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FAX TRANSMISSION

TO: ATTENTION OF: Lmc Endocrinology

FAX NO. 416-645-2936

FROM: NAME Dr. Brian Berenbaum

RE: Pereira, Lina

NO. of PAGES 6

(INCLUDING COVER PAGE)

DATE Oct. 24, 2025

COMMENTS:

Brian Berenbaum M.D.
2830 Keele St. 2nd Fl.
Toronto, ON M3M 3E5
Ph. 416 633-6812
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Oct 23, 2025

LMC Endocrinology Toronto
1921 Bayview Ave., Suite 107
Toronto, ON
Phone: 416-645-2929 Fax: 416 645 2930

Pereira, Lina Maria Rodr
45 Mcadam Ave
Toronto, ON
416-356-7429(H)
416-781-8090(B)

BB 44507

F Apr 16, 1965
1981 285 453 JX

Attention booking,

Re: Lina Pereira Apr 16, 1965 Age: 60 yr

45 Mcadam Ave
Toronto
ON
416-356-7429
linaperera105@gmail.com

Date of appointment: Known to Dr Aronson

REASON FOR REFERRAL: Poorly controlled with essentially no DM management x years. when recently seen was using insulin-Tresiba and Humalog and stopped all other meds. Can you please assess ASAP.

PERTINENT PAST HX:

Diabetes
Mild non proliferative diabetic retinopathy/Lucentis injections
Diabetic macular edema
Diabetic neuropathy
Colonic polyp/hx of sessile polyp
Poor compliance with diabetes tx

MEDS:

Lantus U-100 Insulin As directed
Humalog U-100 Insulin As directed
tobramycin Opth oint Sparingly to affected eye qid
Jublia As directed
Pen-Vee Tablets 300 mgs po qid
rosuvastatin 10 mg 1 time daily
ramipril 10 mgs po od

Re: Lina Pereira Apr 16, 1965 Age: 60 yr

PERTINENT INVESTIGATIONS: See labs

Yours truly,

A handwritten signature in black ink, appearing to read 'B. Berenbaum', with a stylized, cursive script.

Brian Berenbaum, MD

Perelra, Lina Maria Rodr

Birth date 16/04/1965 #44507 Page 3/6

Jul 23, 2025

Alpha Labs Lab Data

BB

Accession Number

23216433

Collection Date

Jul 23, 2025 11:05AM

Ordering Physician: Berenbaum, Brian

H E M A T O L O G Y

Hb	130	115 - 155
g/L		
Hct	0.37	0.33 - 0.46
L/L		
WBC	7.4	4.0 - 11.0
x10E9/L		
RBC	4.46	3.60 - 5.20
x10E12/L		
MCV	84	80 - 100
fL		
MCH	29	27 - 33
Pg		
MCHC	349	320 - 360
g/L		
RDW	12.4	11.5 - 14.5
%CV		
Platelets	190	150 - 400
x10E9/L		

DIFFERENTIAL COUNT

Neutrophils #	3.9	2.0 - 7.5
x10E9/L		
Lymphocytes #	2.7	1.0 - 4.0
x10E9/L		
Monocytes #	0.5	0.0 - 1.2
x10E9/L		
Eosinophils #	0.2	0.0 - 0.7
x10E9/L		
Basophils #	0.1	0.0 - 0.4
x10E9/L		

B I O C H E M I S T R Y

Hb A1C	11.5 (A)	0.000 - 5.90
< 0.060		
refer to HbA1C % below		

Hb A1C	11.5 (A)	0.0 - 5.9
%		

NON-DIABETIC: < 6.0 %

PRE-DIABETES: 6.0 - 6.4 %

DIAGNOSIS OF TYPE 2 DIABETES: > 6.4 %

OPTIMAL CONTROL: < 7.1 %

SUB-OPTIMAL CONTROL: 7.1 - 8.5 %

RBS	7.7	3.6 - 11.0
mmol/L		
Cr	74	44 - 88
umol/L		

eGFR (Creatinine CKD-EPI)

eGFR	80	61 - 999
>60 mL/min/1.73 m ²		

eGFR (Creatinine): 60-89 mL/min/1.73 m²

Consistent with normal kidney function.

eGFR's of >60 mL/min/1.73 m² are seen in almost half of the adult (>18 years) population of Ontario. Further screening for CKD in this patient group is therefore not recommended, unless the patient is already at high risk for CKD. Kidney disease may be present with mildly decreased GFR commonly due to diabetes or hypertension.

Pereira, Lina Maria Rodr

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Check kidney function: Proteinuria, with dipstick.
If negative check urine Albumin/Creatinine ratio.

NOTE: 1) Result not validated for use in pregnant women, patients under 18 years of age, or extremes of muscle mass.
2) eGFR is calculated using the CKD-EPI 2021 equation which does not use a race-based adjustment.

ALBUMIN (RANDOM URINE)

Microalbumin mg/L

TEST NOT PERFORMED. SPECIMEN COULD NOT BE COLLECTED.

CREATININE (RANDOM URINE)

Urine Creatinine Random (A) 2.5 - 19.2
mmol/L

TEST NOT PERFORMED. SPECIMEN COULD NOT BE COLLECTED.

UR ALBUMIN/CREATININE RATIO

Microalbumin/Creatinine Ratio (A) 0 - 1.9
< 2.0
mg/mmol

TEST NOT PERFORMED. SPECIMEN COULD NOT BE COLLECTED.

Lipoprotein A 83 -99
< 100
nmol/L

Performed once in a person's lifetime.

Refer to Canadian Cardiovascular Society Guidelines for the Management of Dyslipidemia, Can J Cardiol 2021;37;1129-1150.

CHOL 5.21 (N) 0 - 5.15
< 5.20
mmol/L
TG 1.04 0 - 1.70
<= 1.70
mmol/L

HDL/LDL-CHOLESTEROL

HDL 1.83 >=1.30
>= 1.30
mmol/L
LDL 3.61 See below
mmol/L
NON-HDL 4.08 See below
mmol/L

! 10-yr Risk of !	! !	! !
! Cardiovascular !	! Recommended !	! !
! Disease (CVD) !	! Initiate therapy if: !	! treatment targets: !
! High !	! Consider treatment !	! <= 2.0 mmol/L or !
! FRS >= 20% !	! in all individuals !	! >= 50% decrease !
! !	! LDL-C >= 3.5 mmol/L !	! in LDL-C !
! Intermediate !	! For LDL-C < 3.5 mmol/L !	! Alternate target: !
! FRS 10-19% !	! Consider if Non-HDL-C !	! Non-HDL-C !
! !	! >= 4.3 mmol/L !	! <= 2.6 mmol/L !
! Low !	! LDL-C >= 5.0 mmol/L !	! >= 50% decrease !
! FRS < 10% !	! or Familial hyper- !	! in LDL-C !
! !	! cholesterolemia !	! !

Pereira, Lina Maria Rodr**Birth date 16/04/1965 #44507 Page 5/6**

FRS = Framingham Risk Score. Non-HDL-C applies to non-fasting state.
 Calculated LDL-C (mmol/L) = Chol - (HDL-C + 0.46 x TG).

Reference: 2012 Update of the Canadian Cardiovascular Society
 Guidelines for the Diagnosis and Treatment of Dyslipidemia
 (Can J Cardiol 2013;29:151-167)

ALP	95	40 - 114
U/L		
ALT	28	0 - 32
< 33 U/L		
Ferritin	438 (A)	30 - 300
ug/L		
<30 ug/L Result consistent with iron deficiency		
30 - 50 ug/L Probable iron deficiency in absence of		
concomitant inflammation		
51 - 100 ug/L Possible iron deficiency, if risk factors		
are present		
101 - 300 ug/L Iron deficiency unlikely in absence of		
concomitant inflammation		
TSH	1.38	0.32 - 4.00
mIU/L		
B12	441	138 - 652
pmol/L		

U R I N A L Y S I S

URINALYSIS CHEMICAL

TEST NOT PERFORMED. SPECIMEN COULD NOT BE COLLECTED.

Jul 24, 2025**Alpha Labs Lab Data****BB**

Accession Number 23216484
 Collection Date Jul 24, 2025 10:20AM
 Ordering Physician: Berenbaum, Brian
 Microalbumin 84 mg/L
 Urine Creatinine Random 7.2 2.5 - 19.2
 mmol/L
 Microalbumin/Creatinine Ratio 11.7 (A) 0 - 1.9
 < 2.0
 mg/mmol

U R I N A L Y S I S

URINALYSIS CHEMICAL

Urine Specific Gravity	1.019	1.005- 1.030
Urine pH	5.5	5 - 8.0
5.0 - 8.0		
Urine Leukocytes	NEG	NEG-NEG
NEG		
Leu/uL		
Urine Nitrite	NEG	NEG-NEG
NEG		
Urine Protein	TRACE (A)	NEG-NEG
NEG g/L		
Urine Glucose	28 (A)	NEG-NEG
NEG		
mmol/L		
Urine Ketones	NEG	NEG-NEG
NEG		
mmol/L		
Urine Urobilinogen	3.2	-32
3.2 - 16		
umol/L		
Urine Bilirubin	NEG	NEG-NEG
NEG		
Urine Blood	TRACE (A)	NEG-NEG