

COMPREHENSIVE ANNUAL BLOOD TEST REPORT

Patient Name: John Doe
Date of Birth: 12-May-1985
Gender: Male
Report Year: 2021
Laboratory ID: CLIN-2021-90821
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	155 mg/dL	< 100 mg/dL	Elevated
HDL Cholesterol	48 mg/dL	> 40 mg/dL	Protective
Triglycerides	170 mg/dL	< 150 mg/dL	Borderline High

2. Basic Metabolic Panel

Test	Result	Reference Range	Interpretation
Fasting Glucose	102 mg/dL	70 - 99 mg/dL	Impaired Fasting
HbA1c	5.9%	< 5.7%	Predabetes
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 155 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 borderline elevated.

Fasting glucose and HbA1c levels suggest early signs of insulin resistance. 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.