

Your Blood Test Results

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

Name

Jennifer Bateman

DOB

04/10/1974

Test

Vitamin D Check

Date of test

04/05/2023

Location of test

Home Test Kit

*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

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

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.

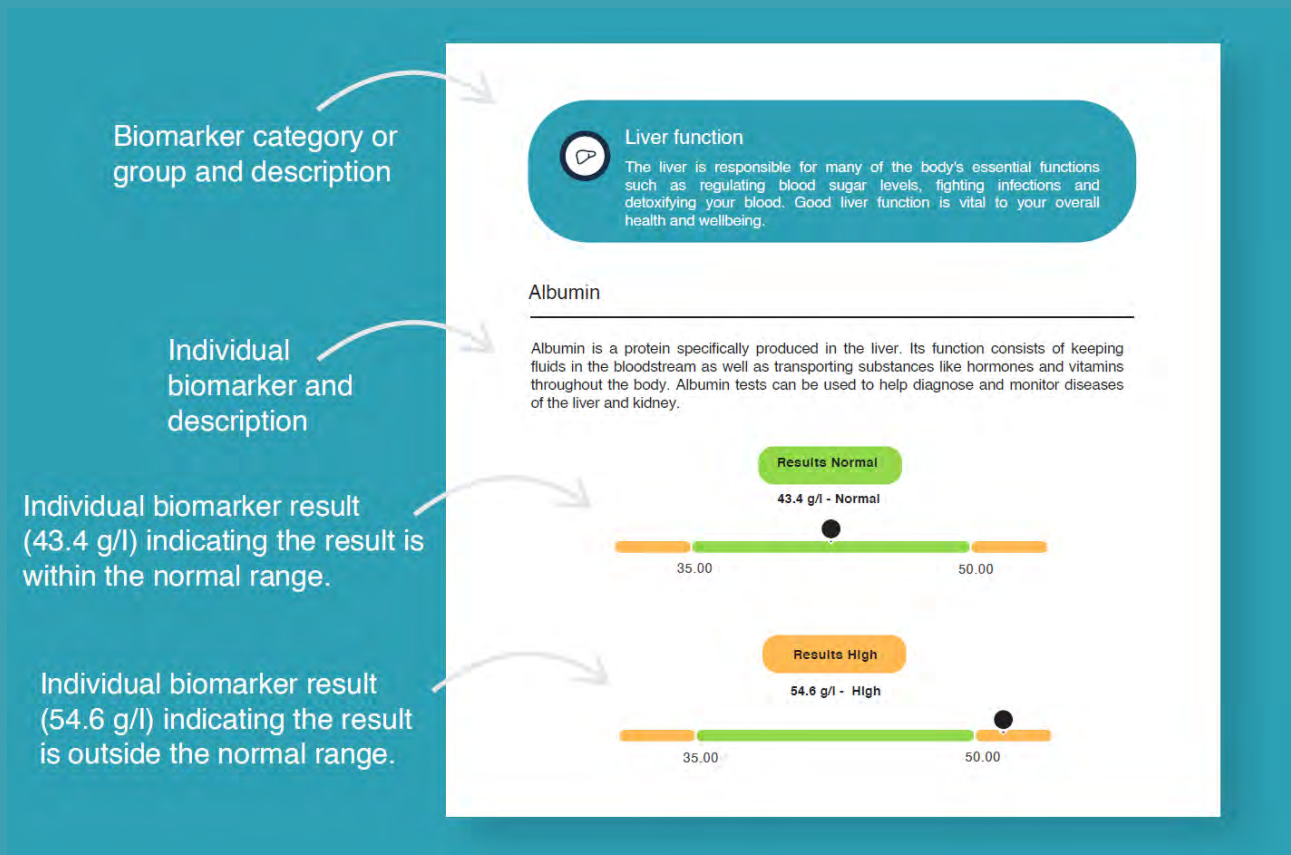
Understanding your results

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

Dear Jennifer,

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 healthcare 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.

Having said that, if viewed without knowing anything about your health otherwise, there are some results outside the average range.

Your vitamin D level is lower than it should be which is very common in the UK, particularly towards the end of winter or if you cover your skin. It can also be due a diet low in vitamin D.

Low levels can cause a wide range of problems including fatigue/tiredness, muscle and bone pains, a weakened immune system, low mood and can also reduce fitness.

I would recommend that you start taking a daily vitamin D 1000iu supplement and look for foods high in vitamin D such as oily fish like salmon, herring, sardines and tuna. Egg yolks and mushrooms also have good levels of vitamin D

Sunshine on your skin is by far the most efficient way of increasing your vitamin D levels but this is not always possible and it is important to also be careful of sunburn and the risks of over exposure to sun on your skin. It is estimated that about 10 minutes of sun at noon on 25% of your skin is enough to give you the vitamin D that you need.

Consider rechecking your Vitamin D level in 3 months with another blood test.

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

Wishing you the best of health,

Seth

Dr Seth Rankin MBChB MRCP

London Medical Laboratory

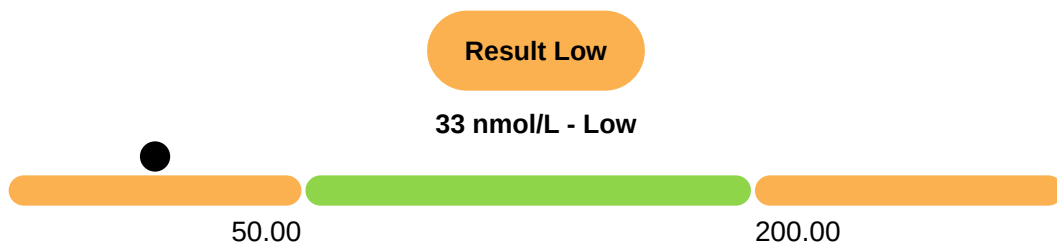


Vitamins

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

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 diseases that interfere with fat absorption like Crohn's disease.



Comment: Interpretation of results: Deficient <25 nmol/L Insufficient 25 - 49 nmol/L Normal Range 50 - 200 nmol/L Consider reducing dose >200 nmol/L

Results for your Doctor

This section contains your 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
Vitamin			
Vitamin D	33	nmol/L	<25 nmol/L Deficient 25-50 nmola/L - Insufficient 50-75 nmol/L - Adequate >75 nmol/L - Optimum