

# Gregg Germer Blood Test Results

|                           |                      | 03 12 2002 | 12 12 2002  | 04 10 2003 | 04 23 2004 | 08 06 2004             | 10 01 2004   | 03 02 2005 | 06 01 2005 | 07 29 2005           |
|---------------------------|----------------------|------------|-------------|------------|------------|------------------------|--------------|------------|------------|----------------------|
|                           |                      | Altitude   | SICK        | Unift      |            | Post Mid-Year<br>Break |              | Altitude   |            | Two weeks<br>w/ tent |
| <b>HEMATOLOGIE</b>        |                      |            |             |            |            |                        |              |            |            |                      |
| <b>CELHEMATOLOGIE</b>     |                      |            |             |            |            |                        |              |            |            |                      |
| Bezinking lu              | mm                   |            |             |            | 2          | 8                      | 10           | 5          | 2          | 3                    |
| Hemoglobine               | g/dl                 | 15.6       | 15.6        | 14.5       | 14.8       | 14                     | 14.9         | 16.7       | 14.8       | 15.6                 |
| Hematocriet               | %                    | 48.6       | 46.1        | 44.4       | 44.7       | 43.3                   | 45.7         | 49.6       | 44.3       | 46.5                 |
| Rode bloedcellen          | 10 <sup>6</sup> /μl  | 5.12       | 5.03        | 4.74       | 4.62       | 4.43                   | 4.77         | 5.27       | 4.56       | 4.88                 |
| MCV                       | fl                   | 94.9       | 91.7        | 93.7       | 96.8       | 97.7                   | 95.8         | 94.1       | 97.1       | 95.3                 |
| MCH                       | pg                   | 30.5       | 31.1        | 30.6       | 32         | 31.6                   | 31.2         | 31.7       | 32.5       | 32                   |
| MCHC                      | g/dl                 | 32.1       | 33.9        | 32.7       | 33.1       | 32.3                   | 32.6         | 33.7       | 33.4       | 33.5                 |
| Reticulocyten             | %                    |            |             |            | 0.7        | 0.6                    | <b>0.4</b>   | 0.3        | 0.9        | 0.5                  |
| Thrombocyten              | 10 <sup>3</sup> /μl  |            |             | 198        | 206        | 198                    | 202          | 194        | 197        | 207                  |
| WBC                       | 10 <sup>3</sup> /μl  | 6.94       | 7           | 6.8        | 5.27       | 5.06                   | 5.75         | 5.42       | 5.07       | 6.7                  |
| Neutrofielen              | %                    | 52         | <b>70.2</b> | 57.8       | 54.7       | 54.9                   | 55.1         | 55.2       | 58.7       | 61.8                 |
| Eosinofielen              | %                    | 3.2        | <b>0.6</b>  | 2.8        | 4.9        | 3.6                    | 1.6          | 2.2        | 2          | 0.9                  |
| Basofielen                | %                    | 0.6        | 0.3         | 0.3        | 1.9        | 0.4                    | 0.2          | 0.4        | 0.4        | 0.3                  |
| Lymfocyten                | %                    | 35.7       | <b>18.3</b> | 32.6       | 31.7       | 35                     | 36.7         | 34.1       | 30.2       | 31.2                 |
| Monocyten                 | %                    | 8.5        | 10.6        | 6.5        | 6.8        | 6.1                    | 6.4          | 8.1        | 8.7        | 5.7                  |
| Sedimentatie              | mm                   | 1          |             | 3          |            |                        |              |            |            |                      |
| Trombocyten               | 1000/mm <sup>3</sup> | 203        |             | 198        |            |                        |              |            |            |                      |
| <b>DIAGNOSTIEK HEMATO</b> |                      |            |             |            |            |                        |              |            |            |                      |
| <b>VITAMINES</b>          |                      |            |             |            |            |                        |              |            |            |                      |
| Ijzer                     | μg/dl                | 121        |             | 102        | 63         | 83                     | 131          | 159        | 132        | 101                  |
| Ferritine                 | ng/ml                | 117.1      |             | 49.6       | 70         | 84.4                   | 98.9         | 95.2       | 102        | 89.7                 |
| Vitamine B12              | pg/ml                | 275        |             | 304        | 323        | 417                    | 530          | 427        | 355        | 312                  |
| Foliumzuur                | ng/ml                | 9.9        |             | 12.5       | 16.61      | <b>23.6</b>            | <b>24</b>    | 24         | 24         | 24                   |
| <b>BIOCHEMIE</b>          |                      |            |             |            |            |                        |              |            |            |                      |
| <b>NIER - LEVER</b>       |                      |            |             |            |            |                        |              |            |            |                      |
| Ureum                     | mg/dl                |            |             |            | 30         | 38                     | 37           | 34         | 34         | 35                   |
| Kreatinine                | mg/dl                | 1.1        | 1           | 0.8        | 0.97       | 0.96                   | 1            | 1.03       | 0.96       | 1.15                 |
| Urinezuur                 | mg/dl                | 7.2        |             | 6.1        | 6.5        | 6.1                    | 6.9          | 4.8        | 5          | 5.6                  |
| GFR volgens MDR           | ml/min               |            |             |            |            |                        |              | 95         | 103        | 83                   |
| <b>SUIKERMETABOLISME</b>  |                      |            |             |            |            |                        |              |            |            |                      |
| Glucose                   | mg/dl                | 72         |             | 85         | 95         | 81                     | 83           | 98         | 93         | 96                   |
| Cortisol                  | μg/dl                |            |             |            | 18.89      | 14.23                  | <b>28.45</b> | 19.97      | 21.77      | 13.25                |

**MINERALEN - BOTVORMING**

Magnesium 1.8 1.5 1.8 1.6

**ENZYMEN LEVER-GAL-PANCREAS**

SGOT (ALAT) IU/l 44 17 30 39 29 33 38 36 35

SGPT (ASAT) IU/l 19 25 19 38 17 21 19 18 19

**ENZYMEN SPIER- EN HARTFUNCTIE**

CK (Creatine Phosph IU/l 204 212 132

**SEROLOGIE****RHEUMA-INFLAMMATIE**

CRP mg/dl <0.3 <0.3 <0.2 <0.2 <0.2 <0.2

**VIRALE SEROLOGIE****HORMONOLOGIE****GESLACHTSHORMONEN**

Testosterone 470 479 715 568 604 670 576 548

DHEA-sulfaat 220