based on duration of diabetes, age, comorbid conditions, and other considerations.

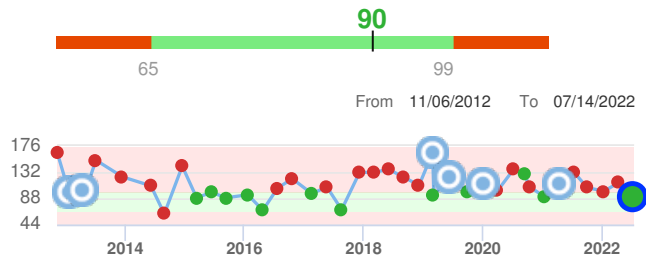
This assay result is consistent with an increased risk of diabetes.

Currently, no consensus exists regarding use of hemoglobin A1c for diagnosis of diabetes for children.

## COMPREHENSIVE METABOLIC PANEL

### GLUCOSE

Reference Range: 65-99 mg/dL

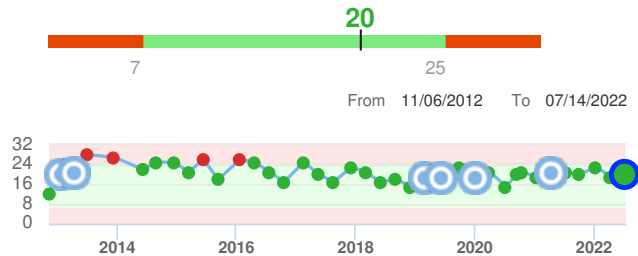


Reference range varies across results

Fasting reference interval

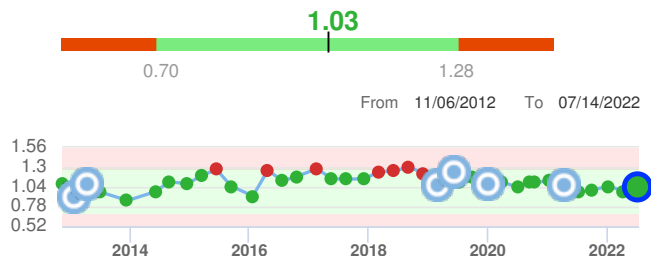
### UREA NITROGEN (BUN)

Reference Range: 7-25 mg/dL



### CREATININE

Reference Range: 0.70-1.28 mg/dL



Reference range varies across results

**EGFR**

Reference Range: > OR = 60 mL/min/1.73m2



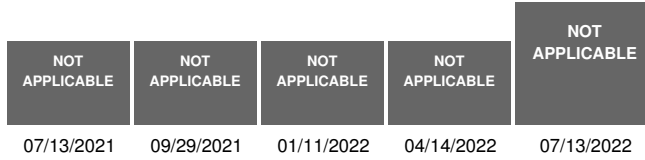
No Historical Data

The eGFR is based on the CKD-EPI 2021 equation. To calculate the new eGFR from a previous Creatinine or Cystatin C result, go to <https://www.kidney.org/professionals/kdoqi/gfr%5Fcalculator>

**BUN/CREATININE RATIO**

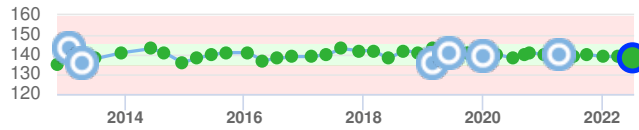
Reference Range: 6-22 (calc)

**NOT APPLICABLE**



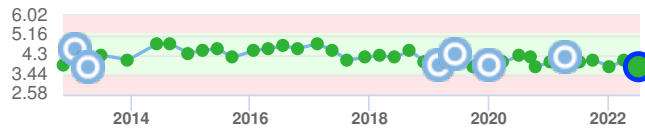
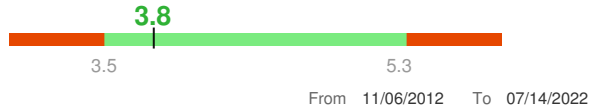
**SODIUM**

Reference Range: 135-146 mmol/L



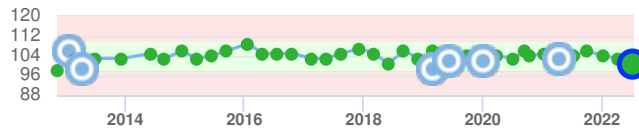
**POTASSIUM**

Reference Range: 3.5-5.3 mmol/L



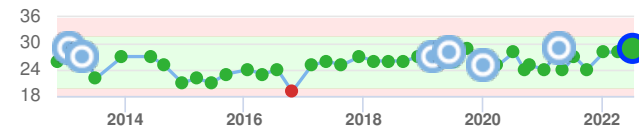
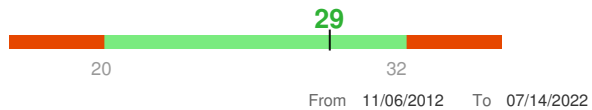
**CHLORIDE**

Reference Range: 98-110 mmol/L



**CARBON DIOXIDE**

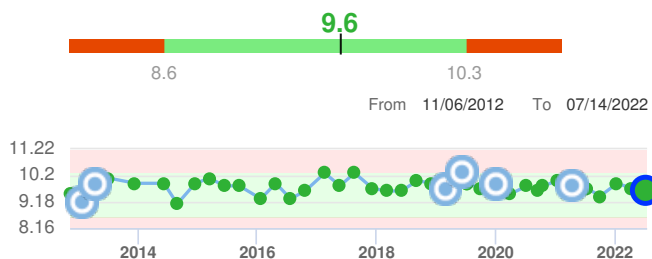
Reference Range: 20-32 mmol/L



Reference range varies across results

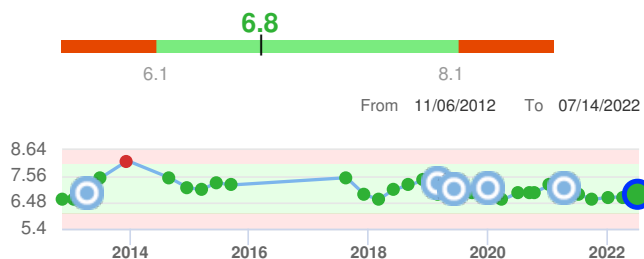
### CALCIUM

Reference Range: 8.6-10.3 mg/dL



### PROTEIN, TOTAL

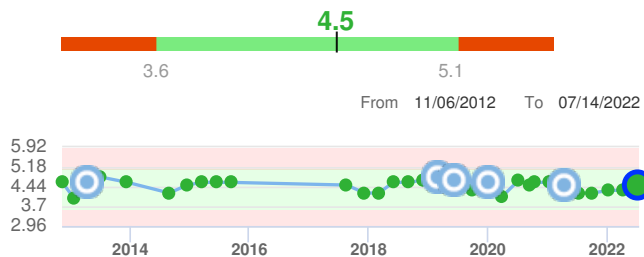
Reference Range: 6.1-8.1 g/dL



Reference range varies across results

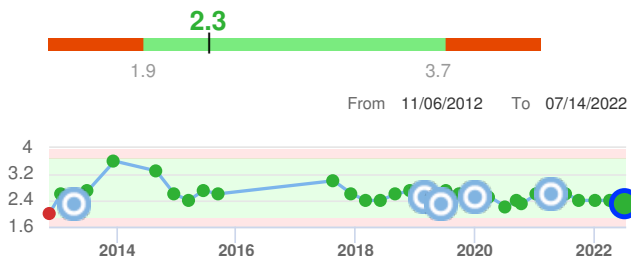
### ALBUMIN

Reference Range: 3.6-5.1 g/dL



### GLOBULIN

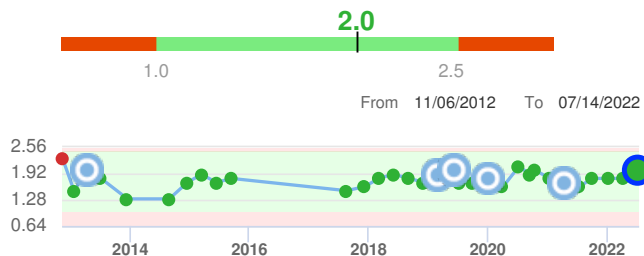
Reference Range: 1.9-3.7 g/dL (calc)



Reference range varies across results

### ALBUMIN/GLOBULIN RATIO

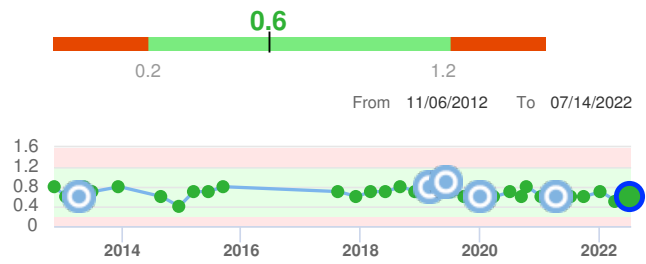
Reference Range: 1.0-2.5 (calc)



Reference range varies across results

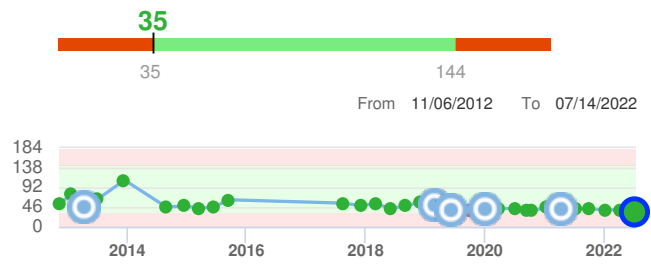
### BILIRUBIN, TOTAL

Reference Range: 0.2-1.2 mg/dL



### ALKALINE PHOSPHATASE

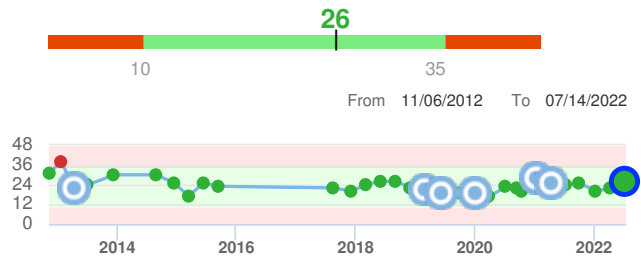
Reference Range: 35-144 U/L



Reference range varies across results

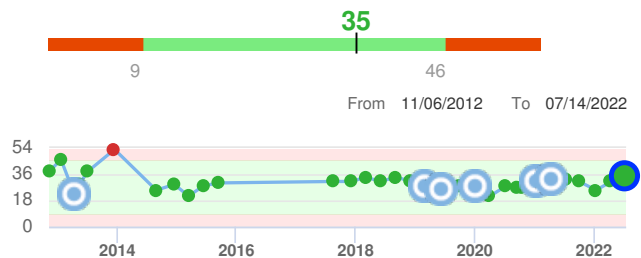
### AST

Reference Range: 10-35 U/L



### ALT

Reference Range: 9-46 U/L

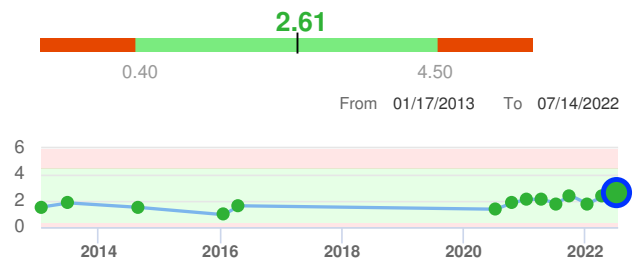


Reference range varies across results

### TSH+FREE T4

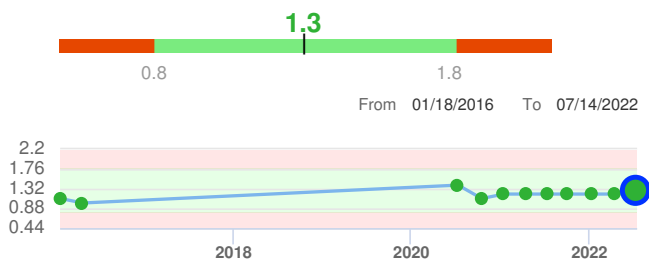
#### TSH

Reference Range: 0.40-4.50 mIU/L



## T4, FREE

Reference Range: 0.8-1.8 ng/dL



### Performing Sites

TP Quest Diagnostics-Tampa, 4225 E Fowler Ave, Tampa, FL 33617-2026 Laboratory Director: Glen L Hortin

### Key

Priority Out of Range Out of Range

## Report Insights

### HDL CHOLESTEROL

#### HDL Cholesterol < 40 mg/dL

The level of HDL cholesterol circulating in the blood can help determine your risk for heart disease. The National Heart, Lung, and Blood Institute (NHLBI) considers an HDL cholesterol level of less than 40 mg/dL in men 20 years of age and older to be a risk factor for heart disease. HDL cholesterol is considered the “good” cholesterol and a level equal to or above 60 mg/dL may reduce the risk of heart disease. Other cholesterol measurements, alongside patient characteristics, should be taken into consideration when determining a person’s risk level for heart disease and monitoring for therapy (lifestyle modifications or medication) responses. Click here: [https://www.nhlbi.nih.gov/files/docs/public/heart/chol\\_tlc.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/chol_tlc.pdf) to learn more from this guide about cholesterol levels and how they matter to a person’s health from the NHLBI.

### TRIGLYCERIDES

#### Triglycerides > 150 mg/dL

High blood levels of triglycerides may be caused by overweight/obesity, a diet very high in carbohydrates, physical inactivity, cigarette smoking, and too much alcohol intake. An accurate lab test of a person’s level of triglycerides in the blood requires fasting for 8 to 12 hours (no food or drink except water and medication) prior to testing.

#### Triglycerides > 150 mg/dL

Recent research suggests that if a person’s blood level of triglycerides is borderline high (between 150 mg/dL and 199 mg/dL) or high (between 200 mg/dL and 499 mg/dL), they may have an increased risk for developing heart disease. A triglyceride level that is 150 mg/dL or higher is also one of the risk factors of metabolic syndrome.

Triglyceride levels of 500 mg/dL or higher may need to be lowered with medication to stop the pancreas from becoming inflamed.

Click here: [https://www.nhlbi.nih.gov/files/docs/public/heart/chol\\_tlc.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/chol_tlc.pdf) to learn more from the National Heart, Lung, and Blood Institute about triglycerides and cholesterol levels and how they matter to a person’s health

### Metabolic Syndrome

Metabolic syndrome refers to a group of risk factors that raise a person’s likelihood of developing heart disease and diabetes.

If you have three or more of the following risk factors, you have metabolic syndrome:

- Large waist measurement: 35 inches or more for women, 40 inches or more for men
- Triglyceride level of 150 mg/dL or higher
- HDL cholesterol level of less than 50 mg/dL in women, less than 40 mg/dL in men
- Blood pressure of 130/85 mmHg or higher (either number counts as a raised blood pressure)
- Fasting blood sugar of 100 mg/dL or higher

Click here: <https://www.nhlbi.nih.gov/health-topics/metabolic-syndrome> to learn more from the National Heart, Lung, and Blood Institute on metabolic syndrome.

### High Triglycerides

A person may reduce their blood level of triglycerides by controlling their weight, being physically active, not smoking cigarettes, avoiding too

much alcohol intake, and limiting their eating and drinking of simple sugars and sugar-sweetened beverages. Some medications may also be helpful to reduce triglyceride levels in the blood.

Click here: [https://www.nhlbi.nih.gov/files/docs/public/heart/chol\\_tlc.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/chol_tlc.pdf) to learn more from the National Heart, Lung, and Blood Institute on how to reduce your risk for developing heart disease.

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## LIPID PANEL, STANDARD

### Know the Facts about High Cholesterol

Nearly 1 in 3 American adults has high cholesterol. Too much cholesterol puts you at risk for heart disease and stroke, two leading causes of death in the United States. High cholesterol has no signs or symptoms, so the only way to know if you have it is to get your cholesterol checked. Talk to your health care team about how you can manage your cholesterol levels and lower your risk.

Visit : [https://www.heart.org/-/media/files/health-topics/cholesterol/cccc\\_my-cholesterol-guide.pdf](https://www.heart.org/-/media/files/health-topics/cholesterol/cccc_my-cholesterol-guide.pdf) the CDC website for more information about cholesterol: <https://www.cdc.gov/cholesterol/index.htm>

### Heart Medication Awareness

This publication discuss heart medication, and the importance of finding the right dose.

View More:

<https://ii.questdiagnostics.com/ii-content-service/media/image?path=/insights/c1560f33-b352-4cd4-8205-a85431bb4e3c/images/11Febheartmedication.pdf>

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## HEMOGLOBIN A1C

### HbA1c and eAG

The A1c is a blood test that tells you what your average blood glucose levels have been for the past 2 to 3 months. It may also be reported as estimated average blood glucose (eAG).

To interpret your result, first find your A1C number on the left. Then read across to learn your average blood glucose for the past 2 to 3 months			
6%	126 mg/dL	8.5%	197 mg/dL
6.5%	140 mg/dL	9%	212 mg/dL
7%	154 mg/dL	9.5%	226 mg/dL
7.5%	169 mg/dL	10%	240 mg/dL
8%	183 mg/dL	10.5%	255 mg/dL

### Hemoglobin A1c (HbA1c)

HbA1c is formed by glucose molecules attaching to the protein, hemoglobin (a process called glycation), in red blood cells. The blood test for HbA1c measures the percentage of hemoglobin that is glycated in the blood. Circulating HbA1c levels are an indicator of how much glucose the body has been exposed to over a 2-to-3-month time period. Measurement of HbA1c is useful for diagnosis as well as assessing the risk for developing diabetes. The American Diabetes Association (ADA) states that type 2 diabetes may be diagnosed if HbA1c is at 6.5% or higher with repeat testing. Learn more about HbA1c by clicking here: <http://www.diabetes.org/diabetes-basics/diagnosis/> to visit an informational page from the ADA website.

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## COMPREHENSIVE METABOLIC PANEL

### Comprehensive Metabolic Panel Result: What does it mean?

A CMP refers to a broad screening tool that includes 14 tests that evaluate the functioning of a person's liver and kidneys, as well as the body's fluid balance and general metabolism. The results additionally provide a general indicator of your overall health; a CMP is often ordered in your yearly physical exam.

In a CMP, levels of liver enzymes, waste products of the kidneys (BUN and creatinine), electrolytes (calcium, sodium, potassium), and glucose, among other indicators of general body function are detected. The test results of a CMP are useful to examine for conditions, such as diabetes, liver disease, and kidney disease and also to monitor present conditions, such as hypertension.

See More: <http://labtestsonline.org/understanding/analytes/cmp/tab/test#what>



Source: <http://labtestsonline.org>: <http://labtestsonline.org/understanding/analytes/cmp/tab/test#what>

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## T4, FREE

Thyroxine (T4) and triiodothyronine (T3) are the two major hormones produced by the thyroid gland. The majority of T4 is found in the body bound to proteins, with a smaller portion not bound to proteins, or "free." Free (unbound) T4 is secreted by the thyroid gland as the biologically active form, which plays a role in controlling the rate of metabolism and growth. Most of the T4 secreted is converted to T3 by the liver and other tissues. Once converted, T3 plays a role in metabolic rate, ATP production, protein breakdown, and glucose transport in muscle cells.

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## TSH+FREE T4

### Thyroid Function Tests

The blood tests that are most widely used to evaluate thyroid function include those that measure TSH, T4, T3, free T4, and thyroid antibody levels. Read more about these tests in the brochure provided by the American Thyroid Association (ATA).

Download the brochure from the ATA website: [http://www.thyroid.org/wp-content/uploads/patients/brochures/FunctionTests\\_brochure.pdf](http://www.thyroid.org/wp-content/uploads/patients/brochures/FunctionTests_brochure.pdf)

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### Quest Diagnostics Patient Service Centers

Use our online scheduling service to make an appointment at a Quest Diagnostics Patient Service Center.

Schedule an Appointment: <https://appointment-beta.questdiagnostics.com/schedule-appointment/as-reason-for-visit>

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Note: Data displayed only for results that meet strict identification matching. Historical result view may vary based on corrected or updated patient demographics. The reference range displayed may vary due to potential changes in laboratory testing methods. Please refer to the published reference range on each lab report.

These results have been sent to the person who ordered the tests. Your receipt of these results should not be viewed as medical advice and is not meant to replace discussion with your doctor or other healthcare professional.

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