

**University of London**

Date

Ref No:

Name

Address

**PRIVATE AND CONFIDENTIAL**

Dear \_\_\_\_\_

Thank you for attending a TwinsUK study visit on \_\_/\_\_/\_\_\_\_ where you had a number of tests performed. Please find the results of the tests that are of possible clinical value overleaf and some helpful notes below.

We have written to your GP to inform them that you have taken part in a research study together with a list of the results. Please allow 5 further working days before you contact your GP.

We would like to thank you on behalf of the team at the Department of Twin Research for volunteering. In the future we may call on your help again. Please notify us of any change of address or other personal details.

Yours sincerely,

**Alyce Sheedy**

Research Nurse to Prof. Tim Spector, Director of Department of Twin Research

**Helpful Notes:**

If any of the results shown are out of range, indicated by one or more of the following terms: **Osteoporosis**, or **Out of range /lower than desirable /higher than desirable //Increased Cardiovascular risk //Increased risk of Diabetes /Attention GP** we recommend that you see your GP to discuss these results further. Please note that in some cases no further action is needed but your GP will be able to advise you on this.

If you did **NOT FAST** it is possible that your Cholesterol and Glucose results will be out of range.

**999** value means the test was not performed.

**888** value means we were unable to perform the test to get an accurate measurement.

**777** value means the test was performed but no results were obtained due to unforeseen circumstances.

**MZ** = Identical, **DZ** = Non-identical, **UZ** = Unidentified – Please note these results are prone to some error and are never 100% accurate

**TEST RESULTS: \_\_\_\_\_**

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TEST	RESULT	STATUS
<b>DXA Scan</b>		
BMD of Hip (T-score)		Normal
BMD of Spine (T-score)		Normal
<b>Mini Mental State Exam (MMSE)</b>		
27-30 : normal		
26 and below : possible memory problem - please see your GP		
<b>BLOOD PRESSURE</b>		
2 <sup>nd</sup> reading		Normal
3 <sup>rd</sup> reading		Out Of Range
<b>FBC</b>		
Haemoglobin - F (12 – 15 g/dl) M (13 – 17g/dl)		Normal
White Blood Cells (4.0 – 11.0 x10 <sup>9</sup> /l)		Normal
Red Blood Cells (3.95 - 5.15 x10 <sup>12</sup> /l)		Normal
Platelets (150 – 400 x10 <sup>9</sup> /l)		Normal
<b>BLOOD GLUCOSE</b>		
<b>BLOOD STATUS</b>		<b>Fasted</b>
Blood Glucose (<6.1 mmol/L)		Normal
<b>BLOOD LIPIDS</b>		
<b>BLOOD STATUS</b>		<b>Fasted</b>
Cholesterol (<5 mmol/L):		Normal for healthy individuals
Triglycerides (< 1.7 mmol/L):		Normal
HDL Cholesterol (>1.0 mmol/L)		
LDL Cholesterol (0.00 -3.00mmol/L)		
<b>RENAL FUNCTION</b>		
Sodium (135 – 145 mmol/L)		Normal
Potassium (3.5 - 5 mmol/L)		Normal
Urea (1.7 - 8.3 mmol/L)		Normal
Creatinine (Female: 45 - 84 umol/L; Male: 59 – 104 umol/L)		Out of range
<b>LIVER FUNCTION</b>		
Total Bilirubin (0 – 21 mmol/L)		Normal
Albumin (40 – 52 g/L)		Normal
Alkaline Phosphatase (35 – 129 IU/L)		Normal
Alanine Transaminase (Female: 4 – 45 IU/L ; Male: 4 – 59 IU/L)		Normal
<b>BONE</b>		
Calcium (2.15 - 2.55 mmol/L)		Normal
Phosphate (0.9 - 1.4 mmol/L)		Out of range
Uric Acid (Female: 0.14 - 0.34 mmol/L; Male: 0.20 - 0.42 mmol/L)		Normal
Chloride (98 – 107 mmol/L)		Normal
Bicarbonate (22 – 30 mmol/L)		Normal
<b>Zygoty</b>	DZ	MZ = Identical, DZ = Non-identical, UZ = Unidentified