ExamOne
A Quest Diagnostics Company

Name: ZACHARY COLLIER
Age: 29
Gender: Male

Test Date: May 16, 2018 07:00 PM
Last Food/Drink: May 13, 2018 10:30 PM
Specimen Collected: May 14, 2018 12:30 PM

Heart & Arteries

Test Name	Your Result	Units	Reference Range	Test Guide
Cholesterol	148	mg/dL	140 - 199	Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body. Your body needs some cholesterol to work properly, but if you have too much in your blood, it can stick to the walls of your arteries. This is called plaque. Plaque can narrow your arteries or even block them.
HDL	57	mg/dL	35 - 80	High-Density Lipoprotein (HDL) is the "good" or "healthy" cholesterol, which helps keep the Low-Density Lipoprotein (LDL) "bad" cholesterol from getting lodged into your artery walls. A healthy level of HDL (greater than 40 mg/dL for men and greater than 50 mg/dL for women) may also protect against heart attack and stroke, while low levels of HDL have been shown to increase the risk of heart disease.
LDL	70	mg/dL	0 - 129	Low-Density Lipoprotein (LDL) cholesterol is the "bad" or "lousy" cholesterol. When too much of it circulates in the blood, it can clog arteries, increasing your risk of heart attack and stroke.
Cholesterol/HDL Ratio	2.6		0 - 4.99	The ratio of total Cholesterol to HDL-Cholesterol is another indicator of heart disease risk. A ratio is just one value divided by another number, but in medicine it can be helpful in predicting disease. A ratio of 5.0 or less is associated with a lower risk of heart disease.
LDL/HDL Ratio	1.23		0.9 - 5.3	The LDL/HDL Ratio may be reported as part of a lipid profile, a group of tests that are often ordered together to determine risk of heart disease and an important part of heart risk assessments. LDL/HDL Cholesterol Ratio is a calculated value that is an indicator of heart disease risk. The lower the ratio, the lower the risk.
Triglycerides	105	mg/dL	0 - 150	Triglycerides are fats (lipids) that provide a reserve of energy. Increases in triglycerides may indicate heart disease risk. Triglycerides can rise with obesity, diabetes and alcohol consumption.

est ame	Your Result	Units	Reference Range	Test Guide
Diuretic SCRN- U	NEGATIVE	ng/mL	0 - 1499	A diuretic is any drug (often prescribed for high blood pressure) that elevates the frequency and amount of urination. This test detects the presence of a diuretic in urine.
Beta SCRN	NEGATIVE	ng/mL	0 - 499	This test detects the presence of Beta Adrenergic Blockers (BAB), which are medications used by people with unusual heart beats, high blood pressure and other heart disorders.

Kidney & Bladder

est ame	Your Result	Units	Reference Range	Test Guide
BUN	9	mg/dL	9 - 25	Blood urea nitrogen (BUN) is an end product of protein metabolism. The BUN test is primarily used, along with the creatinine test, to evaluate the kidney and to help diagnose kidney disease. It also may be used to evaluate a person's general health status.
Creatinine	1.0	mg/dL	0.7 - 1.5	Creatinine is a metabolic product released from muscle tissue and excreted from the kidneys. The test is used along with a Blood Urea Nitrogen (BUN) test to assess kidney function.
Urine PH Screen	5.3		4.0 - 8.7	This test measures how acidic the urine is.
Protein	2	mg/dL	0 - 30	A Protein urine test measures the amount of Proteins, such as Albumin, found in a urine sample. Urinary Protein elevations may indicate the presence of kidney disease, but levels vary with urine concentration.
Leukocyte Screen	NEGATIVE		NEGATIVE	Leukocyte Esterase is an enzyme in white blood cells. When present it may indicate infection of the kidney or urinary tract, including the bladder.
Hemoglobin Screen	NEGATIVE		NEGATIVE	Hemoglobin is a molecule attached to red blood cells that helps move oxygen and carbon dioxide through the body. Hemoglobin in the urine may indicate kidney and/or urinary tract disease but may also occur in normal conditions such as during menstruation.
Urine Creatinine	30.0	mg/dL	27.0 - 260.0	Creatinine is a breakdown product of Creatine, which is an important part of muscle. Creatinine is removed from the body entirely by the kidneys.

est ame	Your Result	Units	Reference Range	Test Guide
Protein/Creatinine Ratio	0.07	mg/mg Creat	0.00 - 0.20	Urine protein testing is used to detect protein in the urine. Creatinine is a breakdown product of creatine, which is an important part of muscle. This test measures creatinine with protein to calculate a urine protein/creatinine ratio (UP/CR). The test is used to evaluate kidney function as well as to detect other urinary tract disorders.

Liver

est ame	Your Result	Units	Reference Range	Test Guide
Alkaline Phosphatase	52	U/L	30 - 125	Alkaline Phosphatase is an enzyme found primarily in the liver and bones. Elevated levels may indicate the presence of bone or liver disorders. The enzyme activity is also increased following fractures and in growing children and pregnant women.
Total Bilirubin	0.9	mg/dL	0.2 - 1.5	Bilirubin is a breakdown product of red blood cells. Abnormally high total bilirubin levels may occur in individuals with liver and gallbladder disease and may cause jaundice (yellowing of skin and eyes).
AST	13	U/L	0 - 33	Aspartate Aminotransferase (AST) is an enzyme found in the liver and in cardiac and skeletal muscle. AST may rise in liver, heart and muscle disorders but may also increase following strenuous, prolonged exercise.
ALT	10	U/L	0 - 45	Alanine Aminotransferase (ALT) is an enzyme found in the liver and rises with liver disease.
GGT	9	U/L	0 - 65	Gamma Glutamyl Transpeptidase (GGT) is a liver enzyme. It may rise with heavy alcohol consumption, certain medications and liver diseases.
Total Protein	6.7	g/dL	6.1 - 8.2	Total Protein measurements can reflect nutritional status and may be used to screen for and help diagnose kidney disease, liver disease and many other conditions. Protein in the blood includes two major components, Albumin and Globulin.
Albumin	4.6	g/dL	3.8 - 5.2	Albumin is the largest portion of total blood Protein. Decreased blood albumin may indicate many disorders, including poor nutrition and advanced liver disease.
Globulin	2.1	g/dL	1.9 - 3.7	Globulin is a major component of blood proteins. Abnormal levels (both elevated and decreased) may indicate infections, allergic states, immune disorders and other diseases.

Other

est ame	Your Result	Units	Reference Range	Test Guide
Serum HIV	NEGATIVE		NEGATIVE	HIV antibody testing detects infection with the virus that causes AIDS. The test may not become positive until several weeks after exposure to the virus.

Pancreas

est ame	Your Result	Units	Reference Range	Test Guide
Blood Glucose	72	mg/dL	60 - 109	The Blood Glucose test measures the amount of glucose (sugar) in the blood right at the time of sample collection. It is used to help diagnose diabetes and to monitor Glucose levels in persons with diabetes.
Urine Glucose	NEGATIVE	g/dL	0.00 - 0.24	The Urine Glucose test measures the amount of glucose (sugar) in a urine sample. The presence of glucose in the urine is called glycosuria or glucosuria. Glucose is not normally present in urine, but may occur in diabetes and other illnesses.
A1c	4.7	%	3.0 - 6.0	Hemoglobin A1c is a test to measure blood sugar levels over the past several weeks. It is used to monitor Glucose (blood sugar) control in diabetics.

hysical Measurements Performed By Paramedical Examiner

Height - standard: 5' 11"
Height - metric: 180.3 cm
Weight - standard: 167 lbs.
Weight - metric: 75.7 kg
BMI: 23.2

Blood Pressure Reading 1: 129/78
Blood Pressure Reading 2: 120/70
Blood Pressure Reading 3: 112/76
Pulse Reading 1: 54
Pulse Reading 2: 0