

NAME _____

PERSONAL HEALTH PROFILE

DOB _____

ID # _____

DNA RESULTS			LAB TEST RESULTS						
			DATE	DATE	DATE	DATE	DATE	DATE	
TEST			TYPICAL REFERENCE RANGES						
IRON PANEL	OVERLOAD	Serum Iron (SI)	40-180 mcg/dL						
		Transferrin Iron Saturation Percentage (TS%)	25-35%						
		TS% is a calculation of SI/TIBCx100%							
		Total Iron Binding Capacity (TIBC)	250-450 mcg/dL						
		Unbound Iron-binding Capacity (UIBC)							
ANEMIA		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						
		Platelet Count*	140,000-450,000/uL						
GENERAL		Blood Pressure	<140 over 90						
		Heart Rate (at rest)	<100 bpm						
		Body Mass Index	20-25 ideal 25-27 overweight >27 obese						
		Height*							
LIPIDS		Cholesterol (Total)	<200 mg/dL						
		HDL	>35 mg/dL Males					>40 mg/dL Females	
		Triglycerides	<400 mg/dL						
KIDNEYS		BUN	8-20mg/dL						
		Uric Acid	2-6mg/dL						
BIOPSY:	LIVER	AST (SGOT)	10-40 IU/L						
		ALT (SGPT)	10-40 IU/L						
		GGT	0-85 IU/L						
		ALP	25-125 IU/L						
ENDOCRINE	HORMONE LEVELS	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 Range	50-150 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 Range	50-150 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 $\geq 12.5\text{g/dL}$. 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 website www.irondisorders.org click on Iron Library—Resource Center



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

