Dear Participant:

Enclosed are your test results from the Ongoing Medical Monitoring Program Re-Examination. Explanations are provided below to help you understand the medical information you have received. We want to emphasize that minor "abnormalities" of one or several of these tests (especially the blood and urine tests) are very common in healthy people and should not necessarily be a cause for alarm. The examining physician will consider the results of each test along with all of the other information we collect and will tell you if further testing or follow-up is needed.

Laboratory Blood and Urine Tests
Normal ranges for each laboratory test listed below are established by determining what is average for people who are known to be healthy. If you have "abnormal" results, there may be a problem, or it may mean only that you're not "average" - but still healthy. If a test result is significantly out of the normal range, the physician who examined you will comment on the result in your letter and tell you what the abnormality means and what follow-up, if any, is needed. Some abnormalities are very worrisome and require follow-up testing by your physician. Other abnormalities may not be important and may not require any follow-up.

CHEMISTRY:

Na (sodium)
The level of the element sodium in your blood.

K (potassium)
The level of the element potassium in your blood.

Cl (chloride)
The level of the element chlorine in your blood.

BUN (Blood Urea Nitrogen)
This substance is a protein break-down waste product made by the liver, and normally excreted from the body by the kidneys. The level of BUN indicates how well the kidneys are working.

Crea (creatinine)
This substance is a waste substance normally excreted from the body by the kidneys. The level of creatinine indicates how well the kidneys are working.

Glucose
The level of sugar in the blood. People with diabetes have high blood glucose levels.

LIPIDS:

Total Cholesterol
The sum of all the types of cholesterol in the blood. Total cholesterol levels less than 200 are desirable for most adults. The meaning of a total cholesterol level should not be judged alone but along with the levels of specific types of cholesterol and along with other risk factors for heart diseases like smoking, high blood pressure, and diabetes. Cholesterol levels can be lowered with a low fat and low cholesterol diet, or, if necessary, with medication.

LDL Cholesterol (Low Density Lipoprotein Cholesterol)
LDL is the "bad cholesterol" that clogs up blood vessels. LDL levels less than 130 are considered desirable in adults. Levels above 160 are considered high. LDL levels can be lowered in the same way total cholesterol is lowered (diet and/or medications).

HDL Cholesterol (High Density Lipoprotein Cholesterol)
HDL is the "good cholesterol" that helps to keep the blood vessels free of blockages. HDL levels below 35 are considered low. HDL levels can be increased by exercise, by quitting smoking, and by weight loss (if you are overweight).

Triglycerides
The level of fats in your blood. Normal levels for someone who hasn't eaten recently are less than 250. Triglyceride levels can be lowered by a low fat diet, by weight loss, and by an exercise program. In selected individuals, medication may be used also.

HEMATOLOGY:

WBC (White Blood Cells)
The number of infection-fighting cells in the blood. Minor abnormalities are common and may or may not require further testing.

RBC (Red Blood Cells)
The number of oxygen-carrying cells in the blood. A low RBC number indicates anemia.

HGB (Hemoglobin)
HCT (Hematocrit)
These also are measures of the oxygen-carrying capacity of the blood. Low numbers indicate anemia.

MCV (mean cell volume)
MCH (mean cell hemoglobin)
MCHC (mean cell hemoglobin concentration)

These tests describe size, shape, and hemoglobin content of red blood cells. If anemia is present, they are used to determine the cause of the anemia.

Platelet Count
The number of blood-clotting particles in the blood.

Gran %	Gran Abs #
Lymph %	Lymph Abs #
Other %	Other Abs #
	Eos Abs
	Baso Abs #

These are types of white blood cells in the blood. If the WBC count is high or low, these numbers are useful in determining the cause of that abnormality.

Urine with Microscopic
The urine is examined for color, appearance, s.g. (specific gravity), pH (acidity), protein, glucose (sugar), ketones, bili (bilirubin), blood, NO_3 (nitrites), leuk est (an indicator of infection), WBC (white blood cells), RBC (red blood cells), mucus, bact (bacteria), squamous cells, amorphous crystals, and hyaline casts. The results for most of these tests are normally negative or trace. However, the finding of a few WBC, or bacteria, or mucus, or squamous cells, or crystals is not abnormal.

Prostate Specific Antigen (PSA)(Men Only 50-79 years of age)
This test is a screening test for prostate cancer. Like any screening test, an abnormal result does not necessarily mean cancer (sometimes the test is abnormal just because the prostate is enlarged), and a "normal" result does not absolutely rule out cancer (though it makes it much less likely). "Normal" is a result of 4.0 or less. "Abnormal" is a result of 10.0 or more. A result of 4.0-10.0 is "borderline"; occasionally an early cancer is found but often no cancer is found. We recommend consultation with your physician if your result is greater than 4.0 ("borderline" or "abnormal").

Mammogram (Women only)
This is an X-ray photograph of the female breasts. It can show evidence of breast cysts, benign nodules, and malignant tumors. Mammograms are used to screen for breast cancer.

Pap Smear (Women only)
This is a test for cancer of the cervix (part of the womb or uterus) in females. An abnormal result requires follow-up testing and/or treatment by the participant's gynecologist or private physician.

Stool Occult Blood (Hemoccult^R)
This is a chemical test for small amounts of blood in your stool. A positive test may indicate inflammatory colon diseases, hemorrhoids, benign colon polyps, or colon cancer. In many people with positive stool blood tests, no disease of any kind is found.