

NAME _____

PERSONAL HEALTH PROFILE

DOB _____

ID # _____

DNA RESULTS

LAB TEST RESULTS

DATE	DATE	DATE	DATE	DATE	DATE
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		TEST	TYPICAL REFERENCE RANGES						
IRON PANEL	OVERLOAD	Serum Iron (SI)	40-180 mcg/dL						
		Transferrin Iron Saturation Percentage (TS%) <small>TS% is a calculation of SI/TIBCx100%</small>	25-35%						
		Total Iron Binding Capacity (TIBC) Unbound Iron-binding Capacity (UIBC)	250-450 mcg/dL						
		Ferritin	Refer to Reference Ranges Below...						
		Hemoglobin (Hgb) Adult female: 12.0-16.0 g/dL male: 13.5-17.5 g/dL Adolescents, Juveniles, Infants & Newborns: Age 6-18 yrs 10.0-15.0 g/dL Age 2-6 mos 10.0-17.0 g/dL Age 1-6 yrs 9.5-14.0 g/dL Age 0-2 weeks 12.0-20.0 g/dL Age 6 mos-1 year 9.5-14.0 g/dL Newborn 14.0-24.0 g/dL							
BLOOD COUNT		Hematocrit (Hct) is expressed as a percentage that is generally 3X hemoglobin							
		Red Blood Count (RBC)	5-10 million/uL						
		White Blood Cell (WBC)	4-10,000/uL						
		Red Blood Cell Distribution Width (RDW)	12-16 %						
		Mean Corpuscular Volume (MCV)	82-98 fL						
		Mean Corpuscular Hemoglobin (MCH)	27-33 pg						
		Mean Corpuscular Hemoglobin Concentration (MCHC)	31-36 g/dL						
GENERAL		Platelet Count*	140,000-450,000/uL						
		Blood Pressure	<140 over 90						
		Heart Rate (at rest)	<100 bpm						
		Body Mass Index	20-25 ideal 25-27 overweight >27 obese						
LIPIDS		Height*							
		Cholesterol (Total)	<200 mg/dL						
		HDL >35 mg/dL Males >40 mg/dL Females							
KIDNEYS		Triglycerides	<400 mg/dL						
		BUN	8-20mg/dL						
BIOPSY:	LIVER	Uric Acid	2-6mg/dL						
		AST (SGOT)	10-40 IU/L						
		ALT (SGPT)	10-40 IU/L						
		GGT	0-85 IU/L						
ENDOCRINE	HORMONE LEVELS	ALP	25-125 IU/L						
		Testosterone (total)	Males: 270-1,070 ng/dL Females: 6-86 ng/dL						
		TSH (thyroid stimulating hormone)	0.5-3.5 mU/L						
		T4 (Total)	4.5-12.0 mcg/dL						
		T3 (Uptake)	24-39%						
		Free Thyroxine Index (T7)	1.2-4.5 ug/dL						
PANCREAS		Glucose (fasting)	65-115 mg/dL						
		HbA1C	4.2-5.9%						
		Amylase (Blood)	25-130 IU/L						

* Labs vary with respect to ranges. The values listed are only approximate. Normal ranges not provided should be supplied by attending physician.

Ferritin Important Reference Ranges	Adult Males	up to 300 ng/mL	Male Ages 10-19	23-70 ng/mL	Infants 7-12 Months	60-80 ng/mL
	In Treatment	below 100 ng/mL	Female Ages 10-19	6-40 ng/mL	Newborn 1-6 Months	6-410 ng/mL
	Ideal Maintenance	25-75 ng/mL	Children Ages 6-9	10-55 ng/mL	Newborn 1-30 Days	6-400 ng/mL
	Adult Females	up to 200 ng/mL	Children Ages 1-5	6-24 ng/mL		
	In Treatment	below 100 ng/mL				
Ideal Maintenance	25-75 ng/mL					

**For the definition of "In Treatment", see note on "treatment" page to follow.

treatment

DATES & LAB RESULTS

Dates												NOTES
Hgb/Hct												
Iron Removed Estimated mgs												
Ferritin*												

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* Ferritin represents the amount of mobilizeable (removeable) stored iron in your body and does not have to be measured prior to every treatment. Ferritin is lowered by ~30ng/mL with each 500cc of blood removed. During treatment and to avoid overbleeding, maintain a hemoglobin of > or =12.5g/dL. See Phlebotomy Frequency Chart for sample order and guidelines.

** In Treatment means an iron loading condition has been diagnosed and lower levels must be maintained for control of the iron accumulation.

For further information about phlebotomy, visit our website www.irondisorders.org click on RESOURCES

iron panel	IRON PANEL TESTS					
	Serum Iron	Serum Ferritin	Transferrin Iron Saturation Percentage	Total Iron Binding Capacity (TIBC)	Transferrin	Hemoglobin
Hemochromatosis	↑	↑	↑	↓	↓	NORMAL
Iron Deficiency Anemia	↓	↓	↓	↑	↑	↓
Sideroblastic Anemia	↑	↑	↑	↓	↓	↓
Thalassemia	↑	↑	↑	↓	↓	↓
Porphyria Cutanea Tarda	↑	↑	↑	↓	↓	NORMAL
Anemia of Chronic Disease (ACD)	↓	↑ ON NORMAL	↓	↓	↓	↓
African siderosis	↑	↑	↑	↓	↓	NORMAL
Vitamin B12 Deficiency (pernicious anemia)	↑ ON NORMAL	↑ ON NORMAL	↑ ON NORMAL	↓ ON NORMAL	↓ ON NORMAL	↓ ON NORMAL

