

McLaren Print System Order

Order No: 8719 Reprint Previous Order No: 5528
Order Date: 2015-02-04
User: amy germain
Phone: 586-286-4880

Ship Location: mclaren womens health clinton twp/attn: amy
39373 garfield
clinton twp , mi 48038

Forms

Quantity: 500
Paragon Dept No: 72100
Dept Name: mclaren macomb womens health clinton twp
Company Number: 810

Order Total Price: 47.40

Item Number: MM-3359
Item Description: Normal Lab Results Card (Adult)
Revision Date: 10/2013
Print: 2 sided black and white
Paper: 65# White Cover
Size: 8.5 x 11
Fold: Bi-Fold (1/2)
Finish:
Drill:
Misc Info:

- **Total cholesterol** should be under 200
- **HDL** (good cholesterol) should be over 40 and over 50 (women) with regular exercise
- **LDL** (bad cholesterol) should be less than 130 for those at average risk. For people with moderate risk it should be less than 160. For people with coronary artery disease, diabetes, stroke, or cardiovascular disease, LDL should be under 70. To lower it, eat less on fat and cholesterol in your diet and exercise regularly
- **Triglycerides** (in blood fat) should be less than 150. High levels of dietary carbohydrates (sweets, pasta, cereal, rice) and restriction of alcohol reduce triglycerides
- **Hemoglobin (Hb)** is a measure of red blood cells. If low, you have anemia
- **Normal fasting blood sugar** or glucose (70-100) shows intolerance if from 100-125. A result over 125 may indicate diabetes
- **Hgb A1C (HbA1C)** is a measure reflecting the average blood sugar over the last three months
- **HbA1C** under 7.0 is recommended for diabetic patients
- **TSH** (Thyroid screening test) is elevated in underactive thyroid and low in overactive thyroid
- **PSA** (Prostate specific antigen) is a measure of prostate activity. Normal values are 0-4.0. Higher levels may require further testing
- **Urea** and **Creatine** are kidney function tests when other are high, the kidneys are not functioning optimally
- **Electrolyte** abnormalities may be caused by water pills, kidney problems, dietary deficiencies or other medical problems
- **Panel Overall Blood** is a test for hidden blood in the stool, and one step to screen for colorectal if positive, you may need a colonoscopy
- **White Blood Cell Count** is often elevated in patients with infections
- **INR** - Routine paper assays are an important way to screen for certain cancers. For women between the ages of 40 and 65, the American Cancer Society recommends a pap smear every one to three years
- **Hemoglobin** - Please remember that about 10% of cancers cannot be found by mammograms, and that early detection requires a combination of routine and exploratory pelvic ultrasound exams, and yearly hemoglobin

Thank you
for choosing
McLaren
HEALTH CARE
and the physicians and staff
who serve you.

Enclosed are the results of
your recent laboratory tests
for your personal file.

Please bring all medications to
your next physician appointment.