

SUMMARY OF TEST RESULTS

BLOOD

- Red blood cells •
- Platelets •
- Hemoglobin •
- Hematocrit •



IMMUNE SYSTEM

- C-reactive protein
- White blood cells



LIVER

- Alanine transaminase •
- Aspartate transaminase •



HEART

- Cholesterol
- Triglycerides
- Potassium



Recommended additional services:

Liver panel

Recommended additional services:

Heart panel

KIDNEYS

- Creatinine •
- EGFR •
- Urine analysis •
- Sodium •



METABOLISM

- Glucose
- Thyroid stimulating hormone



Recommended additional services:

Thyroid panel

You can find more information at <http://www.labtowellness.com>

LABORATORY TEST RESULTS

Glucose

78 mg/dl



Glucose is the main source of energy for the body. The danger of continuously high blood glucose is that sugar coats the red blood cells, causing them to become stiff and "sticky". These cells interfere with proper blood circulation and cause build-up on blood vessels. High blood sugar can lead to cardiovascular and kidney disease, blindness, or ulcers.

C-reactive protein

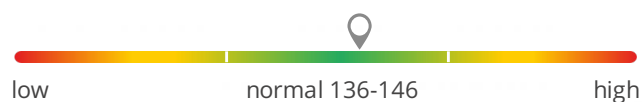
1.2 mg/l



C-reactive protein (CRP) is a general inflammation marker. Any tissue injury or infection will raise the amount of CRP in the blood within a few hours. After the inflammation is gone, CRP goes down fast. Increased CRP levels not related to acute illness or infection have been linked to higher risk of heart disease.

Sodium

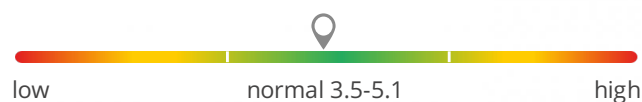
142 mmol/l



The amount of sodium is closely related to the amount of water in the body. Excess levels may occur in dehydration, excess sodium in your diet or several diseases. Low levels may occur in cases of heart failure, severe sweating, diarrhea or vomiting, poor nutrition or drinking too much water.

Potassium

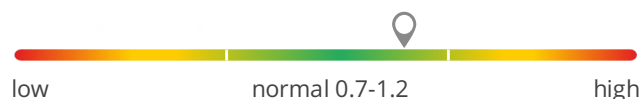
4.2 mmol/l



Potassium helps nerves and muscles communicate. Dehydration, diarrhea, and excessive sweating are common causes of low potassium levels. Changes in potassium level alter the activity of nerves and muscles, especially the heart: low levels can lead to an irregular heartbeat and high levels cause decreased heart muscle activity.

Creatinine

1.1 mg/dl



Creatinine is critical for evaluating renal function. Your serum creatinine is a waste product that is formed when muscle cells break down in your blood. It is produced by muscles as it depends on muscle mass and protein intake. High levels could indicate kidney dysfunction while decreased levels may reflect low muscle mass.

EGFR

98 ml/min/1.73 m²



An estimated glomerular filtration rate (eGFR) is calculated according to your creatinine level, age, sex and race. The eGFR is used to screen for and detect early kidney damage and to monitor kidney status. An eGFR below 60 mL/min suggests that some kidney damage has occurred.

LABORATORY TEST RESULTS

Cholesterol

120 mg/dl



Cholesterol is an essential component of cell membranes. It is synthesized in the liver and also obtained from food. Elevated levels can result in the accumulation of fatty deposits on blood vessel walls and impeded blood flow to the heart, brain, and other organs. Low levels can cause vitamin D deficiency and depression.

Triglycerides

97 mg/dl



Triglycerides are one of the main forms of energy in the blood. Unused triglycerides are deposited in fat cells. High levels may indicate that you eat more than your body needs and this can lead to cardiovascular diseases.

Alanine transaminase

49 U/l



Alanine transaminase (ALT) is mostly found in the liver. An increased level is a sign of liver damage or it can also be elevated due to strenuous exercise, alcohol consumption, being overweight, medications and heavy burns.

Aspartate transaminase

28 U/l



Aspartate transaminase (AST) is an enzyme found primarily in the liver and heart, but also in muscle cells, red blood cells, pancreas, kidneys and brain cells. It is released when a cell is damaged. Mild elevations may occur due to medication, excess alcohol consumption, strenuous exercise or being overweight.

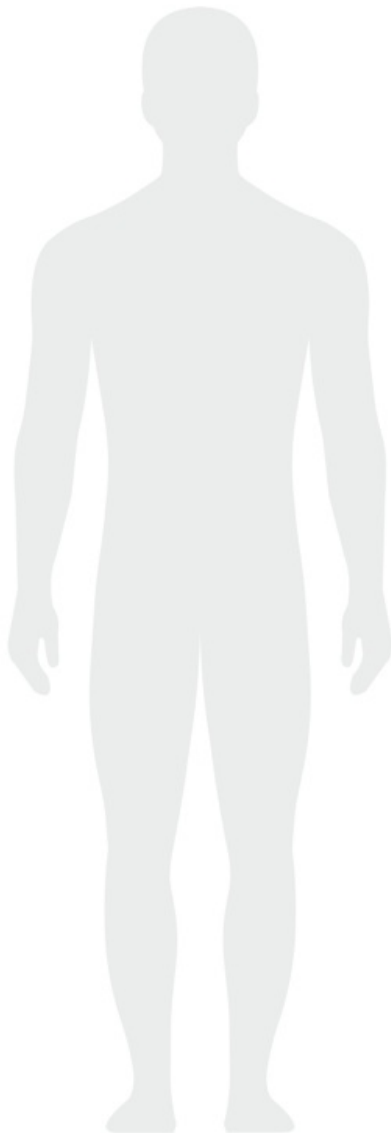
DOCTOR'S SUMMARY

● normal ● abnormal

Information	
First name	Jonathan
Last name	Dickinson
Gender	male
Age	49 years
Result date	19.09.2017

Test results				
Test name	Value	Unit	Reference range	
● Glucose	78	60-99	mg/dl	
● CRP	1.2	<5	mg/l	
● Sodium	142	136-146	mmol/l	
● Potassium	4.2	3.5-5.1	mmol/l	
● Creatinine	1.1	0.7-1.2	mg/dl	
● EGFR	98	>60	ml/min/1.73 m ²	
● Cholesterol	120	<200	mg/dl	
● Triglycerides	97	<150	mg/dl	
● ALT	49	<41	U/l	
● AST	28	<38	U/l	

ADDITIONAL LABORATORY TESTS TO CONSIDER



HEMATOLOGY

- Ferritin € 12.40
- Vitamin B12 € 1.30
- Transferrin € 5.60
- Iron € 5.60



HEART

- Lipoprotein a € 12.50
- Homocysteine € 15.90
- Creatine kinase € 8.90
- Lactate dehydrogenase € 8.90

You can find more information at <http://www.labtowellness.com>

RECOMMENDED SERVICES



LIVER PANEL

Hepatitis is an inflammation of the liver. Hepatitis panel contains all the tests that are needed to diagnose hepatitis caused by viruses. This panel looks for hepatitis B, C and A viruses.

Price: € 20



CARDIOVASCULAR DISEASE RISK PANEL

This panel of tests enables us to determine your risk of developing cardiovascular diseases. It also helps you to find the areas where you can improve and help your heart to be healthy and strong.

Price: € 32



THYROID PANEL

Thyroid is a gland that secretes hormones. These hormones regulate your metabolism. The Thyroid test panel will help to determine if you have problems with the functioning of your thyroid gland.

Price: € 12