

VITAMIN D2 and D3 (25-OH) LAB RESULT EXPLANATION

These screenings are intended to provide information to be used by health care professionals to detect potential problems and help make you more aware of your health. If, after reading this pamphlet, you still have questions concerning your results, please call your personal health care professional.

YOUR BLOOD TESTS

You and your doctor can learn a great deal about your health from a sample of your blood. Sometimes test results will be abnormal before you have any symptoms. If symptoms have developed, laboratory tests help confirm that a problem does exist. A normal test result is just as significant as an abnormal result. When a result is normal, it not only helps you rule out disease, but it also establishes a baseline for you. Each person has their own baseline "normal". A person's own results are the best baseline for monitoring any change that takes place in the future. If any of your values are significantly different than previous results, contact your health care professional.

MEDICATIONS AND FASTING

Fasting is not required for accurate test results. Speak with your physician if you have concerns about medication interference with result values.



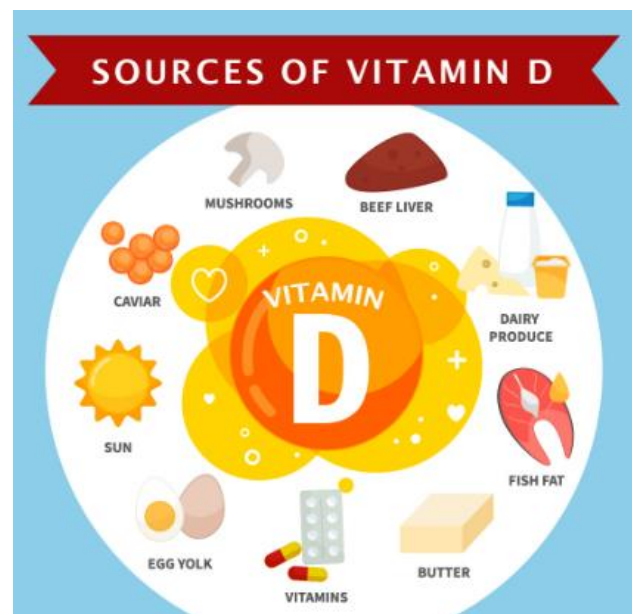
SHERIDAN
MEMORIAL
HOSPITAL

1401 West 5th Street
Sheridan, WY 82801
(307) 672-1035 – Laboratory
www.sheridanhospital.org

VITAMIN D (25-OH) is a group of fat-soluble compounds, which act as hormones in the body. Vitamin D3 compounds are derived from your diet, as well as through conversion in the skin upon UV light exposure. Vitamin D2 is commonly acquired through plants, and is not produced by the body. Mild vitamin D deficiency is common in the elderly, and those with lack of sunlight exposure, or malnutrition.

Vitamin D is a nutrient your body needs for building and maintaining healthy bones. Your body can only absorb calcium, the primary component of bones, when vitamin D is present. Vitamin D is also important in supporting a healthy immune system.

VITAMIN D DEFICIENCY is commonly associated with bone pain, muscle weakness, fatigue, cardiovascular disease, and asthma. Consult with your physician if you are concerned about Vitamin D deficiency, before taking any additional supplements.



YOUR SCREENING RESULTS

IT IS NOT POSSIBLE TO DIAGNOSE OR TREAT ANY DISEASE OR HEALTH PROBLEMS WITH THIS BLOOD SCREEN ALONE.

It can help you learn more about your body and detect potential problems in early stages when treatment or changes in personal health habits can be most effective.

Screening results that fall outside of Sheridan Memorial Hospital's reference range (range of expected screening values) are separated out from the rest of the results to highlight them. They are printed with an **H (high)** or **L (low)** on the report. The reference range for each test is listed on the right side of your blood report, or by clicking the result value in your Patient Portal.