

Your Lab Results

Test	Your results	Goal	
A1C		Less than 7%	Glucose Control Each 1 % drop lowers risk of complications for eye, kidney and nerve damage by 35%
Fasting Glucose		70-120	Glucose Control
Microalbuminuria / Kidneys	-----	Creatinine Male < 0.6-1.5 Women 0.6- 1.2 ----- Microalbumin 0-1.9	Elevated = decreased Kidney function ----- High Protein in Urine can indicate kidney damage
MG (magnesium)		(1.6-2.2)	Essential Mineral
Cholesterol		Less than 200mg/dl	Too High increases risk for Heart Disease and Stroke
Triglycerides		Less than 150 mg/dl	Too High increases risk for Heart Disease, Stroke and Pancreatitis
HDL (GOOD Cholesterol)		Men > 40 mg/dl Women > 50 mg/dl	Too Low increases risk of Heart Disease
LDL (BAD Cholesterol)		<100 mg/dl < 70 mg/dl for cardiac risk factors	Too High increases risk for Heart Disease and Stroke
Liver labs		Female 6-44 Male 6-52 ----- Female 7-54 Male 7-64	Liver Function Elevated with certain medications and diseases
AST	-----	-----	
ALT	-----	-----	
TSH	-----	(0.49-4.67)	Measure of Thyroid Function
Free T4	-----	(0.6-1.6)	Thyroid Hormone
Free T3	-----	(2.71-6.15)	Thyroid Hormone
Other			
Other:			