

COMPREHENSIVE ANNUAL BLOOD TEST REPORT

Patient Name: John Doe

Date of Birth: 12-May-1985

Gender: Male

Report Year: 2022

Laboratory ID: CLIN-2022-90821

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	130 mg/dL	< 100 mg/dL	Near Optimal
HDL Cholesterol	52 mg/dL	> 40 mg/dL	Protective
Triglycerides	150 mg/dL	< 150 mg/dL	Normal

2. Basic Metabolic Panel

Test	Result	Reference Range	Interpretation
Fasting Glucose	95 mg/dL	70 - 99 mg/dL	Normal
HbA1c	5.6%	< 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 130 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.