

**Report Status FINAL****VALENTINE, DOUG**

34055 TOMAHAWK RD

#136

APACHE JUNCTION, AZ 85119

**My Lab ReQuest™**

Patient Ordered Lab Tests

**Sonora Quest  
Laboratories™**

A Subsidiary of Laboratory Sciences of Arizona

**Patient Information:****VALENTINE, DOUG****Order #: 3905047274 / NL43429643****DOB: 10/19/1943** Age: 76Y-0M-12D

Gender: M

Patient Phone: 319-360-5276

Account: 390

**ID/MR#: VALENTINEDO43**

Collected: 10/31/2019 11:17 AM

Received: 10/31/2019 11:18 AM

Reported: 11/01/2019 03:27 AM

**It is the responsibility of the person who was tested to consult their health care provider for test result interpretation. SonoraQuest.com/MyLabReQuest offers information and resources to help you locate a health care provider if needed.****ORDER COMMENTS**

VALENTINEDO43

FASTING

TEST	RESULTS	REFERENCE RANGES	UNITS	PL
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**HEMATOLOGY****CBC w/ Differential, w/ Platelet**

WBC	4.6	4.0 - 11.0	k/mm3	
RBC	4.44	4.30 - 6.00	m/mm3	
Hemoglobin	13.2	13.0 - 18.0	g/dL	
Hematocrit	40.0	40.0 - 53.0	%	
MCV	90.1	78.0 - 100.0	fL	
MCH	29.7	27.0 - 34.0	pg	
MCHC	33.0	31.0 - 37.0	g/dL	
Platelet Count	150	130 - 450	k/mm3	
<b>RDW(sd)</b>	<b>51.7 H</b>	38.0 - 49.0	fL	
<b>RDW(cv)</b>	<b>16.9 H</b>	11.0 - 15.0	%	
MPV	Cancelled*		fL	
Segmented Neutrophils	45.7*		%	
Lymphocytes	37.9		%	
Monocytes	14.5		%	
Eosinophils	0.2		%	
Basophils	0.4		%	
Absolute Neutrophil	2.11	1.60 - 9.30	k/uL	
Absolute Lymphocyte	1.75	0.60 - 5.50	k/uL	
Absolute Monocyte	0.67	0.10 - 1.60	k/uL	
Absolute Eosinophil	0.01	0.00 - 0.70	k/uL	
Absolute Basophil	0.02	0.00 - 0.20	k/uL	
Immature Granulocytes	1.3		%	
Absolute Immature Granulocytes	0.06	0.00 - 0.10	k/uL	
NRBC RE, Nucleated Red Blood Cell Percent	0.2	0.0 - 1.0	%	

\*MPV: Not measured by the analyzer.

\*Segmented Neutrophils: Automated Diff

**CHEMISTRY**

Prostate Specific Ag (PSA), Total 3.9 ≤3.9 ng/mL

The investigative cut-point for PSA is generally considered 4.0 ng/mL with a negative predictive value of 85%. Values between 4.0 and 10.0 ng/mL are considered borderline for additional evaluation, with a positive predictive value of ~25%.

PSA may be increased by a number of factors besides prostate cancer. These include age of patient, benign prostatic hyperplasia (BPH), prostatitis, sexual activity, and urinary retention among others. Obesity is associated with lower levels of PSA.

Due to the slow growth of most prostate cancers, the utility of screening is marginal for most men with life expectancy less than 10 years.

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Expected Values for Anatomic Males

Age (y) PSA (ng/mL)

50-59 <4.0

60-69 <5.5

> 70 <6.3

Normal results do not eliminate the possibility of prostate cancer.

Results obtained using different methodologies cannot be used interchangeably. This test was performed using the Roche Elecsys total PSA method. The Roche Elecsys assay is a high-sensitivity method that has been FDA approved as an aid, in conjunction with digital rectal examination (DRE), to detect prostate cancer in anatomic males aged 50 years or older. It has been standardized against the Reference Standard/WHO 96/670.

Reference

Measurement of Prostate-Specific Antigen in Serum as a Screening Test for Prostate Cancer. N Engl J Med. 1991; 325:1324

**Tests Ordered: CBC w/ Differential, w/ Platelet; Prostate Specific Ag (PSA), Total**

**RESULTS GUIDE**

**Take Action: 10 things you can start doing now to improve your health!**

- 1. Get medically recommended testing**  
 Testing gives you a detailed look at how all the pieces fit together. It helps you stay on top of your health and prevent or delay many problems.
- 2. Stop Smoking**  
 This may be the most important change you can make. Daily cigarette smoking can triple your risk of heart disease, but that risk drops by 50% after 1 year of not smoking.
- 3. Lower your blood pressure**  
 Treating high blood pressure can reduce your risk of having a heart attack by 27% and a stroke by 38%. If your blood pressure is between 120/80 and 139/89 mmHg, you may have prehypertension, which is a warning sign. Know what your blood pressure should be and work to keep it at that level.
- 4. Eat heart-healthy foods**  
 Eat a heart-healthy diet focused on fruits and vegetables, whole grains, lean protein, and healthy fats. Avoid highly processed foods, added sugars and syrups, and trans fats. Consult with your health care provider for additional recommendations specific to your medical history.
- 5. Evaluate your risk factors and aim for your LDL and total cholesterol goals**  
 The higher your total cholesterol level, the greater the risk for developing heart disease and of having a heart attack.
- 6. Lace up your sneakers and get active**  
 Exercise helps keep your blood vessels clear, keeps your heart strong, and lowers blood pressure. Just 45-75 minutes of brisk walking each week has been shown to significantly reduce the risk of heart disease.
- 7. Lose Weight**  
 Slimming down can reduce blood pressure as well as help insulin work more effectively in people with diabetes.
- 8. Stress Less**  
 Mental stress causes blood vessels to constrict, which may increase blood pressure and the risk of heart disease.

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**9. Control your blood glucose levels if you have diabetes**

Every 1-point increase in hemoglobin A1c raises your risk of complications like heart disease by as much as 30%, so keeping control of your blood glucose levels if you have diabetes is important.

**10. Ask about statin drugs**

The American Diabetes Association now recommends statin drugs for people with diabetes who are over 40 years of age and have risk factors for heart disease.

**Values Outside of Reference Range**

TEST	RESULTS	REFERENCE RANGES	UNITS
<b>RDW(sd)</b>	<b>51.7 H</b>	38.0 - 49.0	fL
<b>RDW(cv)</b>	<b>16.9 H</b>	11.0 - 15.0	%

Values listed above may not include all results considered abnormal for this patient (e.g., text-only results, such as those for some pathology/cytology specimens, and results for analytes without established reference ranges will not appear). Always review the entire patient report and correlate all results with the patient's clinical condition.

Unless otherwise noted, testing performed by: Sonora Quest Laboratories, 1255 W. Washington St., Tempe, AZ 85281 800.766.6721

**End of Report**

**VALENTINE, DOUG Order #: 3905047274 / NL43429643 - FINAL Report**

L=Low, H=High, C=Critical Abnormal, CL=Critical Low, CH=Critical High, \*=Comment

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