

Endocrinology Clinic - Dr. Shagufta Khan

St. Joseph's Health Centre 30 The Queensway Suite 310
Toronto ON, Canada
M6R 1B5

Fax Cover Sheet

To: Dr. Nupur Bahl
Phone: (905) 595-0560
Fax: (905) 595-0562

Date: 2025-Oct-23

From: Dr. Shagufta Khan
Phone: (416) 530-6814
Fax: (416) 530-6797

Number of pages including cover: 5

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: VIRGINIA FRASER

SHAGUFTA KHAN, MBBS, FRCP (C)

**Dr. Shagufta Khan Medicine Professional Corporation
Endocrinology, Diabetes, & Metabolism**

**St. Joseph's Health Centre
Suite 310 Sunnyside Bldg**

30 The Queensway, Toronto, ON, M6R 1B5

T: (416) 530-6814 | F: (416) 530-6797

2025-Oct-23

Dr. Nupur Bahl
238-2130 North Park Drive
Brampton, ON L6S 0C9

Name: VIRGINIA FRASER
Health Card: 3055 018 018VJ
DOB: 1952-Jun-04
Address: , ON,
Home Phone: (647) 297-6359
Cell Phone: (000) 000-0000

Dear Dr. Nupur Bahl,

Please see this 73 year old patient for DM management. She lives in Brampton and struggling to come all the way to SJHC.

Problem History: None Recorded

Medications: Eurofer
Irbesartan 300 mg od, Amlodipine 5 mg od
Synjardy 12.5/1000 mg bid
Ozempic 2 mg per week, Atorvastatin 10 mg od
Synthroid 75 mcg id

Sincerely,



Shagufta Khan, MD
Electronically Reviewed to Expedite Delivery

Enclosures

2025-Oct-16 - GLUCOSE SERUM FASTING
2025-Oct-16 - CREATININE
2025-Oct-16 - HOURS FASTING
2025-Oct-16 - CHOLESTEROL
2025-Oct-16 - TRIGLYCERIDES
2025-Oct-16 - HDL CHOLESTEROL

2025-Oct-16 - LDL CHOLESTEROL CALC.
2025-Oct-16 - NON-HDL-CHOLESTEROL(CALC
2025-Oct-16 - TC/HDL-C RATIO
2025-Oct-16 - POTASSIUM
2025-Oct-16 - ALKALINE PHOSPHATASE
2025-Oct-16 - ALT
2025-Oct-16 - TSH
2025-Oct-16 - CK
2025-Oct-16 - HEMOGLOBIN A1c

Lab Results: GDML

Generated On 2025-Oct-23

Patient	FRASER, VIRGINIA	Home Phone	(647)297-6359	Work Phone	
Health #	3055018018	Sex	F	Patient ID	3761
Age	73 years				
DOB	1952-Jun-04				

Comments: FASTING

Lab Order #: AN-56245183
 Ordered By: S.U. KHAN Reported By: GDML
 Collection Date: 2025-Oct-16 Reviewed: 2025-Oct-23 by Khansh
 Reported Date: 2025-Oct-17 6:01 AM
 Requisition Date: 2025-Jun-17
 Updated On: 2025-Oct-23 1:06 PM

	Flags	Results	Ref Range	Units
GLUCOSE SERUM FASTING				
GLUCOSE SERUM FASTING (F) mmol/L	H	7.3	3.6 - 6.00	mmol/L
3.6 - 6.0 NORMAL FASTING GLUCOSE 6.1 - 6.9 IMPAIRED FASTING GLUCOSE >6.9 PROVISIONAL DIAGNOSIS OF DIABETES MELLITUS				
CREATININE				
CREATININE (F) eGFR (F)	N	72	50 - 100 umol/L 60. - 99999.99	umol/L mL/min/1.73m ^{*2}
>=60. mL/min/1.73m ^{*2} eGFR is calculated using the CKD-EPI 2021 equation which does not use a race-based adjustment.				

An eGFR result >=60 mL/min/1.73m^{*2} rules out CKD stage 3-5. Assessment of urine ACR is required to definitively rule out or confirm CKD diagnosis. 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.

HOURS FASTING

HOURS FASTING (F)	N	12	hours	hrs
-------------------	---	----	-------	-----

CHOLESTEROL

CHOLESTEROL (F) < 5.20 mmol/L	N	4.92	< 5.19	mmol/L
----------------------------------	---	------	--------	--------

Total cholesterol and HDL-C used for risk assessment and to calculate non-HDL-C.

TRIGLYCERIDES

TRIGLYCERIDES (F) < 1.70 mmol/L	N	0.76	< 1.69	mmol/L
------------------------------------	---	------	--------	--------

If nonfasting,
triglycerides <2.00 mmol/L desired.

HDL CHOLESTEROL

HDL CHOLESTEROL (F) mmol/L	N	2.30	1.30 - 9999.00	mmol/L
-------------------------------	---	------	----------------	--------

F: >=1.30 mmol/L

HDL-C <1.30 mmol/L indicates risk for metabolic syndrome.

LDL CHOLESTEROL CALC.

LDL CHOLESTEROL CALC. (F) < 3.50 mmol/L	N	2.30	< 3.49	mmol/L
--	---	------	--------	--------

LDL-C was calculated using the NIH equation.

For additional LDL-C and non-HDL-C thresholds based on risk stratification,

refer to 2021 CCS Guidelines.

NON-HDL-CHOLESTEROL(CALC)

NON-HDL-CHOLESTEROL(CALC (F)	N	2.62	< 4.20 mmol/L	mmol/L
------------------------------	---	------	---------------	--------

TC/HDL-C RATIO

TC/HDL-C RATIO (F)	N	2.1		
--------------------	---	-----	--	--

POTASSIUM

POTASSIUM (F)	N	4.8	3.7 - 5.4 mmol/L	mmol/L
---------------	---	-----	------------------	--------

Lab Results: GDML

Generated On 2025-Oct-23

Patient	FRASER, VIRGINIA	Home Phone	(647)297-6359	Work Phone	
Health #	3055018018	Sex	F	Patient ID	3761
Age	73 years				
DOB	1952-Jun-04				

Comments: FASTING

Lab Order #: AN-56245183
 Ordered By: S.U. KHAN Reported By: GDML
 Collection Date: 2025-Oct-16 Reviewed: 2025-Oct-23 by Khansh
 Reported Date: 2025-Oct-17 6:01 AM
 Updated On: 2025-Oct-23 1:06 PM

	Flags	Results	Ref Range	Units
ALKALINE PHOSPHATASE				
ALKALINE PHOSPHATASE (F)	N	37	35-122 U/L	U/L
ALT				
ALT (F)	N	<10.	<36 U/L	U/L
TSH				
TSH (F)	N	2.01	0.35 - 5.00 mIU/L	mIU/L
CK				
CK (F)	N	114	<190 U/L	U/L
HEMOGLOBIN A1c				
HEMOGLOBIN A1c (F)	H	7.7	< -5.99	%
%				
NON-DIABETIC: < 6.0 %				
PREDIABETES: 6.0 - 6.4 %				
DIABETIC: > 6.4 %				
OPTIMAL CONTROL: < 7.0 %				
SUB-OPTIMAL CONTROL: 7.0 - 8.4 %				
INADEQUATE CONTROL: > 8.4 %				