

HEMOGLOBIN A1C

Collected on Apr 03, 2026 8:32 AM



Mary Darcy, NP Apr 3, 4:35 PM

Your cholesterol levels are in good range.

In general, the American Heart Association guidelines emphasize the treatment of high cholesterol based on your risk factors (if you have heart disease or diabetes or smoke), your gender, age and/or treatment of high blood pressure - rather than stressing the actual number result of the lab work.

In general, the total cholesterol is a calculation based on the LDL and HDL.

The triglyceride level if high, can be falsely elevated if you were not fasting when we did the test.

Studies do show if the HDL is greater than 40, this can help protect the heart.

Based on this, your labs do not indicate a need for medication therapy.

However, you should always eat healthy foods (veggies, fish, less red meats) and exercise often (30-45 min 5-6x/wk).

Your thyroid test was normal

Normal long range blood sugar

Please do not hesitate to contact the office for any concerns or questions.

Results

Hemoglobin A1C

Normal range: below 5.7 %



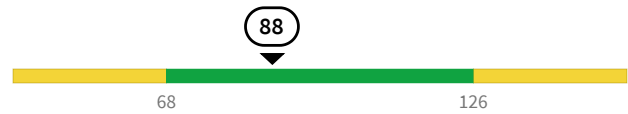
5.7-6.4% is at risk for developing diabetes mellitus

$\geq 6.5\%$ is indicative of diabetes mellitus*

*Confirmatory testing may be required for those without an existing diagnosis of diabetes.

Estimated Average Glucose

Normal range: 68 - 126 mg/dL



Estimated average glucose is calculated from A1C using ADAG equation.

Authorizing provider: Nicolas-Sonny Nguyen, MD

Collection date: Apr 03, 2026 8:32 AM

Specimens: Blood (Peripheral)

Result date: Apr 03, 2026 3:10 PM

Result status: Final

Resulting lab:

BIDMC EAST CAMPUS LABORATORY

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Lynne Uhl, MD (Lab director)