



## Module 7 – Understanding Kidney Lab Tests

<b>General Health Test Family:</b> Measures my risk of heart disease and diabetes		
Name of Test	Target Range	Record Tests
<b>Serum albumin</b>	Good: >4.0 g/dL	Date: _____ Level: _____    Date: _____ Level: _____ Date: _____ Level: _____    Date: _____ Level: _____ Date: _____ Level: _____    Date: _____ Level: _____
<b>Total cholesterol</b>	Good: 150 to 199 mg/dL Borderline high: 200 to 239 mg/dL High: 240 mg/dL or more	Date: _____ Level: _____    Date: _____ Level: _____ Date: _____ Level: _____    Date: _____ Level: _____ Date: _____ Level: _____    Date: _____ Level: _____
<b>High density lipoprotein (HDL)</b>	Good: 60 mg/dL or more Higher risk of heart disease if: <40 mg/dL (men) <50 mg/dL (women)	Date: _____ Level: _____    Date: _____ Level: _____ Date: _____ Level: _____    Date: _____ Level: _____ Date: _____ Level: _____    Date: _____ Level: _____
<b>Low density lipoprotein (LDL)</b>	Good: <139 mg/dL Borderline high: 140 to 159 mg/dL High: 160 mg/dL or more	Date: _____ Level: _____    Date: _____ Level: _____ Date: _____ Level: _____    Date: _____ Level: _____ Date: _____ Level: _____    Date: _____ Level: _____
<b>Triglycerides</b>	<ul style="list-style-type: none"> <li>• Female: 35 to 135 mg/dL</li> <li>• Male: 40 to 160 mg/dL</li> </ul>	Date: _____ Level: _____    Date: _____ Level: _____ Date: _____ Level: _____    Date: _____ Level: _____ Date: _____ Level: _____    Date: _____ Level: _____
<b>Fasting blood glucose (FBG)</b>	<ul style="list-style-type: none"> <li>• Normal: &lt;100 mg/dL</li> <li>• Prediabetes: 100 to 125 mg/dL</li> <li>• Diabetes: 126 mg/dL or more</li> </ul>	Date: _____ Level: _____    Date: _____ Level: _____ Date: _____ Level: _____    Date: _____ Level: _____ Date: _____ Level: _____    Date: _____ Level: _____
<b>Hemoglobin A1c (HbA1c)</b>	<ul style="list-style-type: none"> <li>• &lt;7% (American Diabetes Assoc.)</li> <li>• &lt;6.5% (American College of Endocrinology)</li> </ul>	Date: _____ Level: _____    Date: _____ Level: _____ Date: _____ Level: _____    Date: _____ Level: _____ Date: _____ Level: _____    Date: _____ Level: _____