

## Medical Test Results

**Patient Name:** Emma Thompson

**Date of Birth:** 1990-06-15

**Date of Test:** 2025-03-19

### Blood Test:

- **Hemoglobin:** 12.3 g/dL (Normal range: 12.0 - 15.5 g/dL)
- **White Blood Cell Count:** 7,000 cells/ $\mu$ L (Normal range: 4,000 - 11,000 cells/ $\mu$ L)

### Cholesterol Test:

- **Total Cholesterol:** 220 mg/dL (Desirable: < 200 mg/dL)
- **HDL (Good) Cholesterol:** 50 mg/dL (Optimal: > 60 mg/dL)
- **LDL (Bad) Cholesterol:** 140 mg/dL (Optimal: < 100 mg/dL)

### Blood Sugar:

- **Fasting Glucose:** 90 mg/dL (Normal range: 70 - 99 mg/dL)

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### Doctor's Note:

Dear Emma,

Your recent blood tests show that your total cholesterol is higher than the desired level, with an elevated LDL (bad) cholesterol. Additionally, your HDL (good) cholesterol is lower than optimal, which could increase your risk for heart disease. Based on your results, I recommend starting the following medications and lifestyle changes:

1. **Atorvastatin 20 mg** (once daily in the evening)
  - **Purpose:** Atorvastatin is a statin medication used to lower LDL cholesterol levels and reduce the risk of cardiovascular diseases.
2. **Omega-3 Fish Oil 1,000 mg** (twice daily)
  - **Purpose:** Omega-3 fatty acids can help increase HDL cholesterol (good cholesterol) and reduce triglyceride levels.
3. **Dietary Changes:**
  - **Reduce saturated fats:** Focus on eating lean proteins, whole grains, fruits, and vegetables.
  - **Increase fiber intake:** Foods like oats, beans, and vegetables can help lower cholesterol levels.

Please make sure to follow these recommendations carefully and schedule a follow-up visit in 3 months to monitor your progress.

Best regards,  
Dr. Jane Smith, MD