

**McLaren Print System Order**

**Order No: 6273**  
**Order Date: 2014-10-06**  
**User: Sanya Beck**  
**Phone: 231-627-1446**

**Ship Location: Sanya Beck**  
**740 S Main St Suite 2D**  
**Cheboygan, MI 49721**

**Forms**

**Quantity: 500**  
**Paragon Dept No: 76075**  
**Dept Name: McLaren Northern - Cheboygan Community Medical Center**  
**Company Number: 810**

**Order Total Price: 47.40**

**Form Number: MM-3359**  
**Form Description: Normal Lab Results Card (Adult)**  
**Revision Date:**  
**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 keep it out track on fat and cholesterol in your diet and avoid too many cigarettes
- **Triglycerides** in blood fat should be less than 150. Reduction of obesity carbohydrates (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** is glucose (F70-100). Glucose intolerance (Fure 100-125). A result over 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
- **Uric acid** (Gout) and kidney function tests when other are high. The higher 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 colorectal cancer. For women between the ages of 50 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 mammograms, and that early detection requires a combination of monthly self-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.