NutriPATH

TEST PATIENT

Date of Birth : 21-Feb-1988
Sex : F
Collected : 15-Nov-2010
111 TEST ROAD
TEST SUBURB VIC 3000
Lab id : **3296860**

TEST DOCTOR

TEST MEDICAL CENTRE

SHOP 111
111 TEST RD
TEST SUBURB VIC 3000

BIOCHEMISTRY

URINE, SPOT	Result	Range	Units
CREATININE Urine Spot	**11.3**	5.0 - 13.0	mmol/L

INTEGRATIVE MEDICINE

URINE, SPOT	Result	Range	Units
URINE IODINE	**77**		ug/L
Urine Iodine Corrected	**60.3**		ug/gCR

Urine Iodine Comment

SPOT Urinary Iodine levels are now expressed as ug Iodine/g creatinine to correct for concentration, with the following reference ranges;

Normal Iodine Status: >100 ug Iodine/g creatinine
Mild Deficiency: 51 - 100 ug Iodine/g creatinine
Moderate to severe deficiency: <50 ug Iodine/g creatinine.

Sufficient iodine/iodide is required for adequate thyroid hormone production. Thyroid hormones are essential for growth regulation, metabolic rate, energy levels and temperature control. Iodine deficiency may be associated with an enlarged thyroid gland (goiter), fatigue, reduced cognition, constipation, hair loss, low libido, slow pulse, brittle hair/nails, fibrocystic breasts and increased cancer risk. Many cases of hypothyroidism (low thyroid hormone levels) are due to low iodine in the diet. Iodine levels are influenced by diet and exposure to environmental factors, including toxins that compete for iodine metabolism, e.g. chlorine and bromide used in pools, spas, drinking water, pastries and breads, carbonated beverages, pesticides and medications.

As there is no optimal range for a random iodine test, the spot test is used to determine the patients pre-load test status. The load test then compares how much of the iodine/iodide dose is absorbed versus how much is passed out in the urine by the kidneys. The total amount passed in the urine is inversely related to the amount your body needs and determines if you have sufficient iodine or need supplementation.
For the Urine Iodine loading test, 50 mg of an iodine/iodide mixture is given as a loading dose and the amount of iodine excreted in the urine over the next 24 hours is measured.
In an iodine sufficient state, approximately 90% of a mixture of a 50mg dose of iodine/iodide would be excreted (i.e. 45mg) and 10% of the iodine would be retained (i.e. 5mg).
Levels below 90% excretion would indicate an iodine deficient state.

URINE, 24 HOUR			
24hr Urine Volume	**2000**	693 - 3741	mL
Ur Iodine, Loading	**16700**		ug/L
Urine Iodine Loading Test			
Ur Iodine Loading, Conc.	**33.40**		mg/24hr
Ur Iodine Loading, Excreted	***76.8* *L**	> 90.0	% Excretion

Tests ordered: UCR,UR-IODINE,IMPEI,uIodEx,UIodL

(*) Result outside normal reference range

(L) Result is below lower limit of reference range