

McLaren Print System Order

Order No: 5780
Order Date: 2014-09-15
User: Melissa Hayes
Phone: 989-779-5624

Ship Location: Pickard Clinic
4639 E. Pickard St., Suite A
Mt. Pleasant, MI 48858

Forms

Quantity: 100
Paragon Dept No: 81075050566420
Dept Name: Pickard Clinic
Company Number: 810

Order Total Price: 18.28

Form Number: MM-3359
Form 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:

- **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 heart disease it should be less than 100. For people with coronary artery disease, diabetes, stroke, or cardiovascular disease, LDL should be under 70. To lower it, cut back on fat and cholesterol in your diet and avoid too many cigarettes.
- **Triglycerides** in blood fat should be less than 150. Reduction of obesity, carbohydrate (sweets, 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 (F70-100). Glucose intolerance (F over 100). A blood sugar 125 may indicate diabetes.
- **HgA1c (HbA1c)** 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. Higher levels may require further testing.
- **ALT and Creatinine** are kidney function tests when other are high, the kidneys are not functioning optimally.
- **Electrolyte** abnormalities may be caused by water pills, kidney problems, dietary deficiencies or other medical problems.
- **Fast Oestrol Blood** is a test for hidden blood in the stool and may help to screen for colon cancer. If positive, you may need a colonoscopy.
- **White Blood Cell Count** is often elevated in patients with infections.
- **INR:** Routine paper ensures an important way to screen for clotting issues. For women between the ages of 40 and 60, the American Cancer Society recommends a pap smear every one to three years.
- **Hemogram:** Please remember that about 10% of cancers cannot be found by imaging tests, and that early detection requires a combination of routine and examination, yearly clinical breast exams, and yearly mammograms.

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.