



DEPARTMENT OF PUBLIC HEALTH AND WELLNESS
LOUISVILLE, KENTUCKY

JERRY E. ABRAMSON
MAYOR

ADEWALE TROUTMAN, M.D., M.A., M.P.H.
DIRECTOR

SAMPLE

Thursday, June 19, 2008

Mr. John AAFake1
123 Elm St
Louisville, KY 40202

Dear Mr. AAFake1,

Thank you for participating in the Louisville Metro Public Health and Wellness Community Health Screening! I am writing to follow up on your blood testing done at our screening this month.

Test results for each of the tests that could have been performed are shown below. ***If a particular test was not performed, no result will be shown.***

Test Name	Result
Total cholesterol level (normal levels are 100 - 199 mg/dL):	700
Your total cholesterol level was elevated.	
Triglyceride level (normal levels are 0 – 149 mg/dL):	220
Your triglyceride level was elevated.	
LDL cholesterol level - calculated (normal levels are 0 – 99 mg/DL):	596
Your LDL cholesterol level was elevated.	
HDL cholesterol (normal levels are 40 - 59 mg/dL):	60

Your HDL cholesterol level was elevated. This is a good thing! Elevated HDL levels are associated with a lower risk of heart disease.

Elevated cholesterol levels, high triglyceride levels, high LDL levels or low HDL cholesterol levels are associated with an increased risk of heart disease. You can lower your total cholesterol or raise your HDL cholesterol levels by, adopting a low saturated fat and low cholesterol diet, maintaining a healthy weight, and regular physical activity. Please find attached to this letter a cholesterol information sheet. If you are not currently being treated for this issue, you should follow up with a primary care provider for further information.

Prostate Specific Antigen level (normal levels are 0.0 – 2.5 ng/mL): 11.80

Your PSA level was elevated. If this is a new problem and you have not arranged for follow up with a physician, please call 574-6570 to discuss follow up options.

Blood sugar (normal fasting glucose is <100 mg/dL): **250**

Your blood sugar level was elevated. Elevated blood sugar levels can be evidence of diabetes. If you have not been diagnosed as a diabetic before, you should follow up with a primary care provider for further evaluation.

Hemoglobin (normal levels are 12.5 – 17.0 g/dL): **6.0**

Your hemoglobin level was low. This indicates anemia. You should follow up with a primary care provider for further evaluation

Urinalysis (normal result is negative for free hemoglobin): **Positive**

Your urinalysis was abnormal with a positive qualitative free hemoglobin result. This means that blood was found in your urine. We recommend that you follow up for further urine testing. You may take the enclosed Lab Order Form to any LabCorp site to have further urine testing done FREE OF CHARGE. Enclosed also is a list of LabCorp addresses. If you have symptoms such as pain with urination or abnormal urine color or odor you should follow up with a primary care physician immediately.

If you see a provider for follow up please give this letter to them so that they have the exact results. If you have further questions, please contact us a 574-6570.

Sincerely,

A handwritten signature in black ink that reads "Matt Zahn". The signature is written in a cursive, flowing style.

Matt Zahn, MD
Medical Director
Louisville Metro Department of Public Health and Wellness