

NAME _____

PERSONAL HEALTH PROFILE

DOB _____

ID # _____

DNA RESULTS

LAB TEST RESULTS

DATE DATE DATE DATE DATE DATE

	TEST	TYPICAL REFERENCE RANGES	LAB TEST RESULTS					
			DATE	DATE	DATE	DATE	DATE	DATE
IRON PANEL	Serum Iron (SI)	40-180 mcg/dL						
	Total Iron Binding Capacity (TIBC)	250-450 mcg/dL						
	Transferrin-iron saturation percentage (TS%) 25-35% (Calculated: SI ÷ TIBC X 100% = TS%) Serum Ferritin: See ranges in chart below.							
BLOOD COUNT	Hemoglobin (Hgb) female: 12.0-16.0 g/dL male: 13.5-17.5 g/dL							
	Hematocrit (Hct) female: 36.0-48.0% male: 42.0-54.0%							
	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						
	Platelet Count	140,000-450,000/uL						
	GENERAL	Blood Pressure	<140 over 90					
Heart Rate (at rest)		<100 bpm						
Body Fat Percentage								
Weight /Height								
LIVER BIOPSY: LIVER FUNCTION & LIPIDS	LDL	<200 mg/dL	VLDL	5-40 mg/dL				
	HDL	>35 mg/dL Males	>40 mg/dL Females					
	Cholesterol (Total)	<200 mg/dL						
	Triglycerides	<400 mg/dL						
	AST (SGOT)	10-40 IU/L						
	ALT (SGPT)	10-40 IU/L						
	GGT							
	ALP	25-125 IU/L						
KIDNEYS	Bun Males: 8-24 mg/dL Females: 6-21 mg/dL							
	Creatinine Males: 0.7-1.3 mg/dL Females: 0.6-1.0 mg/dL							
	eGFR							
MISC.	Uric Acid	2-6mg/dL						
	Ceruloplasmin	15-60mg/dL						
	vitamin D (25-hydroxyvitamin D)	8-80 ng/mL						
ENDOCRINE HORMONE LEVELS	Testosterone (total) ranges vary depending on several factors							
	Prolactin	Males: 3-13 ng/mL Females: 3-27 ng/mL						
	TSH (thyroid stimulating hormone)	0.3-3.0 mU/L						
	Cortisol (ranges vary depending on several factors)							
	LH (leutinizing hormone) ranges vary depending on several factors							
	FSH (follicle stimulating hormone) ranges vary depending on several factors							
PANCREAS	Glucose (fasting)	65-115 mg/dL						
	HGB A1C	4.2-5.9%						
	Amylase (Blood)	25-130 IU/L						

* Labs vary with respect to ranges, ethnicity, age and gender. 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 Range	50-100 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	NOTE: newborns & infants have naturally high TS% and serum ferritin to assure adequate iron for growth and development	
	In Treatment	below 100 ng/mL	Ask your doctor for copies of the results and findings from your labwork and procedures.			
Ideal Range	50-100ng/mL					

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 $\geq 12.5\text{g/dL}$. There is no known benefit to a serum ferritin lower than 10ng/mL.

Iron reduction can result in reaching Ideal Ranges. Keeping iron in this range is a life-long commitment for someone with hemochromatosis.

For further information about diagnosis, therapy, and iron management: visit our websites www.hemochromatosis.org www.irondisorders.org

elevated iron	IRON TESTS	
	Serum Ferritin (SF)	Transferrin-iron Saturation Percentage (TS%)
Hemochromatosis (classic—type I)		
DIOS (dysmetabolic iron overload syndrome)		NORMAL
Anemia of Chronic Disease (inflammatory response)		
Iron Avidity	OR NORMAL	

Read about these individual conditions and other Iron-Out-of-Balance™ conditions online at www.irondisorders.org



www.irondisorders.org