

## Your Blood Test Results

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Please find the results of your blood test. This report contains your blood test results with London Medical Laboratory doctor's review of your result, including comments on how they compare with standard reference ranges, and highlighting everything that may need further investigation or follow-up with your GP\* .



# Your details

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**Name**

Jane Doe

**DOB**

01/10/1964

**Package**

Vitamin Profile

**Test Code**

yaqpgmc

\*It is important to note that blood tests and health checks of this nature alone are not a substitute for seeing a doctor, particularly if you are feeling unwell. You should not confirm a diagnosis or start any treatment without a consultation with a doctor or a suitably trained healthcare professional. There are many times when blood test and health check results which are out of range are insignificant but there are other times when they are not. They always need to be interpreted in the context of the rest of your health and this can only really be determined with a full clinical history and examination with a doctor.

# An introduction to your blood test

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Congratulations on having made the decision to invest in your wellbeing. London Medical Laboratory is pleased to provide you with this report on everything that we found in your blood test.

A blood test is an excellent way to screen for underlying health risks. The goal is to detect potential problems as soon as possible; giving you the information you need to make lifestyle changes, commit to further investigations, or start treatments so you have the best chance of living a longer, healthier, and happier life.

## Your results

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If your blood tests come back in the normal range, it means you are at a low risk of having the conditions you were testing for. This does not mean you will never develop these conditions in the future, just that you are at low risk at this moment in time. This is why regular checks are recommended.

If your results show you have a higher risk, it means that you may have the condition that you've been tested for. You will always need to see your doctor who will consider further tests to confirm any suspected diagnosis, or give you more information about how to directly address your risk factors. You can then be offered the necessary treatment, advice and support which can only be provided by a doctor who is able to take a fuller and more targeted history and examination than is possible with a screening health check.

Finding out about a problem or a health risk early can save lives. However, blood tests are often not conclusive in themselves. Some serious health problems will not be uncovered in blood tests and suspicions about conditions may be raised that with further investigation may turn out not to be a problem at all. There is the risk of unnecessary anxiety with any screening test but we believe it is always better to know about potential health problems as soon as possible, and a blood test has been proven to be very good at identifying a wide range of potential health problems that you may not otherwise be aware of.

If you have any questions about your laboratory tests or need more information about what your results mean, please talk to your doctor who will be able to consider your results within the context of the rest of your health and lifestyle.

Our doctors at London Medical Laboratory review the results of your blood test in this report and have provided a general explanation of what each result may mean and some advice about what you can do to improve your health. We also encourage you to discuss your results with your GP, particularly if you have any concerns or are feeling unwell in any way.

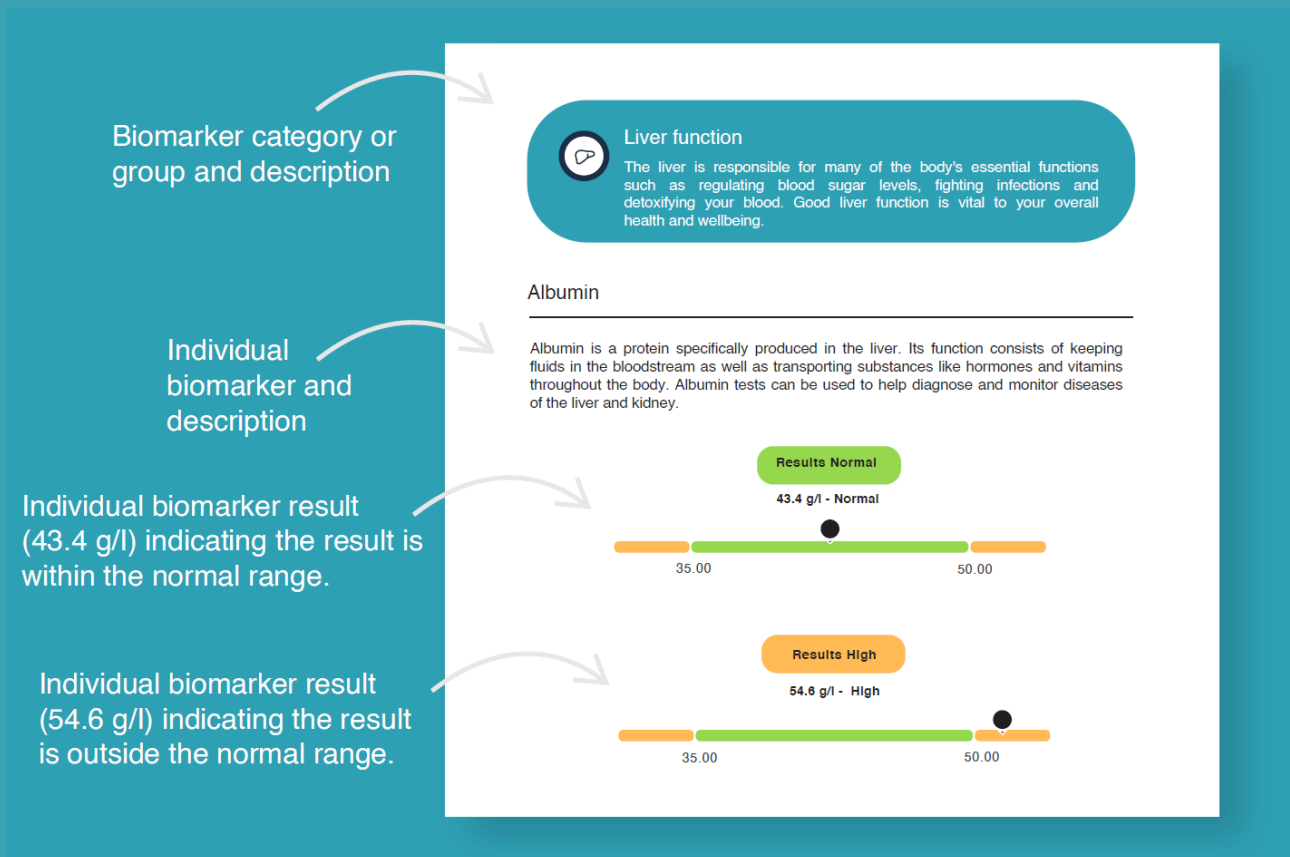
# Understanding your results

Example only. This is not your blood test result. This is only intended to show you how to read your results in the report below.

Laboratory results are provided with reference ranges which are based on the normal test results of a large group of healthy people from the same age group and gender as yourself.

Sometimes, healthy people get results outside the reference range, while people with health problems can have results in the normal range. If your results fall outside the reference range, or if you have symptoms despite a normal result, you may require more testing or wish to discuss the result with your GP.

For simplicity, we have provided your results graphically, so they are easy to understand. Any result flagged amber is outside of the standard range. Normal results are in green. Please see the figure below.



If you see 'invalid result' on any of your report pages, it's nothing to worry about. Please call our Customer Service team on 020 7183 3718 and if required we will be able to arrange another blood test appointment free of charge or post you a home testing kit which you can post back to our laboratory.

# Doctor's Report

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Dear Jane,

Thank you for coming to us for your testing needs.

I've reviewed your blood test results today and there is nothing of great concern even though some of the blood test results lie outside the normal range. I've summarised the main findings here, but please be aware that I am unable to be more specific as I don't necessarily have details of your medical history and all medications or supplements that you may be taking. Please do read the complete report as there is more detail about the tests and what they indicate below.

I'd like to draw your attention to your vitamin B12 blood results.

Your vitamin B12 level is low. This could be due to many reasons, but may be because you're not getting enough in your diet, or not absorbing it well from your gut or because you need more vitamin B12 than you did in the past. Animal products such as meat, eggs, and shellfish are high in vitamin B12, as well as some processed foods like cereals. Vegans, and to lesser degree vegetarians, are at risk for low levels of vitamin B12 if they do not eat foods with added vitamins (e.g. cereals) or take a vitamin supplement. I would advise you to discuss this result with your GP to consider supplementation.

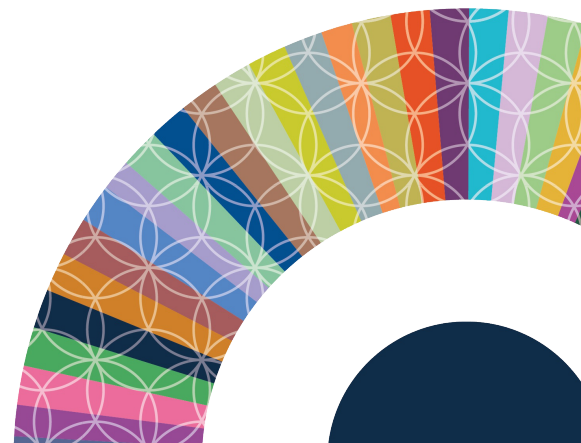
It is important to note that blood tests alone are not a substitute for seeing a doctor, particularly if you are feeling unwell. You should not make a diagnosis or start any treatment without a consultation with a doctor or a suitably trained health care professional. There are many times when test results which are out of range are entirely insignificant but there are other times when they are not. They always need to be interpreted in the context of the rest of your health and this can only really be determined with a full clinical history and examination.

I hope this has been helpful. Please let us know if there is anything else we can assist with.

Wishing you the best of health.

Dr. Paola Lopez

London Medical Laboratory



# Blood test results

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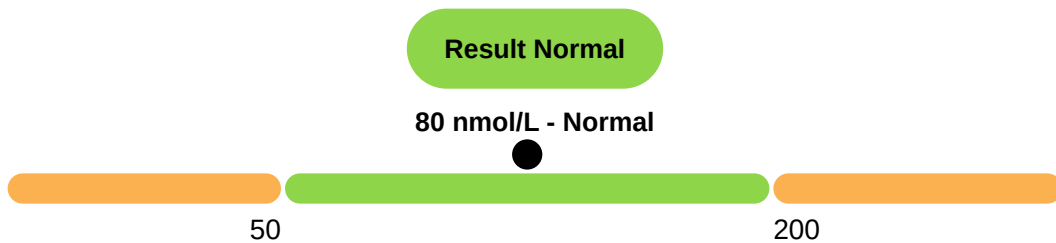
## Vitamin

Vitamins are a group of substances that our bodies need for normal cell function, growth and development. Vitamin deficiencies can be the cause of a wide range of common symptoms and conditions.

## Vitamin D

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Vitamin D is a vitamin which is used in the regulation of calcium and magnesium absorption from the gut, it is also important for the growth and health of bones. Vitamin D comes from two sources; it can be ingested from foods and supplements or be produced in the skin once it is exposed to sunlight. Vitamin D tests are used to identify vitamin D deficiency and to monitor disease that interfere with fat absorption like Crohn's disease.



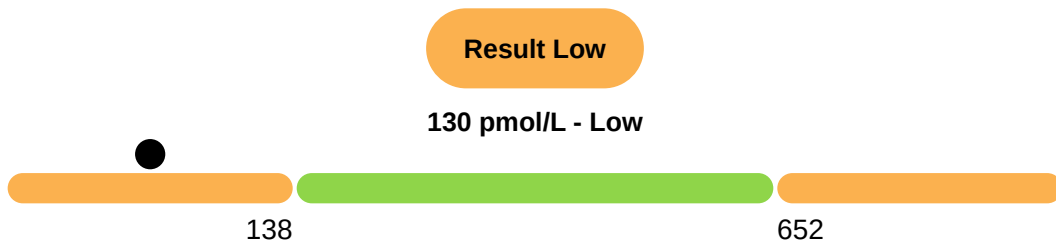
**Comment:** Interpretation of results:

Deficient 200 nmol/L

## Vitamin B12

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Vitamin B12 is a vitamin which is necessary for the formation of red blood cells, tissue and cellular repairs and nerve health. It can be found in animal products such as poultry, milk and eggs. Vitamin B12 tests are used to help diagnose the cause of anaemia.



**Comment:** Levels above 295 pmol/L are rarely associated with B12 deficiency induced haematological or neurological disease respectively.

# Folate

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Folate (Vitamin B9) is a vitamin which is necessary for the formation of red blood cells, tissue and cellular repairs and is important during pregnancy. It can be found in leafy green vegetables, yeast and citrus fruits. Folate tests are used to help diagnose the cause of anaemia.



**Comment:** Folate deficiency is typically associated with serum levels less than 7.9 nmol/L.

# Results for your Doctor

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This section contains all your clinical and blood test results. Your GP may prefer to see your test results in this format. The results that fall outside the standard reference ranges are highlighted in red.

Test	Result	Units	Reference Range
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## Vitamin

Vitamin D	<b>80</b>	nmol/L	50 - 200
Vitamin B12	<b>130</b>	pmol/L	138 - 652
Folate	<b>8</b>	nmol/L	7 - 46.4