

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 |
| Creatininine | 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.