

This report shows the results of a blood test for diabetes and other related conditions.

**\*\*Key findings:\*\***

\* **\*\*Fasting blood sugar:\*\*** Your fasting blood sugar is 83 mg/dl, which falls within the normal range (70-99 mg/dl). This means you don't have diabetes.

\* **\*\*Cholesterol:\*\*** Your total cholesterol is 221 mg/dl, which is considered high.

\* **\*\*Triglycerides:\*\*** Your triglycerides are 1315 mg/dl, which is also high.

\* **\*\*HDL cholesterol:\*\*** Your HDL cholesterol is 22.5 mg/dl, which is considered low.

\* **\*\*LDL cholesterol:\*\*** Your LDL cholesterol is 36 mg/dl, which is within the optimal range.

\* **\*\*HbA1c:\*\*** Your HbA1c is 3.8%, which is within the normal range (2.9-4.2%). This means your blood sugar has been well-controlled in the past 2-3 months.

**\*\*Recommendations:\*\***

This report suggests that you have elevated cholesterol and triglyceride levels. High cholesterol and triglycerides can increase your risk of heart disease.

It's important to talk to your doctor about these results and discuss any lifestyle changes you may need to make to improve your cholesterol levels. This may include changes to your diet, exercise habits, and medication if needed.