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:

1. **Hemoglobin**: The value is 132 g/L, which is slightly below the reference range for men (135 – 175 g/L). To potentially increase hemoglobin levels, the patient might consider incorporating iron-rich foods such as red meat, beans, and leafy greens into their diet, along with vitamin C to enhance iron absorption.

2. **White Blood Cells**: The value is 7.2 x10/L, which is within the normal range (4.0 – 10.0 x10/L).

3. **Hematocrit**: The value is 0.41 L/L, which is within the normal range for men (0.40 – 0.50 L/L).

4. **Red Cell Distribution Width (RDW)**: The value is 15.5%. There is no reference range provided, so no comment can be made on this parameter.

5. **Red Blood Cell Count (RBC)**: The value is 5.2 million/µL, which is within the normal range (4.7 – 6.1 million/µL).

6. **Platelet Count**: The value is 220,000/µL, which is within the normal range (150,000 – 450,000/µL).

7. **Mean Corpuscular Volume (MCV)**: The value is 90 fL, which is within the normal range (80 – 96 fL).

8. **Mean Corpuscular Hemoglobin (MCH)**: The value is 29 pg/cell, which is within the normal range (27 – 31 pg/cell).

9. **Creatinine**: The value is 0.6 mg/dL, which is below the normal range (0.74 – 1.35 mg/dL). To potentially increase creatinine levels, the patient might consider ensuring adequate protein intake, as creatinine is a byproduct of muscle metabolism.

10. **Total Cholesterol**: The value is 180 mg/dL, which is within the normal range (< 200 mg/dL).

11. **HDL**: The value is 55 mg/dL, which is above the normal range (> 40 mg/dL).

12. **LDL**: The value is 108 mg/dL, which is slightly above the normal range (< 100 mg/dL). To potentially lower LDL levels, the patient might consider increasing physical activity, reducing saturated fat intake, and incorporating more fiber-rich foods such as fruits, vegetables, and whole grains into their diet.

In summary, while most of the values are within normal limits, the patient may want to address the slightly low hemoglobin and creatinine levels, as well as the slightly elevated LDL cholesterol, through dietary and lifestyle adjustments.