



**Items Noted for ARIC Staff  
- Not for Distribution to Study Participants -**

***Abnormal Items***

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**Blood pressure**

***Biospecimen collection and result items***

*Possible blood tube problems and area affected*

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Blood tube 10 (CBC values missing)

ID NUMBER: XXXXXX

9/28/2011

**SUMMARY OF RESULTS FOR ARIC PARTICIPANTS AND THEIR PHYSICIANS**

**Participant's name:** XXXXXXXXXXXX **Birth date:** XXXXXXXX  
**Date of visit to the ARIC field center:** XXXXXXXX  
**Weight:** 142 pounds **Height:** 5 ft. 1 in. (156 cm)  
**Body Mass Index (BMI - Wt in kg/height in m<sup>2</sup>):** 26.5

The body mass index (BMI) is an estimate of your body fat, based on your height and weight. In adults, the BMI provides information on health and potential health risks. A BMI of less than 18.5 is Underweight; 18.5 to 24.9 is Healthy; 25.0 to 29.9 is Overweight; 30.0 or more indicates Obesity.

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**Blood Pressure:** 147 / 75 mm Hg (Systolic/Diastolic)

This is the average of 3 measurements taken after 5 minutes of rest.

Your reading was elevated. At the time of your visit, we indicated that you should have your blood pressure checked within two months by a physician. If you are being treated for high blood pressure, your physician may have given you a schedule for your next check-up. Please follow that schedule.

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**Ankle / Brachial Index (ABI)**

ABI Value on the Right Side: 0.99

ABI Value on the Left Side: 0.99

The ankle-brachial index (ABI) is the systolic blood pressure in the ankle divided by the systolic blood pressure in the arm. An ABI value less than 0.90 is strongly suggestive of a blockage of the arteries in the leg. An ABI value between 0.90 and 1.00 is considered borderline, and a value above 1.40 also may be abnormal. Any ABI outside the 1.00 to 1.40 range should be discussed with your health care provider, and may require additional testing.

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**Electrocardiogram (ECG)**

A copy of your ECG is enclosed, or provided at the time of your examination visit, for your physician's records.

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**SUMMARY OF RESULTS FOR ARIC PARTICIPANTS AND THEIR PHYSICIANS****Echocardiogram**

Your echocardiogram was for research purposes only, is not as extensive as a clinical echocardiogram, was analyzed in the absence of any clinical information regarding you, and is not meant to substitute for a clinical echocardiogram. The assessments below of cardiac structure and function are being provided as a courtesy, along with reference ranges. These findings could be further evaluated with a clinical echocardiogram if clinically indicated.

| <i>Parameter</i>           | <i>Value</i> |              | <i>Normal</i>    | <i>Mildly Abnormal</i> | <i>Moderately Abnormal</i> | <i>Severely Abnormal</i> |
|----------------------------|--------------|--------------|------------------|------------------------|----------------------------|--------------------------|
| LV ejection fraction (%)   | <b>N/A</b>   |              | >54 <sup>§</sup> | 45-54                  | 30-44                      | <30 <sup>§</sup>         |
| LV diastolic diameter (cm) | <b>N/A</b>   | Men<br>Women | <6<br><5.4       | 6.0-6.3<br>5.4-5.7     | 6.4-6.8<br>5.8-6.1         | ≥6.9<br>≥6.2             |
| LV wall thickness (cm)     | <b>N/A</b>   | Men<br>Women | <1.1<br><1.0     | 1.1-1.3<br>1.0-1.2     | 1.4-1.6<br>1.3-1.5         | ≥1.7<br>≥1.6             |

<sup>§</sup> < indicates Less than; > indicates Greater than; ≤ less than or equal to; ≥ greater than or equal to.

Your echocardiogram results are not available.

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**Abdominal aorta scan**

Your aortic ultrasound showed a maximum aortic diameter of 1.3 centimeters.

Your aortic ultrasound was normal or showed no clinically relevant finding.

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ID NUMBER: XXXXXXXX

9/28/2011

**Lung Function Measurements**  
**ARIC Visit 5/NCS Study Spirometry Results**

Study ID: XXXXXXXX

Height: 156 cm

Age: XX

Gender: F

During your examination you did several tests of your **lung function**.

FVC means Forced Vital Capacity; FEV1 is the Forced Expiratory Volume in 1 second; FEV1/FVC is the ratio of FEV1 to FVC.

The results of your best efforts are:

| <b>Measures</b> | <b>Pre Bronchodilator</b> |                    | <b>Post-BD Results</b> |
|-----------------|---------------------------|--------------------|------------------------|
|                 | <b>Results</b>            | <b>% Predicted</b> | <b>% Change</b>        |
| FVC             | <b>1 mL</b>               | 0.1 %              | Not Done               |
| FEV1            | <b>N/A</b>                | N/A                | Not Done               |
| FEV1/FVC        | <b>73.9 %</b>             | N/A                |                        |

**INTERPRETATION:**

Cannot provide interpretation -- no predicted values for this client.

Abbreviations: Post-BD = after albuterol

Spirometer: Sensormedics 922 / 1022, ID (Serial#): 4567888 OMI Version: 5.05

Normals Used: Hankinson(C)-1999 RA Factor: 1.00

Calibration date: 07/18/2007 Temp: 37.0 C. BP: 760 torr BTPS Factor: 1.000

Pre-Test: Effort = Maximal, Position=Standing, FVC Quality=B, FEV1 Quality=A

Post-Bronchodilator-Test: Effort=Maximal, Position=Sitting, FVC Quality=B, FEV1 Quality=A

**Laboratory Test Results from your Visit 5/NCS Examination**

| <b>Test or Measurement</b>                                                                                                        | <b>Results</b> | <b>Brief Interpretation</b>                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Blood Tests</b>                                                                                                                |                |                                                                                                                                                                                                                                               |
| Total Cholesterol (mg/dL)                                                                                                         | <b>165</b>     | Your blood cholesterol is in the normal range.                                                                                                                                                                                                |
| LDL-Cholesterol (mg/dL)                                                                                                           | <b>95</b>      | LDL cholesterol values less than 100 mg/dL are Optimal; Near Optimal from 100 to 129 mg/dL; Above Normal from 130 to 159 mg/dL; High from 160 to 189 High; and Very High above 190 mg/dL                                                      |
| HDL-Cholesterol (mg/dL)                                                                                                           | <b>53</b>      | This blood test result is in the normal range.                                                                                                                                                                                                |
| Triglycerides (mg/dL)                                                                                                             | <b>86</b>      | Your triglyceride is in the normal range.                                                                                                                                                                                                     |
| Glucose - fasting (mg/dL)                                                                                                         | <b>93</b>      | Your fasting blood glucose is in the normal range.                                                                                                                                                                                            |
| Hemoglobin A1C (%)                                                                                                                | <b>5.5</b>     | Normal A1C levels can be from 4.5 to 6% for someone who does not have diabetes. A result between 5.7 and 6.4% can indicate prediabetes (a high risk of developing diabetes). If you have diabetes, please follow your physician's guidelines. |
| Uric acid (mg/dL)                                                                                                                 | <b>7.7</b>     | Uric acid values are typically 2.4-5.7 mg/dL for women and 3.4-7.0 mg/dL for men.                                                                                                                                                             |
| <b>Protein in the Urine</b>                                                                                                       |                |                                                                                                                                                                                                                                               |
| Albumin / creatinine (mg/g)                                                                                                       | <b>15.2</b>    | The level of albumin, the major protein in your urine, is in the normal range.                                                                                                                                                                |
| <b>Kidney Function</b>                                                                                                            |                |                                                                                                                                                                                                                                               |
| Estimated GFR(ml/min/1.73 m <sup>2</sup> )                                                                                        | <b>72</b>      | Your glomerular filtration rate (GFR) has been estimated from a measurement of creatinine in your blood. Your GFR value is greater than 60 ml/min/1.73 m <sup>2</sup> , which suggests that your kidneys are working well.                    |
| Serum creatinine (mg/dl)                                                                                                          | <b>0.95</b>    | Normal levels of creatinine in the blood are approximately 0.6 to 1.2 mg/dL in adult males and 0.5 to 1.1 mg/dL in adult females.                                                                                                             |
| <b>Hemogram (CBC)</b>                                                                                                             |                |                                                                                                                                                                                                                                               |
| White Blood Count (WBC) (units of 10 <sup>9</sup> /L)                                                                             | <b>N/A</b>     | Your white cell count is not available.                                                                                                                                                                                                       |
| Red Blood Count (RBC) (units of 10 <sup>12</sup> /L)                                                                              | <b>N/A</b>     | For men, red blood counts are usually between 4.4 and 5.9 x 10 <sup>12</sup> /L<br>For women, red blood counts are usually between 3.8 and 5.2 x 10 <sup>12</sup> /L                                                                          |
| Hemoglobin (g/dl)                                                                                                                 | <b>N/A</b>     | Your hemoglobin value is not available.                                                                                                                                                                                                       |
| Hematocrit (%)                                                                                                                    | <b>N/A</b>     |                                                                                                                                                                                                                                               |
| Mean Corpuscular Volume (MCV) (fL)                                                                                                | <b>N/A</b>     | Mean corpuscular volume values usually are 78 to 100 fL                                                                                                                                                                                       |
| Mean Corpuscular Hemoglobin (MCH) (pg)                                                                                            | <b>N/A</b>     | Mean corpuscular hemoglobin values usually are 26.5 to 33.0 pg                                                                                                                                                                                |
| Mean Corpuscular Hemoglobin Concentration (MCHC) (g/dl)                                                                           | <b>N/A</b>     | Mean corpuscular hemoglobin concentrations usually are 32 to 36 g/dL                                                                                                                                                                          |
| Red Cell Distribution Width (RDW) (%)                                                                                             | <b>N/A</b>     | Red cell distribution width values usually are 10 to 15 %                                                                                                                                                                                     |
| Platelet Count (units of 10 <sup>9</sup> /L)                                                                                      | <b>N/A</b>     | Your platelet count is not available.                                                                                                                                                                                                         |
| Lymphocytes (%)                                                                                                                   | <b>N/A</b>     | Lymphocyte differential counts usually range from 15% to 40%                                                                                                                                                                                  |
| Monocytes (%)                                                                                                                     | <b>N/A</b>     | Monocyte differential counts usually range from 0% to 12%                                                                                                                                                                                     |
| Absolute Lymphocytes (units of 10 <sup>9</sup> /L)                                                                                | <b>N/A</b>     | Absolute lymphocyte counts are usually 1.0 to 5.3 (10 <sup>9</sup> /L)                                                                                                                                                                        |
| Absolute Monocytes (units of 10 <sup>9</sup> /L)                                                                                  | <b>N/A</b>     | Absolute monocyte counts are usually 0 to 1.3 (10 <sup>9</sup> /L)                                                                                                                                                                            |
| Please note that our examination and tests are for research purposes. They do not substitute for an exam conducted by your doctor |                |                                                                                                                                                                                                                                               |

***Items Noted for ARIC Staff  
- Not for Distribution to Study Participants -***

***Items in this report meeting alert criteria  
(This is not a comprehensive list of alerts for this participant)***

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**Blood pressure**

***Abnormal Items***

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**HDL cholesterol**

**SUMMARY OF RESULTS FOR ARIC PARTICIPANTS AND THEIR PHYSICIANS**

**Participant's name:** XXXXXXXX **Birth date:** XXXXXXXX  
**Date of visit to the ARIC field center:** XXXXXXXX  
**Weight:** 186 pounds **Height:** 5 ft. 10 in. (179 cm)  
**Body Mass Index (BMI - Wt in kg/height in m<sup>2</sup>):** 26.4

The body mass index (BMI) is an estimate of your body fat, based on your height and weight. In adults, the BMI provides information on health and potential health risks. A BMI of less than 18.5 is Underweight; 18.5 to 24.9 is Healthy; 25.0 to 29.9 is Overweight; 30.0 or more indicates Obesity.

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**Blood Pressure:** 187 / 108 mm Hg (Systolic/Diastolic)

This is the average of 3 measurements taken after 5 minutes of rest.

Your reading was clearly and importantly elevated. At the time of your visit we indicated that you should see your physician within one week, to determine whether treatment should be started or changed. If you have not done so already, please see your physician soon.

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**Ankle / Brachial Index (ABI)**

ABI Value on the Right Side: 1.12

ABI Value on the Left Side: 1.08

The ankle-brachial index (ABI) is the systolic blood pressure in the ankle divided by the systolic blood pressure in the arm. An ABI value less than 0.90 is strongly suggestive of a blockage of the arteries in the leg. An ABI value between 0.90 and 1.00 is considered borderline, and a value above 1.40 also may be abnormal. Any ABI outside the 1.00 to 1.40 range should be discussed with your health care provider, and may require additional testing.

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**Electrocardiogram (ECG)**

A copy of your ECG is enclosed, or provided at the time of your examination visit, for your physician's records.

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**SUMMARY OF RESULTS FOR ARIC PARTICIPANTS AND THEIR PHYSICIANS****Echocardiogram**

Your echocardiogram was for research purposes only, is not as extensive as a clinical echocardiogram, was analyzed in the absence of any clinical information regarding you, and is not meant to substitute for a clinical echocardiogram. The assessments below of cardiac structure and function are being provided as a courtesy, along with reference ranges. These findings could be further evaluated with a clinical echocardiogram if clinically indicated.

| <b>Parameter</b>           | <b>Value</b> |              | <b>Normal</b>    | <b>Mildly Abnormal</b> | <b>Moderately Abnormal</b> | <b>Severely Abnormal</b> |
|----------------------------|--------------|--------------|------------------|------------------------|----------------------------|--------------------------|
| LV ejection fraction (%)   | <b>67.60</b> |              | >54 <sup>§</sup> | 45-54                  | 30-44                      | <30 <sup>§</sup>         |
| LV diastolic diameter (cm) | <b>3.57</b>  | Men<br>Women | <6<br><5.4       | 6.0-6.3<br>5.4-5.7     | 6.4-6.8<br>5.8-6.1         | ≥6.9<br>≥6.2             |
| LV wall thickness (cm)     | <b>1.07</b>  | Men<br>Women | <1.1<br><1.0     | 1.1-1.3<br>1.0-1.2     | 1.4-1.6<br>1.3-1.5         | ≥1.7<br>≥1.6             |

<sup>§</sup> < indicates Less than; > indicates Greater than; ≤ less than or equal to; ≥ greater than or equal to.

No significant findings were noted during the review of your echocardiogram results.

**Abdominal aorta scan**

Your aortic ultrasound showed a maximum aortic diameter of 1.9 centimeters.

Your aortic ultrasound was normal or showed no clinically relevant finding.

ID NUMBER: XXXXXXXXX

9/28/2011

**Lung Function Measurements**  
**ARIC Visit 5/NCS Study Spirometry Results**

Study ID: XXXXXXXX

Height: cm

Age: XX

Gender:

During your examination you did several tests of your **lung function**.

FVC means Forced Vital Capacity; FEV1 is the Forced Expiratory Volume in 1 second; FEV1/FVC is the ratio of FEV1 to FVC. The results of your best efforts are:

| <b>Measures</b> | <b>Pre Bronchodilator</b> |                    | <b>Post-BD Results</b> |
|-----------------|---------------------------|--------------------|------------------------|
|                 | <b>Results</b>            | <b>% Predicted</b> | <b>% Change</b>        |
| FVC             | N/A                       | N/A                | Not Done               |
| FEV1            | N/A                       | N/A                | Not Done               |
| FEV1/FVC        | N/A                       | N/A                |                        |

**INTERPRETATION:**

Your pulmonary function results are not available.

Abbreviations: Post-BD = after albuterol

Spirometer: Sensormedics 922 / 1022, ID (Serial#): 4567888 OMI Version: 5.05

Normals Used: Hankinson(C)-1999 RA Factor: 1.00

Calibration date: 07/18/2007 Temp: 37.0 C. BP: 760 torr BTPS Factor: 1.000

Pre-Test: Effort = Maximal, Position=Standing, FVC Quality=B, FEV1 Quality=A

Post-Bronchodilator-Test: Effort=Maximal, Position=Sitting, FVC Quality=B, FEV1 Quality=A

| <b>Laboratory Test Results from your Visit 5/NCS Examination</b> |                |                                                                                                                                                                                                                                               |
|------------------------------------------------------------------|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Test or Measurement</b>                                       | <b>Results</b> | <b>Brief Interpretation</b>                                                                                                                                                                                                                   |
| <b>Blood Tests</b>                                               |                |                                                                                                                                                                                                                                               |
| Total Cholesterol (mg/dL)                                        | <b>168</b>     | Your blood cholesterol is in the normal range.                                                                                                                                                                                                |
| LDL-Cholesterol (mg/dL)                                          | <b>106</b>     | LDL cholesterol values less than 100 mg/dL are Optimal; Near Optimal from 100 to 129 mg/dL; Above Normal from 130 to 159 mg/dL; High from 160 to 189 High; and Very High above 190 mg/dL                                                      |
| HDL-Cholesterol (mg/dL)                                          | <b>39</b>      | Your HDL cholesterol is low, and in the undesirable range per national guidelines. You may want to check with your physician about this.                                                                                                      |
| Triglycerides (mg/dL)                                            | <b>113</b>     | Your triglyceride is in the normal range.                                                                                                                                                                                                     |
| Glucose - fasting (mg/dL)                                        | <b>95</b>      | Your fasting blood glucose is in the normal range.                                                                                                                                                                                            |
| Hemoglobin A1C (%)                                               | <b>5.4</b>     | Normal A1C levels can be from 4.5 to 6% for someone who does not have diabetes. A result between 5.7 and 6.4% can indicate prediabetes (a high risk of developing diabetes). If you have diabetes, please follow your physician's guidelines. |
| Uric acid (mg/dL)                                                | <b>5.8</b>     | Uric acid values are typically 2.4-5.7 mg/dL for women and 3.4-7.0 mg/dL for men.                                                                                                                                                             |
| <b>Protein in the Urine</b>                                      |                |                                                                                                                                                                                                                                               |
| Albumin / creatinine (mg/g)                                      | <b>62.7</b>    | The level of albumin, the major protein in your urine, is somewhat elevated. This may be an indicator of chronic kidney disease. You should discuss this result with your healthcare provider.                                                |
| <b>Kidney Function</b>                                           |                |                                                                                                                                                                                                                                               |
| Estimated GFR(ml/min/1.73 m <sup>2</sup> )                       | <b>69</b>      | Your glomerular filtration rate (GFR) has been estimated from a measurement of creatinine in your blood. Your GFR value is greater than 60 ml/min/1.73 m <sup>2</sup> , which suggests that your kidneys are working well.                    |
| Serum creatinine (mg/dl)                                         | <b>1.30</b>    | Normal levels of creatinine in the blood are approximately 0.6 to 1.2 mg/dL in adult males and 0.5 to 1.1 mg/dL in adult females.                                                                                                             |
| <b>Hemogram (CBC)</b>                                            |                |                                                                                                                                                                                                                                               |
| White Blood Count (WBC) (units of 10 <sup>9</sup> /L)            | <b>3.3</b>     | Your white blood cell count is low, which can result from many different situations. Please review this result with your physician.                                                                                                           |
| Red Blood Count (RBC) (units of 10 <sup>12</sup> /L)             | <b>4.8</b>     | For men, red blood counts are usually between 4.4 and 5.9 x 10 <sup>12</sup> /L<br>For women, red blood counts are usually between 3.8 and 5.2 x 10 <sup>12</sup> /L                                                                          |
| Hemoglobin (g/dl)                                                | <b>14.1</b>    | For men, hemoglobin values usually are between 13.3 and 17.7 g/dL: For women, hemoglobin values usually are between 11.7 and 15.7 g/dL                                                                                                        |
| Hematocrit (%)                                                   | <b>43.0</b>    | For men, hematocrit values usually are between 40 and 47%:<br>For women, hematocrit values usually are between 35 and 47%.                                                                                                                    |
| Mean Corpuscular Volume (MCV) (fL)                               | <b>89</b>      | Mean corpuscular volume values usually are 78 to 100 fL                                                                                                                                                                                       |
| Mean Corpuscular Hemoglobin (MCH) (pg)                           | <b>29.3</b>    | Mean corpuscular hemoglobin values usually are 26.5 to 33.0 pg                                                                                                                                                                                |
| Mean Corpuscular Hemoglobin Concentration (MCHC) (g/dl)          | <b>32.9</b>    | Mean corpuscular hemoglobin concentrations usually are 32 to 36 g/dL                                                                                                                                                                          |
| Red Cell Distribution Width (RDW) (%)                            | <b>14.0</b>    | Red cell distribution width values usually are 10 to 15 %                                                                                                                                                                                     |
| Platelet Count (units of 10 <sup>9</sup> /L)                     | <b>212</b>     | Platelet counts are usually in the range 150 to 450 x 10 <sup>9</sup> /L                                                                                                                                                                      |
| Lymphocytes (%)                                                  | <b>29.4</b>    | Lymphocyte differential counts usually range from 15% to 40%                                                                                                                                                                                  |
| Monocytes (%)                                                    | <b>17.1</b>    | Monocyte differential counts usually range from 0% to 12%                                                                                                                                                                                     |
| Absolute Lymphocytes (units of 10 <sup>9</sup> /L)               | <b>0.9</b>     | Absolute lymphocyte counts are usually 1.0 to 5.3 (10 <sup>9</sup> /L)                                                                                                                                                                        |

**Laboratory Test Results from your Visit 5/NCS Examination**

| <b>Test or Measurement</b>                                                                                                        | <b>Results</b> | <b>Brief Interpretation</b>                                |
|-----------------------------------------------------------------------------------------------------------------------------------|----------------|------------------------------------------------------------|
| Absolute Monocytes (units of $10^9/L$ )                                                                                           | <b>0.5</b>     | Absolute monocyte counts are usually 0 to 1.3 ( $10^9/L$ ) |
| Please note that our examination and tests are for research purposes. They do not substitute for an exam conducted by your doctor |                |                                                            |

**Items Noted for ARIC Staff  
- Not for Distribution to Study Participants -**

***Abnormal Items***

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**eGFR**

**Hemoglobin**

**Hematocrit**

**Echo results**

***Items with new results since 08/31/2011***

***Area***

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**Echocardiogram results**

ID NUMBER: XXXXXXXX

9/28/2011

**SUMMARY OF RESULTS FOR ARIC PARTICIPANTS AND THEIR PHYSICIANS**

**Participant's name:** XXXXXXXXXXXX **Birth date:** XXXXXXXX  
**Date of visit to the ARIC field center:** XXXXXXXX  
**Weight:** 162 pounds **Height:** 5 ft. 7 in. (171 cm)  
**Body Mass Index (BMI - Wt in kg/height in m<sup>2</sup>):** 25.2

The body mass index (BMI) is an estimate of your body fat, based on your height and weight. In adults, the BMI provides information on health and potential health risks. A BMI of less than 18.5 is Underweight; 18.5 to 24.9 is Healthy; 25.0 to 29.9 is Overweight; 30.0 or more indicates Obesity.

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**Blood Pressure:** 120 / 43 mm Hg (Systolic/Diastolic)

This is the average of 3 measurements taken after 5 minutes of rest.

Your blood pressure was normal. Please recheck it in two years. If you are being treated for high blood pressure, your physician may have given you a schedule for your next check-up. Please follow that schedule.

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**Ankle / Brachial Index (ABI)**

ABI Value on the Right Side: 1.20

ABI Value on the Left Side: 1.04

The ankle-brachial index (ABI) is the systolic blood pressure in the ankle divided by the systolic blood pressure in the arm. An ABI value less than 0.90 is strongly suggestive of a blockage of the arteries in the leg. An ABI value between 0.90 and 1.00 is considered borderline, and a value above 1.40 also may be abnormal. Any ABI outside the 1.00 to 1.40 range should be discussed with your health care provider, and may require additional testing.

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**Electrocardiogram (ECG)**

A copy of your ECG is enclosed, or provided at the time of your examination visit, for your physician's records.

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**SUMMARY OF RESULTS FOR ARIC PARTICIPANTS AND THEIR PHYSICIANS****Echocardiogram**

Your echocardiogram was for research purposes only, is not as extensive as a clinical echocardiogram, was analyzed in the absence of any clinical information regarding you, and is not meant to substitute for a clinical echocardiogram. The assessments below of cardiac structure and function are being provided as a courtesy, along with reference ranges. These findings could be further evaluated with a clinical echocardiogram if clinically indicated.

| <i>Parameter</i>           | <i>Value</i> |              | <i>Normal</i>    | <i>Mildly Abnormal</i> | <i>Moderately Abnormal</i> | <i>Severely Abnormal</i> |
|----------------------------|--------------|--------------|------------------|------------------------|----------------------------|--------------------------|
| LV ejection fraction (%)   | <b>67.80</b> |              | >54 <sup>§</sup> | 45-54                  | 30-44                      | <30 <sup>§</sup>         |
| LV diastolic diameter (cm) | <b>4.28</b>  | Men<br>Women | <6<br><5.4       | 6.0-6.3<br>5.4-5.7     | 6.4-6.8<br>5.8-6.1         | ≥6.9<br>≥6.2             |
| LV wall thickness (cm)     | <b>1.11</b>  | Men<br>Women | <1.1<br><1.0     | 1.1-1.3<br>1.0-1.2     | 1.4-1.6<br>1.3-1.5         | ≥1.7<br>≥1.6             |

<sup>§</sup> < indicates Less than; > indicates Greater than; ≤ less than or equal to; ≥ greater than or equal to.

Your echocardiogram showed the following abnormality: There is mild calcific aortic stenosis. These findings should be discussed with your physician and follow-up studies may be warranted.

**Abdominal aorta scan**

Your aortic ultrasound showed a maximum aortic diameter of 1.9 centimeters.

Your aortic ultrasound was normal or showed no clinically relevant finding.

ID NUMBER: XXXXXXXX

9/28/2011

**Lung Function Measurements**  
**ARIC Visit 5/NCS Study Spirometry Results**

Study ID: XXXXXXXX

Height: 171 cm

Age: XX

Gender: M

During your examination you did several tests of your **lung function**.

FVC means Forced Vital Capacity; FEV1 is the Forced Expiratory Volume in 1 second; FEV1/FVC is the ratio of FEV1 to FVC.

The results of your best efforts are:

| <b>Measures</b> | <b>Pre Bronchodilator</b> |                    | <b>Post-BD Results</b> |
|-----------------|---------------------------|--------------------|------------------------|
|                 | <b>Results</b>            | <b>% Predicted</b> | <b>% Change</b>        |
| FVC             | <b>2735 mL</b>            | 80.8 %             | Not Done               |
| FEV1            | <b>2118 mL</b>            | 84.2 %             | Not Done               |
| FEV1/FVC        | <b>75.9 %</b>             | 102.0 %            |                        |

**INTERPRETATION:**

Normal expiratory flows and a normal FVC.

Abbreviations: Post-BD = after albuterol

Spirometer: Sensormedics 922 / 1022, ID (Serial#): 4567888 OMI Version: 5.05

Normals Used: Hankinson(C)-1999 RA Factor: 1.00

Calibration date: 07/18/2007 Temp: 37.0 C. BP: 760 torr BTPS Factor: 1.000

Pre-Test: Effort = Maximal, Position=Standing, FVC Quality=B, FEV1 Quality=A

Post-Bronchodilator-Test: Effort=Maximal, Position=Sitting, FVC Quality=B, FEV1 Quality=A



| <b>Laboratory Test Results from your Visit 5/NCS Examination</b> |                |                                                                                                                                                                                                                                               |
|------------------------------------------------------------------|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Test or Measurement</b>                                       | <b>Results</b> | <b>Brief Interpretation</b>                                                                                                                                                                                                                   |
| <b>Blood Tests</b>                                               |                |                                                                                                                                                                                                                                               |
| Total Cholesterol (mg/dL)                                        | <b>111</b>     | Your blood cholesterol is in the normal range.                                                                                                                                                                                                |
| LDL-Cholesterol (mg/dL)                                          | <b>56</b>      | LDL cholesterol values less than 100 mg/dL are Optimal; Near Optimal from 100 to 129 mg/dL; Above Normal from 130 to 159 mg/dL; High from 160 to 189 High; and Very High above 190 mg/dL                                                      |
| HDL-Cholesterol (mg/dL)                                          | <b>43</b>      | This blood test result is in the normal range.                                                                                                                                                                                                |
| Triglycerides (mg/dL)                                            | <b>61</b>      | Your triglyceride is in the normal range.                                                                                                                                                                                                     |
| Glucose - fasting (mg/dL)                                        | <b>125</b>     | Your fasting blood glucose is somewhat high. You may have a condition called pre-diabetes and should check with your physician about this.                                                                                                    |
| Hemoglobin A1C (%)                                               | <b>6.5</b>     | Normal A1C levels can be from 4.5 to 6% for someone who does not have diabetes. A result between 5.7 and 6.4% can indicate prediabetes (a high risk of developing diabetes). If you have diabetes, please follow your physician's guidelines. |
| Uric acid (mg/dL)                                                | <b>5.6</b>     | Uric acid values are typically 2.4-5.7 mg/dL for women and 3.4-7.0 mg/dL for men.                                                                                                                                                             |
| <b>Protein in the Urine</b>                                      |                |                                                                                                                                                                                                                                               |
| Albumin / creatinine (mg/g)                                      | <b>245.6</b>   | The level of albumin, the major protein in your urine, is somewhat elevated. This may be an indicator of chronic kidney disease. You should discuss this result with your healthcare provider.                                                |
| <b>Kidney Function</b>                                           |                |                                                                                                                                                                                                                                               |
| Estimated GFR(ml/min/1.73 m <sup>2</sup> )                       | <b>50</b>      | Estimated kidney function persistently less than 60 ml/min/1.73 m <sup>2</sup> is an indicator of Chronic Kidney Disease. You should check with your healthcare provider about this within a month.                                           |
| Serum creatinine (mg/dl)                                         | <b>1.72</b>    | Normal levels of creatinine in the blood are approximately 0.6 to 1.2 mg/dL in adult males and 0.5 to 1.1 mg/dL in adult females.                                                                                                             |
| <b>Hemogram (CBC)</b>                                            |                |                                                                                                                                                                                                                                               |
| White Blood Count (WBC) (units of 10 <sup>9</sup> /L)            | <b>3.5</b>     | Your white blood cell count is low, which can result from many different situations. Please review this result with your physician.                                                                                                           |
| Red Blood Count (RBC) (units of 10 <sup>12</sup> /L)             | <b>2.8</b>     | For men, red blood counts are usually between 4.4 and 5.9 x 10 <sup>12</sup> /L<br>For women, red blood counts are usually between 3.8 and 5.2 x 10 <sup>12</sup> /L                                                                          |
| Hemoglobin (g/dl)                                                | <b>8.4</b>     | Your hemoglobin is low. You should check with your physician about this.                                                                                                                                                                      |
| Hematocrit (%)                                                   | <b>25.2</b>    | The percentage of red cells in your blood is low, which suggests that this test should be repeated. Please see your physician about this.                                                                                                     |
| Mean Corpuscular Volume (MCV) (fL)                               | <b>90</b>      | Mean corpuscular volume values usually are 78 to 100 fL                                                                                                                                                                                       |
| Mean Corpuscular Hemoglobin (MCH) (pg)                           | <b>30.3</b>    | Mean corpuscular hemoglobin values usually are 26.5 to 33.0 pg                                                                                                                                                                                |
| Mean Corpuscular Hemoglobin Concentration (MCHC) (g/dl)          | <b>33.5</b>    | Mean corpuscular hemoglobin concentrations usually are 32 to 36 g/dL                                                                                                                                                                          |
| Red Cell Distribution Width (RDW) (%)                            | <b>16.4</b>    | Red cell distribution width values usually are 10 to 15 %                                                                                                                                                                                     |
| Platelet Count (units of 10 <sup>9</sup> /L)                     | <b>200</b>     | Platelet counts are usually in the range 150 to 450 x 10 <sup>9</sup> /L                                                                                                                                                                      |
| Lymphocytes (%)                                                  | <b>49.3</b>    | Lymphocyte differential counts usually range from 15% to 40%                                                                                                                                                                                  |
| Monocytes (%)                                                    | <b>13.6</b>    | Monocyte differential counts usually range from 0% to 12%                                                                                                                                                                                     |
| Absolute Lymphocytes (units of 10 <sup>9</sup> /L)               | <b>1.7</b>     | Absolute lymphocyte counts are usually 1.0 to 5.3 (10 <sup>9</sup> /L)                                                                                                                                                                        |

**Laboratory Test Results from your Visit 5/NCS Examination**

| <b>Test or Measurement</b>                                                                                                        | <b>Results</b> | <b>Brief Interpretation</b>                                |
|-----------------------------------------------------------------------------------------------------------------------------------|----------------|------------------------------------------------------------|
| Absolute Monocytes (units of $10^9/L$ )                                                                                           | <b>0.4</b>     | Absolute monocyte counts are usually 0 to 1.3 ( $10^9/L$ ) |
| Please note that our examination and tests are for research purposes. They do not substitute for an exam conducted by your doctor |                |                                                            |

**Physician: Abnormal Results, No Previous Referral Made**

[Date]

[MD Name]

[Address]

RE: [Participant Name]  
[Date of Birth]

Dear Dr. [MD Name]:

[Participant Name], a patient of yours, is a participant in the ARIC Study and was seen at our Field Center on [Date]. Attached to this letter is a report of the results of this examination. We have indicated on the report the results we consider to be outside the normal range.

The ARIC Study routinely offers to send all clinically relevant data to the participant's physician. Your patient has indicated that we should send these results to you. We also mailed a letter to your patient to report that one or more abnormal findings were noted during the ARIC Study examination and reported to you. We have also suggested that your patient contact you to determine if these findings need further study.

The ARIC Study examination procedures are designed exclusively for epidemiologic research. Our study procedures do not substitute for a clinical examination, nor does the study provide any diagnosis or treatment. If a condition or laboratory test result is found that requires diagnostic confirmation or possible treatment, the study participant is referred to his/her usual source of medical care.

Thank you for your cooperation.

Sincerely,

---

Principal Investigator

/xx  
Attachment

**Physician: Normal Results**

[Date]

[MD Name]

[Address]

RE: [Participant Name]  
[Date of Birth]

Dear Dr. [MD Name]:

[Participant Name], a patient of yours, is a participant in the ARIC Study and was seen at our Field Center on [Date]. Attached to this letter is a report of the results of this examination.

The ARIC Study routinely offers to send all clinically relevant data to the participant's physician. Your patient has indicated that we should send these results to you. We also mailed a letter to your patient to report that no abnormalities were found for any items covered by the ARIC Study examination, and that the enclosed results were sent to you.

The ARIC Study examination procedures are designed exclusively for epidemiologic research. Our study procedures do not substitute for a clinical examination, nor does the study provide any diagnosis or treatment. If a condition or laboratory test result is found that requires diagnostic confirmation or possible treatment, the study participant is referred to his/her usual source of medical care.

Thank you for your cooperation.

Sincerely,

---

Principal Investigator

/xx

Attachment

**Physician: Referral Post Clinic Visit**

[Date]

[MD Name]

[Address]

RE: [Participant Name]  
[Date of Birth]

Dear Dr. [MD Name]:

We saw your patient, [Participant Name], in the ARIC Study clinic on [Date]. We have since received some results on your patient from our central laboratories/reading centers. They include a finding which we believe needs attention.

[Finding]

The ARIC Study does not provide diagnoses, medical advice, or treatment. We have recommended to [Participant Name] that [he/she] contact you within [Time Frame] to determine how to follow-up on these results.

Should you have any questions, please feel free to contact us at xxx-xxx-xxxx. A full report with results of our tests will be forwarded when available.

Sincerely,

---

Principal Investigator

/xx

**Physician: Abnormal Results, Previous Referral Made**

[Date]

[MD Name]

[Address]

RE: [Participant Name]  
[Date of Birth]

Dear Dr. [MD Name]:

[Participant Name], a patient of yours, is a participant in the ARIC Study and was seen at our Field Center on [Date]. Attached to this letter is our final report of the results of this examination. We have indicated on the report the results we consider to be outside the normal range.

The ARIC Study routinely offers to send all clinically relevant data to the participant's physician. Your patient has indicated that we should send these results to you, and we have already reported to you about [the previous referral]. We are now sending a final report indicating possible abnormal findings to your patient, reminding him/her to contact you if he/she has not already done so.

The ARIC Study examination procedures are designed exclusively for epidemiologic research. Our study procedures do not substitute for a clinical examination, nor does the study provide any diagnosis or treatment. If a condition or laboratory test result is found that requires diagnostic confirmation or possible treatment, the study participant is referred to his/her usual source of medical care.

Thank you for your cooperation.

Sincerely,

---

Principal Investigator

/xx

Attachment

**Physician: Referral at Clinic Visit**

[Date]

[MD Name]

[Address]

RE: [Participant Name]  
[Date of Birth]

Dear Dr. [MD Name]:

We saw your patient, [Participant Name], in the ARIC Study clinic on [Date]. During the course of our evaluation, the following problems were identified which we believe need attention:

[Finding]

The ARIC Study does not provide diagnoses, medical advice, or treatment. We have recommended to [Participant Name] that [he/she] contact you within [Time Frame] to determine how to follow-up on these results.

Should you have any questions, please feel free to contact us at xxx-xxx-xxxx. A full report with results of our tests will be forwarded when available.

Sincerely,

---

Principal Investigator

/xx

**Participant: Abnormal Results, No MD Designated**

[Date]

[Participant Name]

[Address]

Dear [Mr./Mrs. Participant Name]:

Thank you for taking part in the ARIC Study examination at our Field Center. We appreciate your willingness to join us in this important study.

The results of your examination are summarized on the attached sheet. We have identified the results which are possibly abnormal. In most instances such a result does not mean that a medical problem exists. However, we believe that the enclosed report should be reviewed by a physician to determine whether these results should be confirmed or studied further.

Because the ARIC Study does not provide any clinical diagnosis or treatment, we offer to send all relevant information to participants' usual sources of medical care. During your ARIC Study visit you indicated that we should send these results to you. We encourage you to consult your physician or usual source of medical care, to alert them to those results that we have highlighted for verification. If you do not have a personal physician or do not know where to find one, please call us.

Our staff will continue to call you twice every year to stay in touch. Thank you again for being a member of the ARIC Study.

Sincerely,

---

Principal Investigator

/xx

Attachment