

Family Medicine Group

206-25 Industrial Street
Toronto ON, Canada
M4G 1Z2

Fax Cover Sheet

To: LMC Mid-Toronto
Phone: (416) 645-2929
Fax: 1 (877) 562-2778

Date: 24-Oct-2025

From: Dr. Brooke Hofbauer
Phone: (416) 487-2442
Fax: (416) 487-2508

Number of pages including cover: 13

Confidential: This communication is intended only for the individual or institution to which it is addressed and should not be distributed, copied or disclosed to anyone else. The documents in this communication may contain personal, confidential or privileged information, which may be subject to the Freedom of information and Protection of Privacy Act, the Health Information Act and other legislation. If you have received this communication in error, please notify us immediately and return original transmission to us. Thank you for your co-operation and assistance.

Re: Chrsitianna Tsilas

Dr. Brooke Hofbauer MD, CCFP

Unify Health Clinic

25 Industrial Street Unit 206, Toronto, ON M4G1Z2

Phone: (416) 487-2442 Fax: (416) 487-2508

24-Oct-2025

LMC Mid-Toronto
1929 Bayview Ave Suite 107
Toronto, ON M4G 3E8

Patient: Ms. Chrystianna Tsilas
PHN: 1846 118 204EL
Birthdate: 30-Sep-1991
Address: 525 Davisville Ave Toronto ON M4S 1J2
Phone Number: H:(416) 389-4062 C: (416) 389-4062
Email: chrystiannat@gmail.com

Dear LMC Mid-Toronto:

Thank you in advance for seeing Chrystianna, a 34-year-old premenopausal female, for low bone density. Investigated for recurrent fractures. Workup for secondary causes identified low vitamin D and day-7 estradiol (with normal TSH, PRL, LH and FSH). Menses regular, pending repeat estradiol between days 14-18 and celiac panel.

Relevant findings and investigations are attached.

Lifestyle Notes: Alcohol Use - Social, Cannabis - Rare use: Occasional joint (1x per week), Drugs - None, Occupation - Full-Time: Admin for Ministry, Children - G0, Exercise - Walks, gym (3-4x per week), Driving - yes, Smoking Status - Current Smoker: 5 cigarettes/day x 15 years (on and off), Other - HAV/HBV immune, Diet - Flexatarian

Problem History: Low Bone Density [Vitamin D deficiency and low estradiol], Low Back Pain No Radiation [Degenerative disc disease - F/b Chiro], {Recovered} DISEASES OF AORTIC VALVE [In childhood - Resolved (prev f/b Dr. Helibut)], {Inactive} Anxiety Disord/Anxiety State [Previously on Cipralex]

Surgical/Medical History: Fracture - Right Monteggia type 2B (ulnar # w/ radial head dislocation) - Right olecranon ORIF (MGH Jun 19/25), Fracture - Right 4th toe proximal phalanx #, Fracture - Right lateral epicondyle # post FOOSH, Fracture - Left leg fracture x2 (tibia/fibula) - Titanium rod and metal screws (Dec 12/23), Tympanostomy, Wisdom teeth extraction

Active Medications: None

Known Allergies: Non-Drug - Intolerance - None Known, Drug - Allergy - None Known, Drug - Intolerance - None Known, Non-Drug - Allergy - None Known

CPSO #: 115654
OHIP #: 044183

Sincerely,



Dr. Brooke Hofbauer, MD

Enclosures (10)

MIDTOWN DIAGNOSTIC IMAGING

Tel: (416)485-9155 Fax: (416)485-9532

1849 Yonge Street, Lower Level Room 6 Toronto Ontario M4S 1Y2

Medical Director of Imaging: Dr Alex Hartman

**DR. BROOKE HOFBAUER**

SUITE 208 2S INDUSTRIAL ST TORONTO ON M4G 1Z2

Tel: (416)487-2442, Fax: (416)487-2508

21-Jul-2025, MD406081

CHRYSTIANNA TSILAS

525 DAVISVILLE AVE TORONTO ON M4S 1J2

(416)389-4062, DOB: 30-Sep-1991

H.C: 1846118204 EL

On July 21 2025, we examined the above patient. The exam yielded the following findings:

BONE MINERAL DENSITOMETRY EXAM**SCAN QUALITY:** This is a technically good study.**COMPARISON:** none.**STANDARD SCORES:** DXA analysis of the lumbar spine (L1-L4) and both hips was performed.**Lumbar Spine Z-Score:** -2.2(BMD: 0.915g/cm²)**Femoral Neck Z-Score:** -0.7(BMD: 0.907g/cm²)**Total Hip Z-Score:** -1.3(BMD: 0.827g/cm²)**DIAGNOSTIC CATEGORY:** BMD is below the expected range for age.**BMD RISK ASSESSMENT:** There is insufficient population data to provide estimates of a 10-year absolute fracture risk in patients under the age of 50 years old.**INTERVAL CHANGE:** N/A**RECOMMENDATIONS AND MANAGEMENT CONSIDERATIONS:**

Endocrinology consultation may be helpful.

The Z-score at the lumbar spine is below expected when compared to age matched controls. Therefore, secondary causes should be excluded.

A follow-up BMD is recommended 1-2 years or as clinically indicated.

Electronically signed by: Rose Lee (Jul 21, 2025 18:38:11)

CHRYSTIANNA TSILAS

MD406081

Dr. R. Lee, MD, FRCP(c)

RL/hw/r1/l1, Dictated: 21-Jul-2025, Transcribed: 21-Jul-2025 18:38, Printed: 21-Jul-2025

Outcome analysis is a vital component of our Quality Assurance Program. Any clinical or pathological follow-up pertinent to this examination would be sincerely appreciated. Thank you for referring this patient and if you have any questions, please call us at 1-800-550-0889.

Patient	TSILAS, CHRYSIANNA	Home Phone	(416) 389-4062	Work Phone	
Health #	1846118204EL	Sex	F	Patient ID	31557
DOB	30-Sep-1991				

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 2:08 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 6:08 AM
 Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
ESR (Final)		4	2 - 30 mm/hr 23-Oct-2025 6:08 AM	5687

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 4:44 AM
 Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
Complete Blood Count (Final)				
WBC		5.3	4.0 - 11.0 x E9/L 23-Oct-2025 4:44 AM	5687
RBC		4.40	4.00 - 5.10 x E12/L 23-Oct-2025 4:44 AM	
Hemoglobin		132	120 - 160 g/L 23-Oct-2025 4:44 AM	
Hematocrit		0.402	0.350 - 0.450 L/L 23-Oct-2025 4:44 AM	
MCV		91	80 - 100 fL 23-Oct-2025 4:44 AM	
MCH		30.0	27.5 - 33.0 pg 23-Oct-2025 4:44 AM	
MCHC		328	305 - 360 g/L 23-Oct-2025 4:44 AM	
RDW		11.8	11.5 - 14.5 % 23-Oct-2025 4:44 AM	
Platelets		367	150 - 400 x E9/L 23-Oct-2025 4:44 AM	
Neutrophils		2.7	2.0 - 7.5 x E9/L 23-Oct-2025 4:44 AM	
Lymphocytes		2.0	1.0 - 3.5 x E9/L 23-Oct-2025 4:44 AM	
Monocytes		0.3	0.2 - 1.0 x E9/L 23-Oct-2025 4:44 AM	
Eosinophils		0.3	0.0 - 0.5 x E9/L 23-Oct-2025 4:44 AM	
Basophils		0.1	0.0 - 0.2 x E9/L 23-Oct-2025 4:44 AM	
Immature Granulocytes		0.0	0.0 - 0.1 x E9/L 23-Oct-2025 4:44 AM	
Nucleated RBC		0	/100 WBC 23-Oct-2025 4:44 AM	

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 2:09 PM Reviewed: 24-Oct-2025 by bhofbauer

Reported Date: 23-Oct-2025 7:04 AM

Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
Iron (Final)				
Iron		16.7	10.6 - 33.8 umol/L 23-Oct-2025 7:04 AM	5687
Transferrin		2.35	2.00 - 4.00 g/L 23-Oct-2025 7:04 AM	
Transferrin Saturation		0.28	0.13 - 0.50 23-Oct-2025 7:04 AM	
Iron Binding Capacity		59	50 - 100 umol/L 23-Oct-2025 7:04 AM	

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918

Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO

Collection Date: 22-Oct-2025 2:09 PM Reviewed: 24-Oct-2025 by bhofbauer

Reported Date: 24-Oct-2025 11:19 AM

Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
Protein Electrophoresis Urine (Final)				
Protein (Urine)		<0.07	g/L 23-Oct-2025 4:43 AM	5687
		No reference interval has been established for this test.		
Gamma Globulin (Urine)		Due to low concentration of urinary protein, fractionation is not possible.	24-Oct-2025 11:19 AM	
		No monoclonal proteins detected. Note that random urine collection is not recommended for screening for Monoclonal Gammopathies. See link for more details: https://choosingwiselycanada.org/recommendation/clinical-biochemistry/		

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918

Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO

Collection Date: 22-Oct-2025 2:09 PM Reviewed: 24-Oct-2025 by bhofbauer

Reported Date: 23-Oct-2025 7:02 AM

Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
FSH (Follicle Stimulating Hormone) (Final)				
FSH		6.6	IU/L 23-Oct-2025 7:02 AM	5687
		Follitropin (FSH) female reference intervals		

		Follicular: 3.0-8.0 IU/L		
		Mid-cycle: 3.0-22.0 IU/L		
		Luteal: 1.5-5.5 IU/L		
		Post-menopausal: 27.0-133.0 IU/L		

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918

Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO

Collection Date: 22-Oct-2025 2:09 PM Reviewed: 24-Oct-2025 by bhofbauer

Reported Date: 23-Oct-2025 7:03 AM

Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
LH (Luteinizing Hormone) (Final)				
LH		4.6	IU/L 23-Oct-2025 7:03 AM	5687

Lutropin (LH) female reference intervals

Follicular: 2.0-12.0 IU/L
 Mid-cycle: 8.0-90.0 IU/L
 Luteal: 1.0-14.0 IU/L
 Post-menopausal: 5.0-62.0 IU/L

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 2:09 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 7:16 AM
 Updated On: 24-Oct-2025 1:52 PM

Flags	Results	Reference Range	Lab Lic #
Prolactin (Final)			

Prolactin 20.6 5.0 - 27.0 ug/L 5687
 23-Oct-2025 7:16 AM

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 2:08 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 7:03 AM
 Updated On: 24-Oct-2025 1:52 PM

Flags	Results	Reference Range	Lab Lic #
Estradiol (Final)			

Estradiol <40 pmol/L 5687
 23-Oct-2025 7:03 AM

Estradiol adult female reference intervals

Follicular: 77-921 pmol/L
 Mid-cycle: 139-2382 pmol/L
 Luteal: 77-1145 pmol/L
 Post-menopausal: <103 pmol/L

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 2:08 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 7:04 AM
 Updated On: 24-Oct-2025 1:52 PM

Flags	Results	Reference Range	Lab Lic #
C Reactive Protein (Final)			

C Reactive Protein <0.5 mg/L 5687
 23-Oct-2025 7:04 AM

Test method: Abbott Alinity CRP, suitable for cardiovascular disease assessment and detection of active inflammation.
 CRP ≥ 2.0 mg/L is a risk-enhancing factor for cardiovascular disease, as defined in the Guidelines of the American Heart Association and the American College of Cardiology (JACC 2019; 74: e177).

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 2:08 PM Reviewed: 24-Oct-2025 by bhofbauer

Reported Date: 24-Oct-2025 12:02 PM

Updated On: 24-Oct-2025 1:52 PM

Flags	Results	Reference Range	Lab Lic #
Protein Electrophoresis (Final)			
Total Protein	71	60 - 80	g/L 23-Oct-2025 7:05 AM
Albumin	44.3	36.0 - 51.0	g/L 24-Oct-2025 12:02 PM
Alpha 1 Globulin	2.4	2.0 - 4.0	g/L 24-Oct-2025 12:02 PM
Alpha 2 Globulin	5.6	5.0 - 9.0	g/L 24-Oct-2025 12:02 PM
Beta 1 Globulin	3.8	3.0 - 6.0	g/L 24-Oct-2025 12:02 PM
Beta 2 Globulin	3.5	2.0 - 5.0	g/L 24-Oct-2025 12:02 PM
Gamma Globulin	11.4	6.0 - 16.0	g/L 24-Oct-2025 12:02 PM

Serum Protein electrophoresis does not suggest a monoclonal pattern. However, screening for plasma cell dyscrasias by this test alone can miss 8.6% of monoclonal proteins in a community setting*. Suggest follow-up with more sensitive tests, such as serum or urine immunofixation, if clinically indicated. *LifeLabs internal study.

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Patient	TSILAS, CHRYSIANNA	Home Phone	(416) 389-4062	Work Phone	
Health #	1846118204EL	Sex	F	Patient ID	31557
DOB	30-Sep-1991				

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 22-Oct-2025 11:30 PM
 Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
Urinalysis Chemical (Final)				
Collection Date		22-OCT-2025		22-Oct-2025 11:30 PM
Collection Time		13:57		22-Oct-2025 11:30 PM
Appearance		CLEAR	Clear	22-Oct-2025 11:30 PM
Colour		YELLOW	Yellow	22-Oct-2025 11:30 PM
Specific Gravity		1.015		22-Oct-2025 11:30 PM
pH		5.5	5.0 - 8.0	22-Oct-2025 11:30 PM
Protein		NEGATIVE	Negative	g/L
Glucose		NEGATIVE	Negative	mmol/L
Ketones		NEGATIVE	Negative	mmol/L
Erythrocytes		NEGATIVE	Negative	RBC/uL
Nitrite		NEGATIVE	Negative	22-Oct-2025 11:30 PM
Leukocyte Esterase	H	15	Negative	22-Oct-2025 11:30 PM
TEST COMMENT		Please see https://tests.lifelabs.com/s/article/URINALYSIS-CHEMICAL-Ontario for alternative reporting units.		22-Oct-2025 11:30 PM

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 7:04 AM
 Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
Glucose Random (Final)				
Glucose Random		5.0	3.6 - 7.7 mmol/L	5687

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 7:04 AM
 Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
Calcium (Final)				
Calcium		2.36	2.15 - 2.60 mmol/L	5687

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 7:04 AM
 Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
Phosphate (Final)		1.2	0.8 - 1.5 mmol/L 23-Oct-2025 7:04 AM	5687

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 7:04 AM
 Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
Albumin (Final)		46	35 - 52 g/L 23-Oct-2025 7:04 AM	5687

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 7:04 AM
 Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
Bilirubin Total (Final)		6	< 20 umol/L 23-Oct-2025 7:04 AM	5687

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 7:04 AM
 Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
Alkaline Phosphatase (Final)		92	35 - 120 U/L 23-Oct-2025 7:04 AM	5687

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 7:04 AM
 Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
Alanine Aminotransferase (Final)		11	< 36 U/L 23-Oct-2025 7:04 AM	5687

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 11:47 AM
 Updated On: 24-Oct-2025 1:52 PM

Flags	Results	Reference Range	Lab Lic #
Hemoglobin A1c (Final)			
Hemoglobin A1C/Total	5.0	< 6.0	%
Hemoglobin			23-Oct-2025 11:47 AM
Diabetes Canada 2018 Guidelines:			

Screening and Diagnosis: < 5.7 % Normal 5.7% - 6.4 % At risk 6.5% - 7.0 % Prediabetes >OR= 7.0 % Diabetes Mellitus***			

***Regarding diagnosis: in the absence of symptomatic hyperglycemia, if a single laboratory test result is in the diabetes range, a repeat confirmatory laboratory test (FPG, A1C, 2hPG in a 75 g OGTT) must be done on another day for diagnosis confirmation.			

Monitoring: <OR= 7.0 % Target in adults without comorbidities. Other targets may be more appropriate in children, elderly and patients with comorbidities.			

Results may not accurately reflect mean blood glucose in patients with hemoglobin variants, disorders associated with abnormal erythrocyte turnover, severe renal and liver disorders.			

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 7:04 AM
 Updated On: 24-Oct-2025 1:52 PM

Flags	Results	Reference Range	Lab Lic #
Creatinine/GFR (Final)			
Creatinine	53	50 - 100	umol/L
Glomerular Filtration Rate (eGFR)	>120	See below	23-Oct-2025 7:04 AM
23-Oct-2025 7:04 AM			
Reference interval: =>60 mL/min/1.73m ²			
eGFR is calculated using the CKD-EPI 2021 equation which does not use a race-based adjustment.			

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Patient	TSILAS, CHRYSIANNA	Home Phone	(416) 389-4062	Work Phone	
Health #	1846118204EL	Sex	F	Patient ID	31557
DOB	30-Sep-1991				

Ordered By: Grajales, Maria
 Collection Date: 03-Jul-2025 Reviewed: 03-Jul-2025 by mgrajales
 Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Ref Range
Physical History			
Weight		67.8	kg
BP - Systolic		120	03-Jul-2025 1:57 PM
BP - Diastolic		87	03-Jul-2025 1:57 PM
Heart Rate		78	bpm 03-Jul-2025 1:57 PM

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 9:35 PM
 Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
Albumin Creatinine Ratio Urine Random (Final)				
5 Year KFRE	NOT APPLICABLE	< 5	%	5687
		Results rule out CKD stage 3-5 and albuminuria. The KidneyWise toolkit (kidneywise.ca) recommends remeasuring eGFR and urine ACR annually for people with diabetes mellitus and less frequently in others unless clinical circumstances dictate otherwise.	23-Oct-2025 9:35 PM	
Albumin (Urine)	2		mg/L	
		No reference interval has been established for this test.	23-Oct-2025 9:35 PM	
Creatinine (Urine)	4.5		mmol/L	
		No reference interval has been established for this test.	23-Oct-2025 9:35 PM	
Albumin/Creatinine	0.4	< 3.0	mg/mmol	
			23-Oct-2025 9:35 PM	

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 7:16 AM
 Updated On: 24-Oct-2025 1:52 PM

	Flags	Results	Reference Range	Lab Lic #
Thyroid Stimulating Hormone (TSH) (Final)				
Thyroid Stimulating Hormone		0.85	0.32 - 4.00 mIU/L	5687
			23-Oct-2025 7:16 AM	

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO

Collection Date: 22-Oct-2025 1:57 PM

Reviewed: 24-Oct-2025 by bhofbauer

Reported Date: 23-Oct-2025 7:13 AM

Updated On: 24-Oct-2025 1:52 PM

Flags	Results	Reference Range	Lab Lic #
Celiac Screening (Partial Results)			
Immunoglobulin IgA	1.34	0.54 - 4.17 g/L	5687 23-Oct-2025 7:13 AM

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 1:35 PM
 Updated On: 24-Oct-2025 1:52 PM

Flags	Results	Reference Range	Lab Lic #
Parathyroid Hormone [PTH] (Final)			
Parathyroid Hormone [PTH] Intact	3.2	1.6 - 6.9 pmol/L	5687 23-Oct-2025 1:35 PM

New Reagent Formulation as of July 4, 2025 has
 reduced interference for high doses of biotin.

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario

Lab Id: 2025-3J2950918
 Ordered By: HOFBAUER BROOKE Reported By: LIFELABS ONTARIO
 Collection Date: 22-Oct-2025 1:57 PM Reviewed: 24-Oct-2025 by bhofbauer
 Reported Date: 23-Oct-2025 7:29 AM
 Updated On: 24-Oct-2025 1:52 PM

Flags	Results	Reference Range	Lab Lic #
Vitamin D-25 Hydroxy (Final)			
25-Hydroxy Vitamin D L	52.9	75.0 - 250.0 nmol/L	5687 23-Oct-2025 7:29 AM

Vit D Deficiency: 25.0 - 74.9

Lab - 5687: LifeLabs, 100 International Blvd., Toronto, Ontario