

AVIVA Medical Diagnostics and Specialist Clinic

35 Upper Centennial Pkwy
Stoney Creek ON, Canada
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Fax Cover Sheet

To: LMC Healthcare Oakville
Phone: (905) 337-0040
Fax: 1(905) 337-0044

Date: 24-Oct-2025

From: Dr. TESTING SOUTHMOUNT
Phone: (905) 662-3303
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Number of pages including cover: 4

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Re:

Hello, we have received this in error. Please send out updated fax/contact information. Thank you!

Ralph Profetto Medicine Professional Corporation
Dr. Ralph Profetto, BSc, MSc, MD, CCFP, FCFP
Family Physician, Provider# 262550, CPSO# 52732
198 Barton Street East
Stoney Creek, Ontario L8E 2K2
P: 905-662-4404 F: 905-662-1468

Oct 24, 2025

Dr. Netee Papneja
Southmount Health Care Centre 35 Centennial Parkway
2nd Floor - Fax: 905 662 3304
Stoney Creek
Phone: 905 662 3303 or 1-855-210-0757 Fax: 905 662 3304

Dear Dr. Netee Papneja:

Re: Alexandra Barkovich May 26, 1995 Age: 30 yr HN: 7749 464 132 GF
905-928-2024 (H) 905-928-2024 (M)

Address 20 Pleasant Grove Terrace, Grimsby, ON, L3M 5G8
Email: alexandrabarkovich@hotmail.com

Reason for referral: Thank you for seeing this lovely 30 year old female. She has had ongoing issues with weight gain post partum. Her OB was originally concerned about high TPOAb and TgAb. They are both quite elevated now, but her TSH and T4 are normal. Are you able to assess and advise, she would like your opinion. Thank you.

Problem(s):

Left breast pain

Past History:

tonsillectomy 2010
HPV vaccine x3 (last given March 31, 2009)
LAST PAP: June 2023 - Negative

Medications:

PregVit High Dose Folic For use as directed for 3 months of 30 days
Macrobid 100mg po BID for 7 days

Allergies:

Amoxi Sugar-Rd 125 mg/5 ml Sus, Minor, Allergy, Jan 9, 2012

Yours truly,

Dr. Ralph Profetto

Barkovich, Alexandra Marie

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Oct 23, 2025

LIFELABS ONTARIO Lab Data

RP

Accession Number
 Collection Date
 Ordering Physician: Profetto, Ralph
 Result Copy To: Profetto, Ralph
 Complete Blood Count
 Lab Licence #: 5407

Testing Location name and address: KENNEDY 6560 Kennedy Road Mississauga Ontario L5T 2X4 Canada B

WBC	6.5	4.0 - 11.0
RBC	4.70	4.00 - 5.10
Hb	145	120 - 160
Hct	0.424	0.350- 0.450
MCV	90	80 - 100
MCH	30.9	27.5 - 33.0
MCHC	342	305 - 360
RDW	12.1	11.5 - 14.5
Platelets	239	150 - 400
Neutrophils #	3.2	2.0 - 7.5
Lymphocytes #	2.7	1.0 - 3.5
Monocytes #	0.6	0.2 - 1.0
Eosinophils #	0.1	0.0 - 0.5
Basophils #	0.0	0.0 - 0.2
Immature Granulocytes #	0.0	0.0 - 0.1
Nucleated RBC's as % of WBCs	0	

B12	367	>220
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>220 pmol/L: Normal, deficiency unlikely
 150-220 pmol/L: Borderline, deficiency is possible
 <150 pmol/L: Low, consistent with deficiency

Ferritin	77	
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In absence of concomitant inflammation, Ferritin levels can be interpreted as follows:

30-50 ug/L: Probable iron deficiency
 51-100 ug/L: Possible iron deficiency, if risk factors are present
 101-300 ug/L: Iron deficiency unlikely
 =>600 ug/L: Consider test for iron overload

In patients with concomitant inflammation, use Iron Studies, including TIBC and Transferrin Saturation, to assess Iron Deficiency status.

For guidance, see www.hemequity.com/raise-the-bar

RBS	4.6	3.6 - 7.7
Hemoglobin A1c		
Hb A1C	5.2	<6.0

Diabetes Canada 2018 Guidelines:

Screening and Diagnosis:

< 5.5 % Normal
 5.5% - 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.

Barkovich, Alexandra Marie

Age 30 yr #7291 Page 2/2

Creatinine/GFR

Cr	46 (L)	50 ~ 100
eGFR	>120	SEE BELOW

Results rule 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.

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

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

Lipid Assessment

Hours after a Meal

1
3.06 (H)

FASTING: <1.70 mmol/L

NON-FASTING: <2.00 mmol/L

CHOL

4.65 <5.20

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

HDL

1.22 (L) >=1.30

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

NON-HDL

3.43 <4.20

Non HDL-Cholesterol is not affected by the fasting status of the patient.

LDL

2.27 <3.50

LDL-C is calculated using the NIH equation.

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.

CHOL/HDL 3.8

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

Lab Licence #: 5687

Testing Location name and address: LifeLabs 100 International Blvd, Toronto Ontario M9W 6J6 Canada B
TgAb 380 (H) <40

Test method: Roche Cobas immunoassay. Changes in serial results may be misleading unless all results are from the same laboratory method.

Anti-Thyroglobulin antibody values up to 800 kIU/L may be seen in healthy people without demonstrable thyroid disease.

New reagent formulation as of August 14, 2023 has reduced interference for high doses of biotin.

Thyroid Peroxidase Antibody

TPOAb 268 (H) <35

Anti-Thyroid peroxidase antibody values up to 250 kIU/L may be seen in 5-10% of the normal population without demonstrable thyroid disease. This incidence increases with age.

Thyroid Stimulating Hormone (TSH)

Lab Licence #: 5407

Testing Location name and address: KENNEDY 6560 Kennedy Road Mississauga Ontario L5T 2X4 Canada B

TSH 3.89 0.32 ~ 4.00

Free Triiodothyronine (Free T3)

Free T3 4.2 2.6 - 5.8

Free Thyroxine (Free T4)

Free T4 10 9 - 19