

## **Blood Lab "Normal" Results**

### **Determination Your Result Expected Range Units Test Guide**

<b><u>Determination</u></b>	<b><u>Expected Range</u></b>	<b><u>Units</u></b>
<b>Glucose</b>	70-115	(MG/DL)
<b>Glucose</b> is the main source of energy for living organisms. Glucose rises with diabetes mellitus and with many other impairments.		
<b>Fructosamine</b>	1.2-2.1	(MMOL/L)
<b>Fructosamine</b> measures average blood sugar concentration over the past two to three weeks and may rise in uncontrolled diabetes.		
<b>BUN</b>	5-25	(MG/DL)
<b>Blood urea nitrogen (BUN)</b> is an end product of protein metabolism. BUN levels rise in kidney diseases.		
<b>Creatinine</b>	0.5-1.5	(MG/DL)
<b>Creatinine</b> is a metabolic product released from muscle tissue and excreted from the kidneys, and may rise in kidney disease.		
<b>Alkaline Phosphatase</b>	30-115	(U/L)
<b>Alkaline phosphatase</b> is an enzyme found primarily in the liver and bones. Elevated levels may indicate the presence of bone or liver disorders. The enzyme activity is also increased following fractures and in growing children and pregnant women.		
<b>Total Bilirubin</b>	0.1-1.2	(MG/DL)
<b>Bilirubin</b> is a breakdown product of hemoglobin. Abnormally high total bilirubin levels may occur in individuals with liver and gallbladder disease, and may cause jaundice.		
<b>AST</b>	0-41	(U/L)
<b>Aspartate aminotransferase (AST)</b> is an enzyme found in the liver and in cardiac and skeletal muscle. AST may rise in liver, heart, and muscle disorders, but also following strenuous, prolonged exercise.		
<b>ALT</b>	0-45	(U/L)
<b>Alanine aminotransferase (ALT)</b> is an enzyme found in the liver and rises with liver disease.		
<b>GGT</b>	2-65	(U/L)
<b>Gamma glutamyl transpeptidase (GGT)</b> is a liver enzyme. It may rise with alcohol consumption, certain medications, and liver diseases.		
<b>HAA</b>	<10.5	(UMOL/L)
<b>Hemoglobin-associated acetaldehyde (HAA)</b> may rise with chronic alcohol consumption.		
<b>Total Protein</b>	6.0-8.5	(G/DL)
<b>Protein</b> in blood includes two major components, albumin and globulin. Protein levels fall in chronic disease, malnutrition and cancer.		
<b>Albumin</b>	3.0-5.5	(G/DL)

**Albumin** is the largest portion of total blood protein. Decreased blood albumin may indicate many disorders, including poor nutrition and advanced liver disease.

**Globulin** 1.0-4.5 (G/DL)

**Globulin** is a major component of blood proteins. Abnormal levels, immune disorders and other diseases.

**Cholesterol** 140-250 (MG/DL)

**Cholesterol** is one of the major lipids or fats in the body. High levels indicate an increased risk of heart disease, but can be controlled with diet, exercise and/or medications.

**HDL Cholesterol** 35-55 (MG/DL)

**High Density Lipoprotein (HDL)** is associated with protection against coronary artery disease. The quantity of HDL as well as the ratio of HDL to total cholesterol are important in determining one's risk of coronary

intake.

**LDL** 0-129 (MG/DL)

Elevations of **Low Density Lipoprotein (LDL)** Cholesterol are associated with an increased risk of heart disease.

**Cholesterol/HDL** <6.0

The ratio of total **Cholesterol to HDL-Cholesterol** is another indicator of heart disease risk. A ratio of 5.0 or less is associated with a lower risk of heart disease.

**LDL/HDL** <4.0

**LDL/HDL Cholesterol** Ratio is an indicator of heart disease risk. The lower the ratio, the lower the risk.

**Triglycerides** 62 0-150 (MG/DL)

**Triglycerides** are fats (lipids) that provide a reserve of energy. Increases in triglycerides may indicate heart disease risk. Triglycerides may rise with obesity, diabetes and alcohol consumption.

**Serum HIV** Non-reactive

**HIV** antibody testing detects infection with the virus that causes AIDS.

The test may not become positive until several weeks after exposure to the virus.

## **HEPATITIS LABORATORY RESULTS**

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**Hepatitis BsAg** Negative

**Hepatitis B**

infection may cause liver disease.

**Hepatitis C Ab** Negative

**Hepatitis C**

test may indicate either acute or chronic infection. Chronic infection may cause liver disease.

## **URINE LABORATORY RESULTS**

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**Cotinine**                      Negative                      (MCG/ML)

**Cotinine** is the major byproduct of nicotine. Its presence indicates tobacco use.

**Glucose**                      Negative                      (GM%)

**Glucose** is not normally present in urine, but may occur in diabetes and other impairments.

**Protein**                      0-30                      (MG%)

**Urinary protein** elevations may indicate the presence of kidney disease, but levels vary with urine concentration.

**Leukocyte Screen**                      Negative

**Leukocyte esterase** is an enzyme in white blood cells. When present it may indicate infection of the kidney or urinary tract, including the bladder.

**Hemoglobin Screen**                      Negative

**Hemoglobin** in the urine may indicate kidney and/or urinary disease, but may also occur in normal conditions such as during menstruation.

**Specific gravity**                      1.003-1.035

**Specific gravity** is used to measure urine concentration.

**Creatinine**                      27.0-260.0                      (MG/DL)

**Creatinine** is a metabolic product released from muscle tissue and excreted by the kidneys, and is used to measure urine concentration.

**PLEASE NOTE: All expected range data is based on gender and age. This appraisal**

**contradict or replace the advice of your personal physician. When in doubt,  
it is ALWAYS best to seek professional consultation.**