

McLaren Print System Order

Order No: 50975 Reprint Previous Order No: 5528
Order Date: 2019-12-12
User: TINA PLAUTZ
Phone: 248-674-2259

Ship Location: MCLREN OAKLAND WATERFORD MEDICAL ASSOCIATES
5210 Highland Rd, Suite 201
WATERFORD, MI 48327

Forms

Quantity: 500
Paragon Dept No: 73000
Dept Name: Waterford Medical Associates
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 150. 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 (Glyc)** 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.**