

**McLaren Print System Order**

**Order No: 51663**  
**Order Date: 2020-01-14**  
**User: amber poulin**  
**Phone: 586-286-4880**

**Ship Location: womens health clinton**  
**37400 garfield st 200**  
**clinton township, mi 48036**

**Forms**

**Quantity: 500**  
**Paragon Dept No: 72100**  
**Dept Name: WHA-ct**  
**Company Number: 260**

**Order Total Price: 0.00**

**Item Number: MO-3359**  
**Item Description: Normal Lab Results Card (Adult)**  
**Revision Date: 1/2017**  
**Print:**  
**Paper:**  
**Size:**  
**Fold:**  
**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, eat foods low in fat 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 tolerance if from 101-125, it may indicate diabetes.
- High H<sub>1c</sub> (A1C) is a measure reflecting the average blood sugar over the last three months.
- CPE under 1.0 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 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.
- Urine Blood (U/B) 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.
- Mammogram: Breast cancer that about 40% of cancers cannot be found by mammograms. Early detection requires a combination of self-examination, yearly clinical breast exams, and yearly mammograms.

*Thank you*  
*for choosing*  
**McLaren**  
**MACOMB**  
*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.*

**Spec Info:**