HEALTH RECORDS

The only notable disease I have had is a malignant sarcoma in my thigh muscle, diagnosed in November 2006. After chemotherapy, surgery, and radiation in 2007, it has not reappeared.

I do have low bone density or “ostopenia,” but my Z scores are above or within range for my age group (Jan. 2017).

I have always had a notably good lipid profile.

Below I have listed results of blood tests for the last few years:

 Nov. 2013 Dec. 2014 Dec. 2015 Jan. 2017

Total cholesterol 153 mg/dL 137 mg/dL 150 mg/dL

Triglycerides 40 mg/dL 34 mg/dL 37 mg/dL

HDL cholesterol 76 mg/dL 67 mg/dL 63 mg/dL

Non-HDL cholesterol 70 mg/dL 87 mg/dL

Chol/HDL ratio 2.0 2.04 2.38

LDL Cholesterol 69 mg/dL 63 mg/dL 80 mg/dL

VLDL Cholesterol 8 mg/dL

Glucose 88 mg/dL 89 mg/dL 84 mg/dL

Vitamin D 41 (11/12) 46.8 ng/mL ---- 49 ng/mL

TSH 0.68 (11/12) 1.53 ulU/mL ----