

McLaren Print System Order

Order No: 7019
Order Date: 2014-11-10
User: lynn thomas
Phone: 810-487-3500

Ship Location: Flushing Community Medical Center
2487 N Elms Rd
Flushing, MI 48433

Forms

Quantity: 500
Paragon Dept No: 63600
Dept Name: Flushing
Company Number: 810

Order Total Price: 47.40

Item Number: MM-3359
Item 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:
Misc Info:

- **Total cholesterol** should be under 200
- **HDL** (good cholesterol) should be over 40 and over 50 (women) 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 160. For people with coronary artery disease, diabetes, stroke, or cardiovascular disease, LDL should be under 70. To lower it, eat less on fat and cholesterol in your diet and exercise regularly
- **Triglycerides** (oil) should be less than 150. High levels of dietary carbohydrates (sweets, pasta, cereal, rice) and restriction of alcohol reduce triglycerides
- **Hemoglobin (Hb)** is a measure of red blood cells. If low, you have anemia
- **Normal fasting blood sugar** or glucose (F50-F60) shows intolerance if less than 100. A result over 100 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 0-4.0. Higher levels may require further testing
- **BUN** and **Creatinine** 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
- **Panel Overall Blood** is a test for hidden blood in the stool, and one step 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 assays are an important way to screen for certain cancers. For women between the ages of 40 and 65, the American Cancer Society recommends a pap smear every one to three years
- **Hemoglobin** - Please remember that about 10% of cancers cannot be found by mammograms, and that early detection requires a combination of routine and exploratory pelvic ultrasound exams, and yearly hemoglobin

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.