

**Monthly Lab Results for:****Joe Patient****Date****18-Jan-04**

Vitamin D: Vitamin D is taken at home ▼

Epo therapy: Epo is given in-center ▼

Iron therapy: Oral iron ▼

<b>Test/Item</b>	<b>Your Result</b>	<b>Desired Range</b>	<b>Comment</b>
<b>Phosphorus</b> Phosphorus is an element found in most foods. Too much phosphorus can cause problems with your bones, skin and eyes. Taking phosphate binders with your meals helps prevent your body from absorbing phosphorus.	<b>7.1</b>	4 to 6	This is too high. Be sure to take your phosphate binders each time you eat a meal or snack, and reduce your intake of foods which contain a lot of phosphorus. Ask your dietitian if you need more information.
<b>Calcium</b> Calcium is a mineral which helps make your bones and teeth strong. Too much calcium, though, is bad for you.	<b>9.1</b>	8 to 10	This is a normal calcium level.
<b>Calcium x Phosphorus</b> If you multiply these results and they are too high, you are more likely to develop calcium deposits in your blood vessels.	<b>64.6</b>	55 or less	This is too high. Be sure to take your phosphate binders each time you eat a meal or snack, reduce your intake of foods which contain a lot of phosphorus. Ask your dietitian for more information.
<b>PTH (Parathyroid Hormone)</b> PTH is a hormone which helps regulate calcium and phosphorus in your body. It is important to have the right PTH level to keep your bones strong and healthy.	<b>140</b>	25 to 125	Remember to take your vitamin D as prescribed to help bring down your PTH. Too much phosphorus can also make your PTH high.
<b>Potassium</b> Potassium is an element found in many foods. Too much potassium can be very dangerous to your heart.	<b>3.8</b>	3.5 to 4.5	Your potassium is normal. Great work!
<b>Albumin</b> Albumin is a protein in your blood. It helps tell if you are getting enough nutrition. Some people lose protein in their urine, and the albumin helps tell how much protein they are losing.	<b>3.2</b>	3.8 to 5.4	Your albumin level is low. This suggests that you are not getting enough protein. If you are losing protein in your urine, it may be due to that as well. Please ask your doctor and dietitian to help determine how to keep you well nourished.
<b>Hemoglobin</b> Hemoglobin is a substance found in red blood cells. It carries oxygen to all the cells in your body. Your body needs Epo and iron to make hemoglobin.	<b>11.5</b>	11 to 12	Your hemoglobin is just right. Your doctor will continue to monitor it and adjust your Epo dose as needed.
<b>Iron</b> Iron is essential to make red blood cells. Epo also helps your body make red blood cells, but Epo will not work well if you do not have enough iron.	<b>25%</b>	20% or more	Your iron level is normal. Continue taking your iron supplements.
<b>Average fluid weight gain</b> This is how much fluid collects in your body between dialysis sessions. Most of it comes from the fluids you drink. Sodium (salt) makes you thirsty, so you drink more fluid.	<b>1.5</b>	3 or less	This shows you are following your fluid and sodium guidelines well. Good work!

