

Report downloaded: 16:05, Mon 19 Jun 2023

MonitorYou Service requested by: Jane Hall <j.h@gmail.com>

Person providing sample	Contact details	Sample date & details
Jane Hall	Jane Hall	22:31, Tue 13 Jun 2023
DOB: 30 May 1975 (48 years)	Email: j.h@gmail.com	SAM-ID: 99990035
Gender: Female	Phone: 0412345678	Ship-IF: SO002754
	Mobile:	Type: Dried Blood Spot
PBT-ID: T29290	PRT-ID: T29290	Received: 2023-06-18
		Fasting: Non-Fasting
Your results are:		Reported: 2023-06-19, 03:32
Triglycerides (mmol/L): 1.2 mmol/L		Analyte: Triglycerides
		Method: Enzymatic GPO-PAP
		Analysed: 2023-06-19, 02:43

Target ranges for Triglycerides

A Triglyceride level of:

Could indicate that:

Less than **2.0** mmol/L

You are in the optimal range

Greater than or equal to **2.0** mmol/L

You may have an intermediate risk for cardiovascular disease

Important information about Triglyceride results

These results are not medical advice and may not be relied on for any diagnostic or therapeutic purposes. The results should be discussed with your doctor when seeking specific medical advice based on your individual circumstances.

Triglyceride results can be affected if you have medical conditions that involve your red blood cells such as anaemia or low iron levels. This is because we are measuring from a dried blood sample which is different than a traditional pathology triglyceride test - please speak to your doctor.

Triglyceride levels can vary widely from day to day. If you have a triglyceride level above the optimal range your doctor may need to order more tests. Also, 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

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about your results, please speak to your doctor or contact our Customer Service team.

Fasting versus Non-fasting: Studies have shown that there is little difference between fasting and non-fasting triglycerides in most individuals and many countries now recommend non-fasting prior to testing. We recommend non-fasting samples as this is more convenient and safer for our customers.

Understanding triglycerides results

Results from different laboratories can and do vary. MonitorYou results may differ from other labs, which should be considered if comparing to results from other labs. For more information watch the video on <https://www.patientpower.info>.

For more information on the interpretation of this result and the MonitorYou triglycerides analysis please see [MonitorYou website](#).

The measurement of triglycerides in dried blood spots is comparable to those from traditional methods of blood analysis, however your result may be different based on the following:

- Your sample may have been collected inappropriately, contaminated or affected during transport
- You may have a medical condition or be taking medication that has an effect on the Dried Blood Spot analysis

If your result is within the normal range provided but you are experiencing symptoms, please see your doctor.

Questions? Contact our Customer Service Team

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

Email: info@monitoryou.com

Or find answers on our website at www.monitoryou.com

Other useful resources

Below are some additional useful resources with more information on triglycerides.

Better Health - Triglycerides
<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/triglycerides>

Pathology Tests Explained – Triglycerides
<https://www.patientpower.info/myeloproliferative-neoplasms/ask-the-expert/do-blood-test-results-differ-when-processed-at-different-labs>

Health Direct – Triglycerides
<https://www.healthdirect.gov.au/triglycerides>

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