

Lab Report Summary

Patient

Name	Sara Appleton
Age	44
Date of Birth	1980-07-06
Sex	Female
Fasting Status	No
Date Collected	2025-05-28
Collection Location	Labcorp Phoenix, AZ
Ordering Physician	Doris Jean Alvarez
Client ID	25349
Client Name	Rupa Health
Client Address	1750 Elm Street Floor 12, Manchester, NH 03104

Summary

All your lab results are normal, indicating good health in areas like liver and kidney function, electrolyte balance, and blood sugar levels. This is a positive sign for your overall well-being.

All Test Results

Test	Value	Reference Range	Units	Flag
Glucose	84	70 - 99	mg/dL	NORMAL
BUN	14	6 - 24	mg/dL	NORMAL
Creatinine	0.84	0.57 - 1.00	mg/dL	NORMAL
eGFR	88	>59	mL/min/1.7	NORMAL
BUN/Creatinine Ratio	17	9 - 23		NORMAL
Sodium	141	134 - 144	mmol/L	NORMAL
Potassium	4.2	3.5 - 5.2	mmol/L	NORMAL
Chloride	103	96 - 106	mmol/L	NORMAL
Carbon Dioxide (Total)	25	20 - 29	mmol/L	NORMAL
Calcium	9.3	8.7 - 10.2	mg/dL	NORMAL
Protein (Total)	6.5	6.0 - 8.5	g/dL	NORMAL
Albumin	4.3	3.9 - 4.9	g/dL	NORMAL
Globulin (Total)	2.2	1.5 - 4.5	g/dL	NORMAL
Bilirubin (Total)	0.2	0.0 - 1.2	mg/dL	NORMAL
Alkaline Phosphatase	64	44 - 121	IU/L	NORMAL
AST (SGOT)	14	0 - 40	IU/L	NORMAL
ALT (SGPT)	17	0 - 32	IU/L	NORMAL

Biomarker Explanations

Glucose: Glucose is a type of sugar that your body uses for energy. It is measured to assess your blood sugar levels and can indicate your risk for diabetes. A normal level suggests good blood sugar control, while high levels may indicate diabetes risk. To maintain healthy glucose levels, focus on a balanced diet with low sugar intake and regular exercise. Improvements can be seen in a few weeks with consistent lifestyle changes.

BUN: Blood Urea Nitrogen (BUN) measures the amount of nitrogen in your blood that comes from urea, a waste product

from protein metabolism. It helps assess kidney function. Normal levels indicate that your kidneys are filtering waste effectively. To support kidney health, stay hydrated and maintain a balanced diet. Regular check-ups can help monitor kidney function over time.

Creatinine: Creatinine is a waste product from muscle metabolism, and its levels indicate how well your kidneys are functioning. Normal levels suggest healthy kidney function. High levels may indicate kidney issues. To support kidney health, ensure adequate hydration and a balanced diet. Regular monitoring is recommended, especially if you have a history of kidney problems.

eGFR: Estimated Glomerular Filtration Rate (eGFR) assesses kidney function by estimating how well your kidneys filter blood. A normal eGFR indicates good kidney health. Low levels may suggest kidney disease. To maintain kidney health, stay hydrated and follow a balanced diet. Regular check-ups are important for monitoring kidney function.

BUN/Creatinine Ratio: This ratio helps evaluate kidney function and hydration status. A normal ratio indicates that your kidneys are functioning well. An abnormal ratio may suggest dehydration or kidney issues. To support kidney health, ensure adequate fluid intake and a balanced diet. Regular monitoring is advisable.

Sodium: Sodium is an essential electrolyte that helps regulate fluid balance and blood pressure. Normal levels indicate good hydration and kidney function. High levels may suggest dehydration, while low levels can indicate overhydration or kidney issues. To maintain healthy sodium levels, consume a balanced diet and stay hydrated. Regular monitoring can help track electrolyte balance.

Potassium: Potassium is another important electrolyte that helps with muscle function and heart health. Normal levels indicate good overall health. High levels can be dangerous and may indicate kidney issues, while low levels can lead to muscle weakness. To maintain healthy potassium levels, eat a balanced diet rich in fruits and vegetables. Regular monitoring is recommended.

Chloride: Chloride is an electrolyte that helps maintain fluid balance and acid-base balance in the body. Normal levels indicate good hydration and kidney function. Abnormal levels may suggest dehydration or other health issues. To maintain healthy chloride levels, ensure adequate hydration and a balanced diet. Regular monitoring can help track electrolyte balance.

Carbon Dioxide (Total): This test measures the amount of carbon dioxide in your blood, which helps assess your body's acid-base balance. Normal levels indicate good respiratory and metabolic function. Abnormal levels may suggest respiratory or metabolic issues. To maintain healthy levels, focus on a balanced diet and regular exercise. Regular monitoring is advisable.

Calcium: Calcium is essential for bone health and muscle function. Normal levels indicate good bone health. Low levels can lead to bone weakness, while high levels may indicate other health issues. To maintain healthy calcium levels, consume dairy products, leafy greens, and fortified foods. Regular monitoring is recommended, especially if you have a history of bone issues.

Protein (Total): Total protein measures the amount of protein in your blood, which is important for overall health and nutrition. Normal levels indicate good nutrition and liver function. Low levels may suggest malnutrition or liver issues. To maintain healthy protein levels, include a variety of protein sources in your diet. Regular monitoring can help track nutritional status.

Albumin: Albumin is a protein made by the liver that helps maintain fluid balance and transport substances in the blood. Normal levels indicate good liver function and nutrition. Low levels may suggest liver issues or malnutrition. To maintain healthy albumin levels, focus on a balanced diet with adequate protein intake. Regular monitoring is advisable.

Globulin (Total): Globulin is a group of proteins in the blood that play various roles in immune function and transport. Normal levels indicate good health. Abnormal levels may suggest immune issues or liver problems. To maintain healthy globulin levels, focus on a balanced diet and regular exercise. Regular monitoring can help track overall health.

Bilirubin (Total): Bilirubin is a waste product from the breakdown of red blood cells. Normal levels indicate good liver function. High levels may suggest liver issues or hemolysis. To maintain healthy bilirubin levels, focus on a balanced diet and avoid excessive alcohol consumption. Regular monitoring is advisable.

Alkaline Phosphatase: Alkaline phosphatase is an enzyme related to liver and bone health. Normal levels indicate good liver and bone function. High levels may suggest liver or bone issues. To maintain healthy levels, focus on a balanced diet and regular exercise. Regular monitoring can help track liver and bone health.

AST (SGOT): Aspartate aminotransferase (AST) is an enzyme found in the liver and other tissues. Normal levels indicate good liver function. High levels may suggest liver damage or disease. To maintain healthy AST levels, focus on a balanced diet and avoid excessive alcohol consumption. Regular monitoring is advisable.

ALT (SGPT): Alanine aminotransferase (ALT) is an enzyme primarily found in the liver. Normal levels indicate good liver function. High levels may suggest liver damage or disease. To maintain healthy ALT levels, focus on a balanced diet and avoid excessive alcohol consumption. Regular monitoring is advisable.

Customized Nutrition & Fitness Plan

Nutrition

To support your weight loss and endurance goals, focus on a Mediterranean-style diet that is low in carbohydrates. Incorporate plenty of vegetables, lean proteins (like chicken and fish), healthy fats (such as olive oil and nuts), and whole grains in moderation. Aim for balanced meals that keep you satisfied and energized. Consider meal prepping to help you stay on track and avoid unhealthy snacking. Stay hydrated by drinking plenty of water throughout the day.

Fitness

Since your activity level is currently sedentary, start with light exercises at home or at the gym. Aim for at least 150 minutes of moderate aerobic activity each week, such as brisk walking or cycling. Include strength training exercises twice a week to build muscle and support weight loss. You can use bodyweight exercises like squats, push-ups, and lunges. Gradually increase the intensity and duration of your workouts as you build endurance.

Follow-up Recommendations

Track your progress by keeping a journal of your meals and workouts. Consider scheduling regular check-ins with a nutritionist or personal trainer to stay accountable and adjust your plan as needed. Monitor your weight and energy levels weekly to see how your body responds to the changes.

Long-term Roadmap

Set realistic goals for your weight loss journey, aiming for 1-2 pounds per week. As you progress, consider incorporating more diverse exercises, such as swimming or group classes, to keep your routine engaging. Reassess your nutrition and fitness plan every few months to ensure it aligns with your evolving goals and lifestyle. Remember, consistency is key, and small, sustainable changes will lead to long-term success.