

**McLaren Print System Order**

**Order No: 9180 Reprint Previous Order No: 5528**  
**Order Date: 2015-02-19**  
**User: Angela DeLaRosa**  
**Phone: 3720 Katalin Ct, Suite 201 (989) 893-9705**

**Ship Location: McLaren Bay Region Family Medicine/Attn Angela DeLaRosa**  
**3270 Katalin Ct, Suite 201**  
**Bay City, MI 48706**

**Forms**

**Quantity: 100**  
**Paragon Dept No: 69325**  
**Dept Name: McLaren Medical Group**  
**Company Number: 810**

**Order Total Price: 14.28**

**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 under 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 (70-100) (fasting intolerance if over 125). A result over 125 may indicate diabetes
- **HgA1C (A1C)** 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 **Creatine** 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
- **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
- **HPV** (Human papilloma virus) is an infection that may increase the risk of cervical cancer. For women between the ages of 19 and 65, the American Cancer Society recommends a pap smear every one to three years
- **Hemoglobin**: Please remember that about 10% of donors cannot be typed by mainstreaming, and that only donation requires a combination of matching and compatibility, overly concerned donors, and poorly mainstreaming

*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.