



It is common for an individual to have values that are slightly higher or lower than average normals as indicated by 'H' or 'L' on the results display; if any of these variances are significant you will be directly contacted by the office. If you wish to discuss your results in greater detail please make an appointment for this purpose.

### **Interpretation of Common Lab Results**

**Cholesterol**—It is desirable for HDL (good portion) to be over 50 and for the LDL (the sticky portion that blocks arteries) to be below 130; this goal is further lowered to 100 for those with risks of heart disease and to 70 for those with diabetes or known vascular disease. Triglycerides are another cholesterol-like fat which should be less than 150 though we don't become overly concerned until the value is over 500.

**Creatinine**—The function of the kidneys is to clean waste products from our bloodstream; creatinine, a waste product, will accumulate if the kidneys' function is declining or poor.

**AST and ALT**—Injury to the liver can be indicated by an elevation of these enzymes into the range above 350; modest elevations from 70-350 can have many explanations as to the cause of liver irritation and should not be cause for alarm though further testing or adjustment of a possible culprit medication may be recommended if an obvious explanation is not apparent. The most common cause of mild to moderate elevations are regular alcohol intake, fatty infiltration of the liver, and effect of medications including acetaminophen and anti-inflammatories.

**Glucose (Blood Sugar)**—A value above 106 when fasting is concerning for diabetes, as is a non-fasting value over 140. When the diagnosis of diabetes is already known, the **Hemoglobin A1C** is used to monitor average blood sugar control over the prior three months; a value under 7% is desirable and indicates an average blood sugar of less than 150.

**Basophils/Monocytes/Lymphocytes/Neutrophils**—The ratios of these white blood cells change to reflect exposures to viruses, bacteria, and some inflammations.

**Pap Smears, Biopsies, and Culture results**—these reports do not yet flow over to the portal. Your provider's assistant will contact you if additional testing, treatment, or follow up is recommended.