8/28/25, 10:42 PM Blood Test Results



Whitchurch Medical Practice

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BLOOD TEST RESULTS

Sample Collected: 24th August 2025 | Results Available: 26th August 2025

Comprehensive Metabolic Panel & Lipid Profile

Patient Information		
Name:	Mr Peter G. Williams	
DOB:	05/11/1968 (56 years)	
NHS Number:	678 901 2345	
Sample ID:	WM-2025-082456	
Requesting Dr:	Dr. Susan Clarke	
Sample Type:	Venous blood (fasting)	
Last Results:	February 2025	

Detient Informatio

28th August 2025

Dear Mr Williams,

III Overall Results Summary

8/28/25, 10:42 PM **Blood Test Results**

> Good news! Most of your results show significant improvement since your last tests. A few values require monitoring and lifestyle adjustments as detailed below.

Thank you for attending for your routine blood tests. The results of your comprehensive metabolic panel and lipid profile are now available. Overall, your results show positive trends, with some areas requiring continued attention.

Complete Blood Count (CBC)

Test	Result	Reference Range	Status	Trend
Haemoglobin	14.8 g/dL	13.0 - 17.0 g/dL	Normal	\rightarrow
White Blood Cells	6.2 × 10³/μL	4.0 - 11.0 × 10³/μL	Normal	\rightarrow
Platelets	285 × 10³/μL	150 - 400 × 10³/μL	Normal	↑
Haematocrit	43.2%	38.0 - 50.0%	Normal	\rightarrow

Metabolic Panel

Test	Result	Reference Range	Status	Trend
Glucose (Fasting)	6.8 mmol/L	3.9 - 5.6 mmol/L	Borderline HIGH	\
HbA1c	6.2% (44 mmol/mol)	<5.7% (<39 mmol/mol)	Pre-diabetic range	↓
Creatinine	98 μmol/L	60 - 120 μmol/L	Normal	\rightarrow
eGFR	>90 mL/min/1.73m²	>90 mL/min/1.73m²	Normal	\rightarrow
Sodium	142 mmol/L	135 - 145 mmol/L	Normal	\rightarrow
Potassium	4.1 mmol/L	3.5 - 5.0 mmol/L	Normal	\rightarrow

V Lipid Profile

Test	Result	Target	Status	Trend
Total Cholesterol	4.8 mmol/L	<5.0 mmol/L	Good	\downarrow
LDL Cholesterol	2.9 mmol/L	<3.0 mmol/L	Good	↓
HDL Cholesterol	1.3 mmol/L	>1.0 mmol/L (men)	Good	↑
Triglycerides	1.9 mmol/L	<1.7 mmol/L	Borderline (HIGH)	\downarrow
Cholesterol/HDL Ratio	3.7	<4.0	Good	↓

Additional Cardiac Markers

Test	Result	Reference Range	Status	Trend
CRP (C-Reactive Protein)	2.1 mg/L	<3.0 mg/L	Normal	\downarrow
Vitamin D	68 nmol/L	>50 nmol/L	Adequate	1
B12	425 ng/L	200 - 900 ng/L	Normal	\rightarrow

Results Interpretation

Glucose Control

Fasting glucose and HbA1c show improvement but remain in pre-diabetic range. Continue lifestyle modifications to prevent progression to type 2 diabetes.

♥ Cholesterol Profile

Excellent improvement in cholesterol levels! Total and LDL cholesterol now within target ranges. Triglycerides still slightly elevated but improving.

Blood Count

Kidney Function

All blood count parameters are within normal ranges, indicating good overall blood health and no signs of anaemia or infection.

Kidney function remains excellent with normal creatinine and eGFR. Electrolytes are well balanced.



Personalized Recommendations

Dietary Modifications

- Continue reduced carbohydrate diet
- Increase omega-3 rich fish (2-3 times/week)
- · Focus on high-fiber foods
- Limit processed foods and sugary drinks
- · Consider Mediterranean diet pattern

Exercise & Activity

- Maintain current exercise routine (excellent!)
- Continue 150+ minutes moderate activity/week
- Add 2 resistance training sessions
- Consider post-meal walks to help glucose
- Track daily steps (aim for 8,000+)

Medication Review

- · Continue current simvastatin 20mg
- No changes needed to current medications
- Consider metformin discussion if glucose worsens
- Maintain vitamin D supplementation
- Review medications at next appointment

Monitoring Schedule

- Repeat HbA1c in 3 months
- Full lipid panel in 6 months
- · Consider home glucose monitoring
- · Blood pressure checks monthly
- · Weight monitoring weekly

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Next Blood Tests

HbA1c & Glucose: November 2025 (3 months) **Full Panel:** February 2026 (6 months) **Annual Health Check:** August 2026

Earlier testing may be needed if: Symptoms develop, weight changes significantly, or medication adjustments required

▲ Important Notes

- **Pre-diabetes Management:** You're in the reversible pre-diabetic stage. Continued lifestyle changes can prevent type 2 diabetes
- Excellent Progress: Your cholesterol management is working very well keep up the great work!
- Medication Compliance: Continue taking simvastatin as prescribed it's clearly effective
- **Symptom Awareness:** Contact us if you develop increased thirst, frequent urination, or unexplained fatigue

♦ Contact Whitchurch Medical Practice

Our healthcare team is available to discuss your results and support your health journey



Appointments

029 2062 3456 Mon-Fri 8:00-18:30



Online Access

Patient Portal View results & book



Nurse Clinic

Diabetes Prevention Available Mon-Wed

Congratulations on the positive improvements in your results, Mr Williams. Your dedication to lifestyle changes is clearly paying off. Please continue with your current approach and don't hesitate to contact us if you have any questions about your results.

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Dr. Susan Clarke

MBBCh, MRCGP General Practitioner Whitchurch Medical Practice

GMC: 2345678

Results reviewed: 27/08/2025 Letter generated: 28/08/2025 Ref: WM-BR-2025-0824

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