

# COMPREHENSIVE ANNUAL BLOOD TEST REPORT

**Patient Name:** John Doe  
**Date of Birth:** 12-May-1985  
**Gender:** Male  
**Report Year:** 2023  
**Laboratory ID:** CLIN-2023-90821  
**Referring Physician:** Dr. Michael Smith

## 1. Lipid Profile

Test	Result	Reference Range	Interpretation
Total Cholesterol	210 mg/dL	< 200 mg/dL	Borderline High
LDL Cholesterol	145 mg/dL	< 100 mg/dL	Elevated
HDL Cholesterol	55 mg/dL	> 40 mg/dL	Protective
Triglycerides	120 mg/dL	< 150 mg/dL	Normal

## 2. Basic Metabolic Panel

Test	Result	Reference Range	Interpretation
Fasting Glucose	90 mg/dL	70 - 99 mg/dL	Normal
HbA1c	5.4%	< 5.7%	Normal
Creatinine	1.0 mg/dL	0.7 - 1.3 mg/dL	Normal
Urea	32 mg/dL	15 - 40 mg/dL	Normal

### 3. Clinical Summary

#### Clinical Summary & Interpretation:

The lipid profile indicates an LDL cholesterol level of 145 mg/dL, which exceeds the optimal range. Elevated LDL cholesterol is associated with increased cardiovascular risk, including coronary artery disease and stroke. HDL cholesterol remains within a protective range. Triglyceride levels are within acceptable limits.

Fasting glucose and HbA1c levels suggest adequate glycemic control. Renal function markers (Creatinine and Urea) are within normal limits.

### 4. Preventive Guidance

#### Lifestyle & Health Recommendations:

- Adopt a heart-healthy diet rich in vegetables, fruits, whole grains, and lean protein.
- Reduce saturated fats and eliminate trans fats.
- Engage in at least 150 minutes of moderate aerobic activity weekly.
- Maintain healthy body weight (BMI 18.5–24.9).
- Monitor blood glucose annually.
- Consider follow-up lipid profile in 6 months.
- Discuss with physician whether lipid-lowering therapy is appropriate.

#### Disclaimer:

This laboratory report is intended for informational purposes only and should be interpreted by a licensed healthcare professional. Clinical decisions should not be based solely on laboratory findings without appropriate medical consultation.