

McLaren Print System Order

Order No: 7655
Order Date: 2014-12-15
User: Louann Harmon
Phone: 5179759844

Ship Location: Louann Harmon
1035 Charlevoix, Ste 200
Grand Ledge, MI 48837

Forms

Quantity: 500
Paragon Dept No: 67325
Dept Name: MGL Grand Ledge Health Center
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** (TGs) should not be over 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 (F50-100) shows tolerance of food. High (125). A result over 125 may indicate diabetes
- **High A1C (A1C)** 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
- **BUN** and **Creatinine** are kidney function tests when either 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 colon cancer if positive, you may need a colonoscopy
- **White Blood Cell Count** is often elevated in patients with infections
- **INR** - Routine paper screens 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 opportunistic 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.