

Report downloaded: 20:24, Tue 30 Oct 2018

Test Requested by: Jane Doe <janedoe.mht@gmail.com>

Person tested / patient	Contact details	Sample date & details
<b>Jane Doe</b>	Jane Doe	<b>20:55, Thu 06 Sep 2018</b>
DOB: 01 Jul 1971 (47 years) Gender: Female PBT-ID: 1801	Email: janedoe.mht@gmail.com Phone: 291234567 Mobile: 41212345678 PRT-ID: 1801	SAM-ID: 99990028 Ship-IF: IF009912 Type: Dried Blood Spot Received: 2018-09-13 Fasting Stat.: Non-Fasting
Your test results are:		Reported: 2018-09-13, 13:47
<b>Total Cholesterol: 4.2 mmol/L</b>		Analyte: CHOL Method: Enzymatic CHOD-PAP Analysed: 2018-09-13, 12:14
<b>Triglycerides: 1.1 mmol/L</b>		Analyte: TRIG Method: Enzymatic GPO-PAP Analysed: 2018-09-13, 12:30

### Expected cholesterol and triglyceride levels

For tests after 1 July 2018, the expected levels for our Cholesterol+ test have been altered due to a refinement in lab methodology. Any test results before this date have not changed.

#### Total Cholesterol level: Indicates that:

7.5 mmol/L or higher	You are at risk of cardiovascular disease <sup>1</sup> . We recommend that you follow up this result with your doctor
5.6 mmol/L or higher	If you have <b>not</b> previously been diagnosed with high cholesterol please speak to your doctor

#### Triglyceride level: Indicates that:

2.1 mmol/L or higher	You may have high triglyceride, please speak to your doctor
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### Important information about cholesterol and triglyceride results

**Cholesterol and triglyceride levels can vary widely from day to day and with time of day.** If you have a cholesterol or triglyceride level above the expected range your doctor may need to order more tests. Your triglyceride level may be higher, if your sample was collected soon after a fatty meal.

**Hand creams and moisturisers** can contain ingredients that can affect your triglyceride results. Wash hands thoroughly before collecting your sample. If you have any concerns about your test results, please speak to your doctor or contact our Customer Service team.

SID: 20180913121400-99990028-S1 UID: 1801-1801

<sup>1</sup> [http://cvdcheck.org.au/pdf/Absolute\\_CVD\\_Risk-Quick\\_Reference\\_Guide.pdf](http://cvdcheck.org.au/pdf/Absolute_CVD_Risk-Quick_Reference_Guide.pdf)

## Understanding cholesterol and triglyceride results

For more information on the interpretation of this result and the scientific validity and clinical utility of the MyHealthTest Cholesterol+ Test Service please see the [MyHealthTest website](https://www.myhealthtest.com) – <https://www.myhealthtest.com>.

## Questions? Contact our Customer Service Team

Phone: [+61 2 6145 2147](tel:+61261452147)

Email: [customer.service@myhealthtest.com](mailto:customer.service@myhealthtest.com)

Or find answers on our website at [www.myhealthtest.com](http://www.myhealthtest.com)

## Other useful resources

Below are some additional useful resources with more information on cholesterol, triglycerides and heart conditions.



<https://www.heartfoundation.org.au/>

(short link: <https://goo.gl/8TGxK1>)

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Lab Tests Online<sup>AU</sup>  
EXPLAINING PATHOLOGY

<http://www.labtestsonline.org.au/learning/test-index/cholesterol>

(short link: <https://goo.gl/jHT5Vt>)

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<http://www.labtestsonline.org.au/learning/test-index/triglycerides>

(short link: <https://goo.gl/cE2Qx2>)

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<https://www.baker.edu.au/health-hub/fact-sheets/cholesterol-triglycerides-your-health>

(short link: <https://goo.gl/64xWFw>)

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<https://www.healthdirect.gov.au/what-is-cholesterol>

(short link: <https://goo.gl/sWgKWn>)

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<https://www.healthdirect.gov.au/triglycerides>

(short link: <https://goo.gl/B5k4wF>)

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