

Laboratory Report

LIPID PANEL

HEALTH AWARENESS PARTICIPANT

BLOOD SPOT ID



Paul Smith

**1235 Langsford, Apt 204
Chicago, IL 60626**

DATE OF BIRTH **11/22/1965**

GENDER M F

CLIENT ID **01234**

Understanding the Test

A Lipid Panel is composed by three different tests for Cholesterol, Triglycerides, and Lipoproteins. Abnormal lipids are part of the cluster of risk factors known as metabolic syndrome. The laboratory test is useful for assessing your risk of developing Type 2 diabetes and heart disease. The National Cholesterol Education Program recommends to perform a Lipid Panel for people age 20 and older.

Summary of Results

Lipid	Total Cholesterol (TC)	Triglycerides	HDL-C	LDL-C	TC/HDL-C Ratio
Level (mg/dL)	185.4	135.1	38.5 L	120.0	4.8
Risk Categories	Reference Range (mg/dL)				
Low			< 40		
Optimal		< 150	40 - 60	< 100	
Desirable	< 200		> 60	100 - 129	< 5
Borderline High	200 - 239	150 - 199		130 - 159	
High	> 240	200 - 499		160 - 189	
Very High		> 500		> 190	

The reference ranges for each lipid in different risk categories are according to the recommendations of the National Cholesterol Education program adult treatment panel (Circulation 110 (2004), 227-239).

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Understanding the Results

Total Cholesterol (TC): The measure of the total amount of cholesterol, both HDL and LDL in your blood at a given time.

LDL (Low Density Lipoprotein): The main source of cholesterol buildup and blockage in your arteries. If the measured value of Triglycerides is >400 mg/dL, the LDL value will not be reported.

HDL (High Density Lipoprotein): The "good" cholesterol that helps keep cholesterol from building up in your arteries. Levels above 60 mg/dL lower your risk of developing heart disease.

TC/HDL Ratio: This compares Total Cholesterol with HDL. Ratios above 5 indicate increased risk.

Triglycerides: Another form of fat in your body.

Your lipid profile provides a list of reference ranges associated with each risk category. Additional risk factors include elevated fasting glucose, elevated blood pressure, and obesity. The presence of these risk factors do not constitute diagnostic of any disease, however, they may fulfill the diagnostic criteria for metabolic syndrome which has been associated with subclinical organ damage in nondiabetic hypertensive individuals. A high total Cholesterol-to-HDL ratio may also indicate insulin resistance, increasing the risk of Type 2 diabetes. An individual diagnosed with the Metabolic Syndrome has an increased risk of diabetes that is five times greater than in individuals without these metabolic factors, and an increased risk of developing a cardiovascular disease that is two times greater.

A 12 hour fast is recommended for the most accurate determination of Triglycerides and LDL. Drinking alcoholic beverages the day before testing may affect your results.

These test results do NOT make or confirm a diagnosis which can only be made by a qualified health professional.

Laboratory Processing Summary

COLLECTION DATE	RECEIPT DATE	TESTING DATE	REPORT DATE
4/6/2013	4/12/2013	4/13/2013	4/13/2013
