

Samples Arrived: 01/02/2018
Date Closed: 01/05/2018

Samples Collected:

Blood Spot: 12/28/17 07:30

Ordering Provider:

Getuwell Clinic
8605 SW Creekside Pl
Beaverton, OR 97008

Vida M Dee
2 Suns Dr
Beaverton, OR 97007

Menses Status: Hysterectomy (ovaries removed)
Gender: Female

Last Menses: Unspecified
DOB: 3/7/1969 (48 yrs) Patient Ph#: 555 555 5555

BMI: 30.0
Height: 5 ft 4 in
Weight: 175 lb
Waist: 31 in

| Test Name | Result | Range |
|-----------|--------|-------|
|-----------|--------|-------|

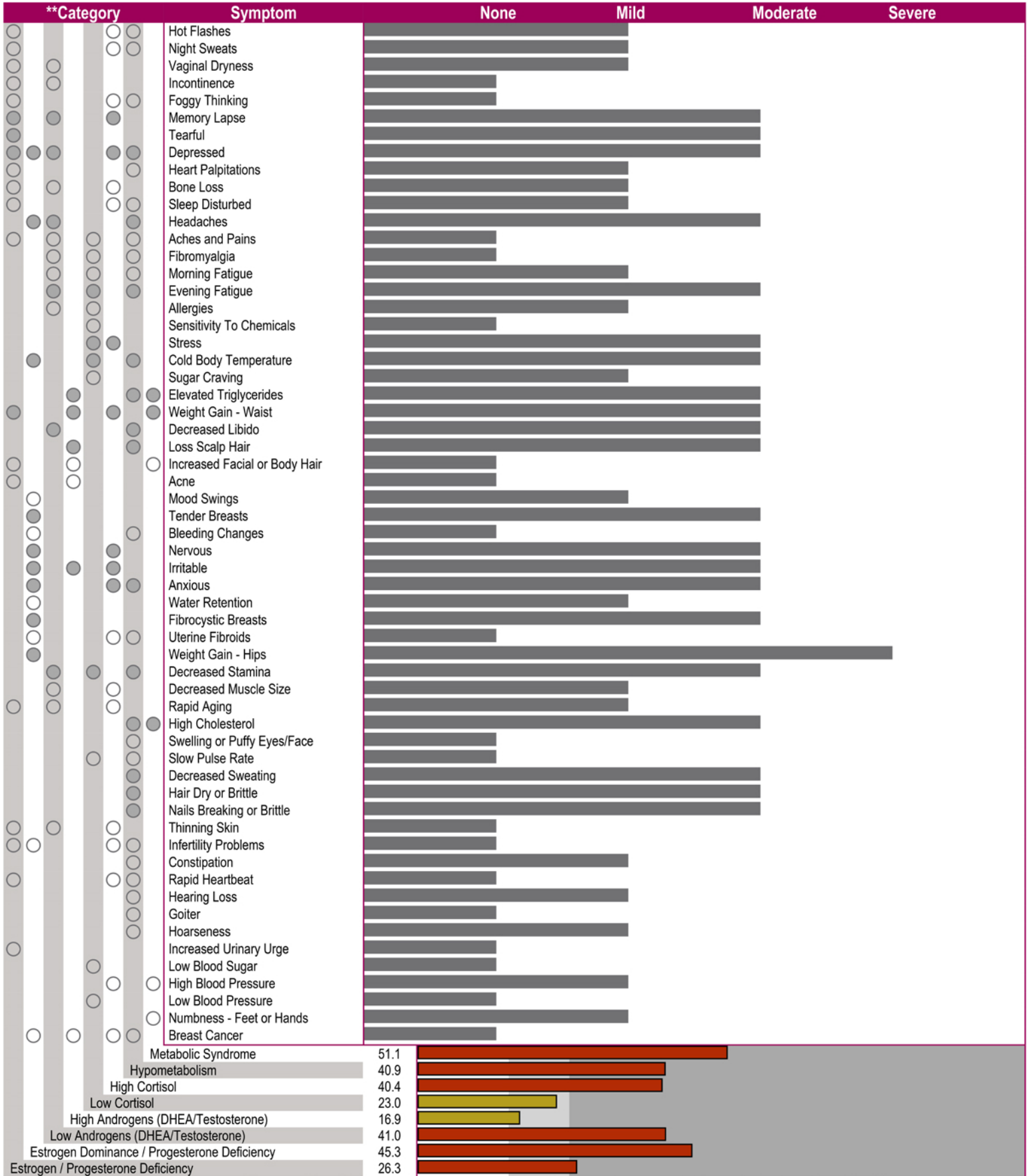
Blood Spot

| | | |
|-------------------------|----|---------------------------------------|
| Vitamin D, 25-OH, D2 | <4 | <4 if not supplementing (< 10 nmol/L) |
| Vitamin D, 25-OH, D3 | 17 | L 20-80 ng/ml (50-200 nmol/L) |
| Vitamin D, 25-OH, Total | 17 | L 20-80 ng/ml (50-200 nmol/L) |

<dL = Less than the detectable limit of the lab.
N/A = Not applicable; 1 or more values used in this calculation is less than the detectable limit.

Therapies

400IU oral Vitamin D (unknown type) (OTC) (1 Days Last Used)



**Category refers to the most common symptoms experienced when specific hormone types (eg estrogens, androgens, cortisol) are out of balance, i.e., either high or low.

Lab Comments

Vitamin D is lower than considered sufficient. Vitamin D levels are considered insufficient between 20-30 ng/ml and sufficient between 30-80 ng/ml. While optimal levels are still being researched, the Endocrine society recommends keeping levels above >30 ng/ml. Other researchers have suggested that vitamin D levels are optimal between 50-80 ng/ml.

Vitamin D deficiency has been closely associated with a wide range of conditions and diseases, which include cardiovascular disease, stroke, osteoporosis, osteomalacia, cancer, and autoimmune diseases such as multiple sclerosis, rheumatoid arthritis, and diabetes (types 1 and 2) (for review see: Holick MF. NEJM 357: 266-281, 2007). Lack of adequate sunlight resulting from geographical location (northern climates), excessive clothing, working indoors during daylight hours, purposely avoiding sunlight with clothing and sunscreens, and aging of the skin contribute to low vitamin D levels. Vitamin D3 may be increased by eating foods high in D3 (fish), exposing the skin to sunshine without sunscreen during mid-day for 15-20min (latitudes below Boston, MA), use of a UVB light, and/or supplementation with Vitamin D3.