Name:	Sex:	Weight:	Blood type:
John Doe	M	-	A+

Parameter	Value	Normal range
Hemoglobin	132 g/L	135 – 175 g/L (men), 120 – 160 g/L
White Blood Cells	7.2 x10/L	4.0 – 10.0 x10/L
Hematocrit	0.41 L/L	0.40 – 0.50 L/L (men), 0.35 – 0.47 L/L (women)
Red Cell Distribution Width (RDW)	15.5%	Not defined
Red Blood Cell Count (RBC)	5.2 million/µL	4.7 – 6.1 million/µL
Platelet Count	220,000/µL	150,000 – 450,000/µL
Mean Corpuscular Volume (MCV)	90 fL	80 – 96 fL
Mean Corpuscular Hemoglobin (MCH)	29 pg/cell	27 – 31 pg/cell
Creatinine	0.6 mg/dL	0.74 – 1.35 mg/dL
Total Cholesterol	180 mg/dL	< 200 mg/dL
HDL	55 mg/dL	> 40 mg/dL
LDL	108 mg/dL	< 100 mg/dL

Based on the provided blood analysis data for the patient, here is a summary of the results:

The overall results indicate that the patient has some parameters that are slightly out of the normal range, which may require attention.

- Hemoglobin: 132 g/L (reference range: 135 – 175 g/L for men) - This value is slightly below the normal range. To improve hemoglobin levels, the patient could consider increasing iron-rich foods in their diet, such as red meat, beans, lentils, and spinach. Additionally, vitamin C can enhance iron absorption, so including citrus fruits or bell peppers may be beneficial.

- Creatinine: 0.6 mg/dL (reference range: 0.74 – 1.35 mg/dL) - This value is below the normal range. While low creatinine levels are generally not a concern, they can sometimes indicate low muscle mass or malnutrition. Ensuring adequate protein intake through a balanced diet may help.

- LDL: 108 mg/dL (reference range: < 100 mg/dL) - This value is slightly above the recommended level. To lower LDL cholesterol, the patient could focus on a heart-healthy diet that includes more fruits, vegetables, whole grains, and healthy fats (like those found in olive oil and avocados). Regular physical activity can also help improve cholesterol levels.

The remaining parameters, including white blood cells, hematocrit, red blood cell count, platelet count, mean corpuscular volume, mean corpuscular hemoglobin, total cholesterol, and HDL, are within normal ranges and do not require any specific interventions at this time.