

**McLaren Print System Order**

**Order No: 9618 Reprint Previous Order No: 5528**  
**Order Date: 2015-03-05**  
**User: lynn thomas**  
**Phone: 810-487-3500**

**Ship Location: Flushing Community Medical Center**  
**2487 N Elms Rd**  
**Flushing, MI 48433**

**Forms**

**Quantity: 500**  
**Paragon Dept No: 63600**  
**Dept Name: Flushing**  
**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 can be improved 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** (oil) 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). Glucose intolerance (fasting 100-125). A result over 125 may indicate diabetes.
- **HgA1C (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.
- **Male** and **Female** are sometimes listed 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 colorectal if positive, you may need a colonoscopy.
- **White Blood Cell Count** is often elevated in patients with infections.
- **IMP** - Routine paper screens are an important way to screen for colorectal cancer. For anyone between the ages of 50 and 65, the American Cancer Society recommends a paper stool study one to three years.
- **Hemoglobin** - Please remember that about 10% of donors cannot be found by transfusions, and that only donation requires a combination of typing and crossmatching, poorly screened donors, and poorly transfused.

*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.