

Results Guidelines
Chronic Disease Reference Range (Abnormal)

<p>Body Mass Index</p>	<ul style="list-style-type: none"> • Less than 18.5kg/m² : Risk of nutritional deficiency and osteoporosis • 18.5 – 22.9kg/m² : Low risk of heart disease (healthy range) • 23.0 – 27.4kg/m² : Moderate risk of heart disease • 27.5kg/m² -37.4kg/m²: High risk of heart disease <p><i>Note: A BMI result will be considered abnormal if it falls out of the healthy range.</i></p>
<p>Blood pressure</p>	<ul style="list-style-type: none"> • <130/80 mmHg : Normal • 130/80 to 139/89 mmHg : Borderline • 140/90 to 159/99 : High • ≥ 160/100 : Very High <p><i>Note: A blood pressure result will be considered abnormal if it falls out of the normal range.</i></p>
<p>Fasting Blood Glucose</p>	<ul style="list-style-type: none"> • Fasting Venous Glucose ≤ 6.0 mmol/L : Normal • After OGTT: <7.8 mmol/L : Impaired fasting glycaemia • After OGTT: 7.8 – 11.0 mmol/L : Impaired glucose tolerance • After OGTT: ≥ 11.1 mmol/L : Diabetes Mellitus • After repeat fasting glucose test: ≥ 7.0 mmol/L : Diabetes Mellitus <p><i>Note: A Fasting Blood Glucose results will be considered abnormal if it falls out of the normal range.</i></p>
<p>Lipid Profile</p> <p>For reporting, HDL level is defined as abnormal if it is <1.0</p> <p>For reporting, LDL level is defined as abnormal if it is >3.3mmo/L</p>	<ul style="list-style-type: none"> • Total Cholesterol <ul style="list-style-type: none"> ○ <5.2mmol/L (Desirable) ○ 5.2 – 6.1 (Borderline High) ○ ≥ 6.2 – (High) • HDL Cholesterol (“good cholesterol”) <ul style="list-style-type: none"> ○ 1.0 – 1.5mmol/L (Desirable) ○ ≥1.6 (High) • LDL Cholesterol (“bad cholesterol”) <ul style="list-style-type: none"> ○ <3.4mmo/L (Desirable) ○ 3.4 – 4.0mmol/L (Borderline High) ○ 4.1 – 4.8mmo/L (High) ○ ≥4.9 (Very High) • Triglyceride <ul style="list-style-type: none"> ○ < 2.3 mmol/L (Desirable) ○ 2.3 to 4.4mmol/L (High) ○ ≥ 4.5 mmol/L (Very High) <p><i>Note: A Lipid Profile will be considered abnormal if any of the lipid tests is borderline high and above.</i></p>