

Courier Run:

### Patient Details

UR:

DOB : Sex: Male  
ID No.: Age: 26 Years  
Collected: 15/01/24 11:20 Ward:  
Referred : 15/01/24 Yr Ref.:231133619B

### Doctor Details

AMWAY MALAYSIA SDN BHD  
AMWAY MALAYSIA SDN BHD  
1ST FLOOR, 28, JALAN 51A/  
SEKSYEN 51A  
PETALING JAYA SEL 46100  
Lab No.:24-7676816

### HAEMATOLOGY

### SPECIMEN: WHOLE BLOOD

<b>Haemoglobin</b>		158 g/L	(130-170)
RBC		$5.27 \times 10^{12}/L$	(4.60-6.10)
PCV		0.49 L/L	(0.40-0.50)
MCV		93 fL	(80-100)
MCH		30 pg	(27-32)
MCHC		321 g/L	(300-350)
RDW		12.8 %	(11.0-15.0)
<b>White Cell Count</b>		$5.0 \times 10^9/L$	(4.0-10.0)
Neutrophils	52 %	$2.6 \times 10^9/L$	(2.0-7.0)
Lymphocytes	33 %	$1.7 \times 10^9/L$	(1.0-4.0)
Monocytes	9 %	$0.5 \times 10^9/L$	(0.2-1.0)
Eosinophils	5 %	$0.25 \times 10^9/L$	(0.02-0.50)
Basophils	1 %	$0.05 \times 10^9/L$	(0.00-0.10)
N:L Ratio	1.53		(0.79-3.53)
<b>Platelets</b>		$184 \times 10^9/L$	(150-410)

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### GENERAL BIOCHEMISTRY

#### Lipids

Total Cholesterol	5.0	mmol/L	(< 5.2)
Triglyceride	0.90	mmol/L	(< 1.70)
HDL Cholesterol	1.76	mmol/L	(> 1.00)
* LDL Cholesterol	<b>2.83</b>	mmol/L	(< 2.60)
Non-HDL Cholesterol	3.24	mmol/L	(< 3.40)
Total Cholesterol/HDL ratio	2.8		(< 5.0)

#### Electrolytes

Sodium	142	mmol/L	(135-145)
Potassium	4.4	mmol/L	(3.5-5.1)
Chloride	104	mmol/L	(95-110)

#### Renal Function

Urea	5.3	mmol/L	(2.5-8.0)
Creatinine	78	umol/L	(50-116)
eGFR	122	mL/min/1.73m <sup>2</sup>	
* Uric Acid	<b>0.17</b>	mmol/L	(0.18-0.47)
Calcium	2.32	mmol/L	(2.10-2.55)
Corrected Calcium	2.34	mmol/L	(2.10-2.55)
Phosphate	1.08	mmol/L	(0.65-1.45)

An eGFR(CKD-EPI)- Normal (  $\geq 90$  mL/min/1.73 m<sup>2</sup> )

#### NOTE:

EGFR is NOT VALID for pregnant women,dialysis patients and/or teenagers under 18 years of age.

Result should be interpreted alongside clinical presentation and in reference to KDIGO 2012 CKD Guidelines and the Malaysian Clinical Practice Guidelines for the Management of Chronic Kidney Disease 2nd Edition (2018).

#### Liver Function

Total Protein	72	g/L	(60-82)
Albumin	42	g/L	(35-50)
Globulin	30	g/L	(20-39)

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Albumin/Globulin ratio	1.4		(1.0-2.5)
Alkaline Phosphatase	65	U/L	(30-120)
Total Bilirubin	15	umol/L	(< 21)
GGT	42	U/L	(< 51)
* AST	<u>62</u>	U/L	(< 41)
** ALT	<u>116</u>	U/L	(< 51)

**BIOCHEMISTRY**

**SPECIMEN: SERUM**

Magnesium	0.88	mmol/L	(0.70-0.91)
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### SPECIAL CHEMISTRY

### SPECIMEN: WHOLE BLOOD

HbA1c 5.1 % 32 mmol/mol

### Diagnostic Values of HbA1c in Malaysian Adults

HbA1c (NGSP) %	HbA1c (IFCC) mmol/mol	
< 5.7	< 39	Normal
5.7 - 6.2	39 - 44	*Prediabetes (IFG or IGT)
>= 6.3	>= 45	T2DM

IFG: Impaired Fasting Glucose; IGT: Impaired Glucose Tolerance; OGTT: Oral Glucose Tolerance Test; T2DM: Type 2 Diabetes Mellitus  
\*Recommend OGTT for HbA1c levels 5.7 - 6.2%

### Individualised HbA1c Target for Known Diabetes

HbA1c (NGSP) %	HbA1c (IFCC) mmol/mol	
<= 6.5	<=48	A: Tight target range for young, newly diagnosed diabetes without hypoglycaemia.
6.6 - 7.0	49 - 53	B: Target range for all other individuals not in category A or C.
7.1 - 8.0	54 - 64	C: Target range for diabetes with comorbidities short life expectancy and/or prone to hypoglycaemia.

Source: 2020 Clinical Practice Guidelines for the Management of Type 2 Diabetes Mellitus (6th Edition). Kuala Lumpur: Joint Publication of of the Ministry of Health Malaysia, Academy of Medicine Malaysia, Malaysian Endocrine & Metabolic Society and Diabetes Malaysia.

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**SERUM/PLASMA GLUCOSE**

Glucose 4.6 mmol/L (3.9 - 6.0)  
Specimen collected 11:20 h  
Specimen type Fasting

**Interpretation:**

Category	Fasting Plasma Glucose (mmol/L)
Normal	3.9 - 6.0
IFG (Prediabetes)	6.1 - 6.9
DM	>= 7.0

IFG = Impaired Fasting Glucose; DM = Diabetes Mellitus  
Recommend Oral Glucose Tolerance Test (OGTT) for fasting plasma glucose levels 6.1 - 6.9 mmol/L.

Source: 2020 Clinical Practice Guidelines for the Management of Type 2 Diabetes Mellitus (6th Edition). Kuala Lumpur: Joint Publication of the Ministry of Health Malaysia, Academy of Medicine Malaysia, Malaysian Endocrine & Metabolic Society and Diabetes Malaysia.

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### URINE FEME

#### Urine Appearance

Transparency Clear  
Colour Brown

#### CHEMISTRY

SG:	1.029	(1.004-1.030)
pH:	6.0	(4.8-7.4)
Leucocytes:	Nil	(Nil)
Blood:	Nil	(Nil)
Nitrite:	Negative	(Negative)
Ketones:	Nil	(Nil)
Bilirubin:	Nil	(Nil)
** Urobilinogen	+	(Nil)
* Protein:	+	(Nil)
Glucose:	Nil	(Nil)

#### MICROSCOPY

Leucocytes	0 x 10 <sup>6</sup> /L	(<10 x 10 <sup>6</sup> /L)
Erythrocytes	0 x 10 <sup>6</sup> /L	(< 5 x 10 <sup>6</sup> /L)
Epithelial Cells	Nil	(Nil)
No casts or crystals seen.		

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**Body Mass Index** 20.2 kg/sqm

Recommended BMI cut-off points for body weight classification and public health action for Malaysia

Body Weight classification	BMI cut-off points for definition* (kg/sqm)	Co-morbidities risk	BMI cut-off points for public health actions** (kg/sqm)
Underweight	<18.5	Low (but increased risk of other clinical problems)	<18.5
Normal range	18.5 to 24.9	Low	18.5 to 22.9
Overweight	>=25.0		23.0 to 27.4
Pre-obese	25.0 to 29.9	Moderate	27.5 to 32.4
Obese class I	30.0 to 34.9	High	32.5 to 37.4
Obese class II	35.0 to 39.9	Very High	>= 37.5
Obese class III	>=40.0		

**Source:** \*WHO (1998) \*\* WHO Expert Consultation (2004)

Patient Height 178 cm  
Patient Weight 64 kg  
**Blood Pressure** 113 / 62 mmHg

### REPORT COMPLETED

### PLEASE FILE

Tests Requested:

HAEMATOLOGY GENERAL, TAG ON ORDERING, GENERAL SCREEN-BIOCHEM, MULTIPLE BIOCHEM ANALYSIS, HAEMOGLOBIN A1C (HBA1C), GLUCOSE, SERUM/PLASMA, GLUCOSE, SERUM/PLASMA, GENERAL SCREEN-MICROBIOL., PREANALYTICS

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