

Thompson Walk-In and Medical Clinic
1010 Kennedy Circle, Unit 1D
Milton ON
L9T 0J9
Phone: (905) 864-8787 Fax: (905) 864-1522

Fax Cover Sheet

To: LMC
Phone: (905) 337-0040
Fax: (905) 337-0044

Date: 2025-Oct-24

From: Shazia Jabeen
Phone: (905) 864-8787
Fax: (905) 864-1522

Number of pages including cover: 8

Re: Tatiana Mironoff 09 / 01 / 1964

To all specialists :

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.

Dr. Shazia Jabeen

Thompson Walk-In and Medical Clinic, 1010 Kennedy Circle, Unit 1D, Milton, ON
Phone: (905) 864-8787 Fax: (905) 864-1522

2025-Oct-24

LMC Diabetic Centre

Oakville, ON

Patient: Mrs. Tatiana Mironoff
PHN: 1667 077 125YE
Birthdate: 1964-Jan-09
Address: 1170 McDowell Crescent Milton, ON L9T 6R6
Phone: H: (416) 844-4407 C: (416) 844-4407 W: (____) ____-____
E-mail: tmironoff@gmail.com

Dear LMC Diabetic Centre,

Problem History:

Diabetes

Active Medications:

Libre monitor with sensor [please provide for a month],
candesartan cilexetil 8 mg Oral Tablet [1 Tablet(s) Once
daily X 3 Mth30] , ACH-ATORVASTATIN 20 MG TABLET [1
Tablet(s) Once daily X 3 Mth30] , sitagliptin
phosphate/metformin HCL 50 mg-1,000 mg Oral Tablet [1
Tablet(s) Once daily X 3 Mth30] [once daily]

External Medications:

None Recorded

Known Allergies:

None Recorded

Lifestyle Notes:

None Recorded

Family History:

Alzheimers (Mother) - Diabetes

Accuro to Accuro Summary Entries: None Recorded

Alerts Imported HS: None Recorded

Immunizations Imported HS: None Recorded

Injections: None Recorded

Medical History: None Recorded

Personal / Social History: None Recorded

Personal History: None Recorded

Preventive Care: Mammogram - normal, Pap Smear - Normal

Prior Investigations: None Recorded

Procedures/Investigations: None Recorded

Surgical History: None Recorded

Uncategorized Problems: None Recorded

Thank you for seeing Tatiana Mironoff, a 61-year-old female, for evaluation and management of type 2 diabetes mellitus. The patient has been unable to tolerate both the regular and extended-release formulations of metformin. She requests review and adjustment of her current diabetes regimen.

Thank you,

Sincerely,



Shazia Jabeen, MD

Electronically Reviewed to Expedite Delivery

Enclosures (5)

Lab Results:

Generated On 2025-Oct-24

Patient	MIRONOFF, TATIANA	Medical Record Number	Telephone
Date of Birth	1964-Jan-09	2025252320378 Lifelabs/Lab 56871	416-844-4407 <small>(Primary Residence Number)</small>
Age (Time of Observation)	61 years	Ontario Health Number	
Sex	F	1667 077 125	
Address			

Accession Id: 250031533 (Final)
Ordered By: SAMAR NASIR DR. Reported By: LifeLabs
Collection Date: 2025-Jan-03 Reviewed: 2025-Jan-09 by SJabeen
Service Date: 2025-Jan-03
Report Date: 2025-Jan-08 11:30 AM

CC: SHAZIA JABEEN
Updated On: 2025-Jan-09 10:08 AM

Results	Flags	Ref Range	Test Loc
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RENAL ASSESSMENT =====

CREATININE	48	LO	50 - 100	umol/L	KL
eGFR	105		See below		

Reference interval: =>60 mL/min/1.73m²

eGFR is calculated using the CKD-EPI 2021 equation which does not use a race-based adjustment.

5-YEAR KFRE	NOT APPLICABLE	< 5	%
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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.

ALBUMIN-RANDOM URINE	2		mg/L
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No reference interval has been established for this test.

CREATININE-RANDOM URINE	4.5		mmol/L
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No reference interval has been established for this test.

ALBUMIN CREATININE RATIO	0.4	< 3.0	mg/mmol
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KL - 6560 Kennedy Road Mississauga L5T 2X4 1(877)849-3637

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ROUTINE CHEMISTRY

ALANINE TRANSAMINASE (ALT)	16	< 36	U/L	KL
GAMMA-GLUTAMYLTRANSFERASE	20	< 44	U/L	

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CC List
NASIR, DR. SAMAR
(MD# 144560)

Ordering Facility
LifeLabs
(Lab 56871)

Address
100 International Blvd.
Etobicoke M9W 6J6 ON
(Firm/Business)

Lab Order #

Ordering Practitioner

Primary Performing Lab

2025-252320378 LifeLabs(Lab 5687)

Last Updated in OLIS

2025-Aug-28 1:18:23 AM EDT

Specimen Received Date/Time

2025-08-20 8:24:00 AM EDT

NASIR, DR. SAMAR

(IMD# 144560)

CML HealthCare Inc.

(Lab 5407)

Address

201 - 66 WEST AVE
 ST. THOMAS ON N5R 5H7
 ATTN: LIFESTYLE RX
 (Firm/Business)

Address

6560 Kennedy Road
 Mississauga L5T 2X4 ON
 (Firm/Business)

Primary Reporting Lab

LifeLabs

(Lab 5687)

Address

100 International Blvd.
 Etobicoke M9W 6J6 ON
 (Firm/Business)

Chemistry

Specimen Type	Collection Date	Specimen Collected By		
WHOLE BLOOD	2025-Aug-20 8:17:00 AM EDT	LifeLabs (Lab 5687)		

	Flags	Results	Reference Range	Units
Hemoglobin A1 C	H	6.2	< 6.0	%

Hemoglobin A1C/Total Hemoglobin; Blood

Diabetes Canada 2018 Guidelines:

Screening and Diagnosis:

< 5.7 % Normal

5.7% - 5.9 % At risk

6.0% - 6.4 % Prediabetes

>OR= 6.5 % 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. LifeLabs(Lab 5687)

Specimen Type	Collection Date	Specimen Collected By		
SERUM	2025-Aug-20 8:17:00 AM EDT	LifeLabs (Lab 5687)		

Lipid Assessment				
Hours post prandial				
Triglyceride	12	1.13		Hours mmol/L

FASTING: <1.70 mmol/L

NON-FASTING: <2.00 mmol/L LifeLabs(Lab 5687)

Cholesterol				
	H	6.12	< 5.20	mmol/L

Total cholesterol and HDL-C used for risk assessment and to calculate non HDL-C. LifeLabs(Lab 5687)

Cholesterol In HDL				
		1.63	>= 1.30	mmol/L

HDL-C <1.30 mmol/L indicates risk for metabolic syndrome. LifeLabs(Lab 5687)

Cholesterol Non HDL				
	H	4.49	< 4.20	mmol/L

Non HDL-Cholesterol is not affected by the

fasting status of the patient.

If non-HDL-C >=4.20 mmol/L in primary prevention setting for low risk patients (FRS 5-9.9%) or intermediate risk patients (FRS 10-20%), consider therapy. Therapy also suggested in low risk

patients (FRS <10%) with non-HDL-C ≥ 5.8 mmol/L. LifeLabs(Lab 5687)

Cholesterol In LDL; Calculated <small>If LDL-C ≥ 3.50 mmol/L in primary prevention setting for low risk patients (FRS 5-9.9%) or intermediate risk patients (FRS 10-20%), consider therapy. Therapy also suggested in low risk patients (FRS <10%) with LDL-C >4.99 mmol/L. LDL-C is calculated using the NIH equation.</small>	H	4.04	< 3.50	mmol/L
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For additional LDL-C and non-HDL-C thresholds based on risk stratification, refer to 2021 CCS Guidelines. Can J Cardiol. 2021;37(8):1129-1150. LifeLabs(Lab 5687)

Cholesterol/Cholesterol In HDL Ratio <small>Cholesterol/HDL-C is not included in the 2021 CCS guideline as a lipid initiation or treatment target but is recognized as an indicator of high CVD risk at Cholesterol/HDL-C ratio >6.0. LifeLabs(Lab 5687)</small>	3.8
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Specimen Type SERUM	Collection Date 2025-Aug-20 8:17:00 AM EDT	Specimen Collected By LifeLabs (Lab 5687)
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Lipoprotein a <small>Lipoprotein a Test repeated and results confirmed. Lp(a) test should be performed once in a person's lifetime. Lp(a) was measured using Randox (Denka-Seiken) immunoturbidimetric method. Refer to Canadian Cardiovascular Society Guidelines for the Management of Dyslipidemia. Can J Cardiol 2021; 37: 1129-1150.</small>	H	281	< 100	nmol/L
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Earlier and more intensive clinical management recommended when Lp(a) ≥ 100 nmol/L LifeLabs(Lab 5687)

Specimen Type SERUM	Collection Date 2025-Aug-20 8:17:00 AM EDT	Specimen Collected By LifeLabs (Lab 5687)
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Apolipoprotein B <small>Apolipoprotein B For additional ApoB thresholds based on risk stratification, refer to the 2021 CCS Guidelines.</small>	H	1.28	< 1.05	g/L
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ApoB was measured using the Abbott Alinity immunoturbidimetric method.

If ApoB ≥ 1.05 g/L in primary prevention setting for low risk patients (FRS 5-9.9%) or intermediate risk patients (FRS 10-19.9%), consider therapy. Therapy also suggested in low risk patients (FRS <10%) with apoB >1.44 g/L. LifeLabs(Lab 5687)

Specimen Type SERUM	Collection Date 2025-Aug-20 8:17:00 AM EDT	Specimen Collected By LifeLabs (Lab 5687)
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C Peptide <small>Performing Lab LifeLabs (Lab 5687)</small>				
---	--	--	--	--

Address <small>100 International Blvd. Etobicoke M9W 6J6 ON (Firm/Business)</small>				
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C Peptide <small>Reference interval is for fasting C-peptide</small>	415	370 - 1470	pmol/L
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Specimen Type
SERUM

Collection Date
2025-Aug-20 8:17:00 AM EDT

Specimen Collected By
LifeLabs
(Lab 5687)

Fasting Insulin

Performing Lab
LifeLabs
(Lab 5687)

Address
100 International Blvd.
Etobicoke M9W 6J6 ON
(Firm/Business)

Insulin Fasting	25	20 - 180	pmol/L
Insulin levels vary considerably and must be interpreted in relation to the serum/plasma glucose. LifeLabs(Lab 5687)			

Specimen Type
URINE

Collection Date
2025-Aug-20 8:17:00 AM EDT

Specimen Collected By
LifeLabs
(Lab 5687)

Microalbumin

Kidney Failure 5-year Risk; KFRE

NOT APPLICABLE < 5 %

Results indicate mild to moderate albuminuria reflecting increased risk of CKD progression. If this is the first result with an ACR ≥ 3 , confirm with at least 2 of 3 elevated results within 3 months.

If there is hematuria (>20 rbc/hpf confirmed on urine microscopy), refer to nephrology.

Remeasure eGFR and urine ACR annually for patients with diabetes mellitus.

See the KidneyWise toolkit (kidneywise.ca) for further management recommendations including when to refer to nephrology. LifeLabs(Lab 5687)

Albumin; Urine; Detection Limit = 20 mg/L	15	mg/L
No reference interval has been established for this test. LifeLabs(Lab 5687)		

Creatinine; Urine

No reference interval has been established for this test. LifeLabs(Lab 5687)

5.0 mmol/L

Albumin/Creatinine Ratio; Urine	H	3.0	mg/mmol
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Specimen Type SERUM	Collection Date 2025-Aug-20 8:17:00 AM EDT	Specimen Collected By LifeLabs (Lab 5687)
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Thyrotropin

Thyroid Stimulating Hormone [TSH]	2.07	0.32 - 4.00	mIU/L
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(Lab 5687)

Address
100 International Blvd.
Etobicoke M9W 6J6 ON
(Firm/Business)

Patient	MIRONOFF, TATIANA	Home Phone	(416)844-4407	Work Phone	
Health #	1667077125	Sex	F	Patient ID	91849
Age	61 years				
DOB	1964-Jan-09				

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ROUTINE CHEMISTRY I

GLUCOSE-FASTING

6.2 HI 3.6 - 6.0 mmol/L

Fasting Glucose from 6.1 - 6.9 mmol/L indicates prediabetes.

HbA1C 6.5 HI < 6.0 %

Diabetes Canada 2018 Guidelines:

 Screening and Diagnosis:

< 5.7 % Normal

5.7% - 5.9 % At risk

6.0% - 6.4 % Prediabetes

>OR= 6.5 % 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.

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