

**McLaren Print System Order**

**Order No: 74369 Reprint Previous Order No: 5528**  
**Order Date: 2023-01-03**  
**User: STEPHANIE BENDER**  
**Phone: 12314877200**

**Ship Location: Mitchell Park Family Medicine**  
**560 W Mitchell St Suite C70**  
**Petoskey, MI 49770**

**Forms**

**Quantity: 500**  
**Paragon Dept No: 50692**  
**Dept Name: Mitchell Park Family Medicine**  
**Company Number: 810**

**Order Total Price: 47.40**

**Item Number: MM-3359**  
**Item Description: Normal Lab Results Card (Adult)**  
**Revision Date: 7/2016**  
**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 100. For people with coronary artery disease, diabetes, stroke, or cerebrovascular disease, LDL should be under 70. To lower it, cut back on fats and cholesterol in your diet and exercise regularly.
- **Triglycerides** (a blood fat) should be less than 100. Reduction of dietary carbohydrates (bread, pasta, cereal, rice) and reduction of alcohol reduce triglycerides.
- **Hemoglobin (Hgb)** is a measure of red blood cells. If low, you have anemia.
- **Normal fasting blood sugar** or glucose is 70-100. Glucose intolerance is from 101-125. A result over 125 may indicate diabetes.
- **HgA1C (Cerb)** 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 under-active thyroids and low in over-active thyroids.
- **PSA** (Prostate specific antigen) is a measure of prostate activity. Normal values are 0-4.5. Higher levels may require further testing.
- **BUN** and **Creatine** 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.
- **Fecal Occult Blood** is a test for hidden blood in the stool, and one way to screen for colon cancer. If positive, you may need a colonoscopy.
- **White Blood Cell Count** is often elevated in patients with infections.
- **PAP** (Routine pap smears) are an important way to screen for cervical cancer. For women between the ages of 21 and 65, the American Cancer Society recommends a pap smear every one to three years.
- **Mammograms** Please remember that about 10% of cancers cannot be found by mammograms, and that early detection requires a combination of monthly self-examination, yearly clinical breast exams, and yearly mammograms.

*Thank you*  
*for choosing*  
  
**HEALTH CARE**  
*and the providers 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 provider appointment.**