

Assessment Report

PATIENT DETAILS

Name **Daan Willemsen**
Gender **Man**
Age **44 years**
Date of birth **14-05-1982**

TEST DETAILS

Test Date **06-07-2026**
Report date **09-07-2026**
Location **Utrecht Oost**
Laboratory **Star-SHL**

OVERALL ASSESSMENT

Your General checkup shows a mixed picture. Nine of the thirteen values tested fall within the reference range. Four values need attention: your cholesterol profile is elevated, your fasting glucose is slightly high, your vitamin D is low and your hsCRP sits just above the cutoff.

Together these results point to an elevated metabolic risk. That responds well to diet, movement and a follow-up check where needed.

KEY FINDINGS

Cholesterol profile elevated

ATTENTION

Your total cholesterol is 6.3 mmol/L, your LDL 4.2 mmol/L and your triglycerides 2.1 mmol/L. All three sit above the reference value. Your HDL, at 1.3 mmol/L, is normal.

Fasting glucose slightly high (6.2 mmol/L)

ATTENTION

Just above the upper limit of 6.0 mmol/L. This can point to reduced glucose tolerance, especially alongside the cholesterol profile above.

Vitamin D low (52 nmol/L)

ATTENTION

Below the target of 75 nmol/L. This is very common in the Netherlands, especially outside the summer months.

hsCRP slightly high (3.4 mg/L)

ATTENTION

Just above the cutoff of 3.0 mg/L. This value is sensitive to low-grade inflammation and fits the risk profile the other values also show.

Thyroid, liver and kidneys in order

GOOD

TSH, ALT and eGFR all sit comfortably within the reference range. There is no sign of a thyroid, liver or kidney problem.

DETAILED ANALYSIS

Vitamins

ATTENTION

Your vitamin D is 52 nmol/L, below the target of 75. Your vitamin B12, at 410 pmol/L, is well sufficient.

Vitamin D is made mainly in the skin through sunlight. Outside the summer months that is barely possible in the Netherlands, which makes a lower value very common. Vitamin D plays a role in bone strength, muscle function and the immune system.

Minerals

NORMAL

Your ferritin is 145 µg/L and falls within the usual range. There is no sign of an iron shortage or surplus.

Hematology

NORMAL

Your hemoglobin is 9.6 mmol/L and falls within range. There is no anemia.

Heart & Vessels

ATTENTION

Your total cholesterol is 6.3 mmol/L, well above the limit of 5.0. Your LDL is 4.2 mmol/L, above the limit of 3.0, and your triglycerides are 2.1 mmol/L, above the limit of 1.7. Your HDL, at 1.3 mmol/L, is normal.

This combination fits an elevated long-term risk of cardiovascular disease. Diet and movement usually have the biggest effect here.

Thyroid

NORMAL

Your TSH is 2.1 mU/L. That sits in the middle of the 0.27 to 4.20 reference range and fits a normally functioning thyroid.

Metabolism

ATTENTION

Your fasting glucose is 6.2 mmol/L, just above the upper limit of 6.0. One measurement is not yet a diagnosis, but combined with the cholesterol profile it is a signal worth watching.

Inflammation

ATTENTION

Your hsCRP is 3.4 mg/L, just above the cutoff of 3.0. This test is more sensitive than standard CRP and is used to detect low-grade inflammation.

Liver

NORMAL

Your ALT is 28 U/L, comfortably within range. This enzyme is released when liver cells are damaged; a normal value fits a healthy liver.

Kidneys

NORMAL

Your eGFR is 94 mL/min/1.73m². This is a calculated measure of how much blood your kidneys filter per minute, and this value is normal for your age.

RECOMMENDATIONS

1

Work on your cholesterol profile

Less saturated fat, more fiber and regular movement have the biggest combined effect on cholesterol and triglycerides. Have your profile retested after three to six months to see if it is working.

2

Top up your vitamin D

Take 25 to 50 micrograms (1000 to 2000 IU) of vitamin D3 daily, with a meal that contains some fat, which improves absorption. Retest the value after three months.

3

Keep an eye on your fasting glucose

One slightly elevated reading is not diabetes. Movement and fewer fast carbohydrates often help already. Bring the value along to your next checkup.

4

Retest after three to six months

Cholesterol, glucose and hsCRP respond to diet and movement within a few months. A follow-up check shows whether the approach is working.

NEXT STEPS

There is no reason to rush. Start with the changes to your diet and movement, and have your cholesterol, glucose, hsCRP and vitamin D retested after three to six months.

Contact your GP if you are unsure about the results, or if new symptoms appear. This report does not replace a consultation.

TEST RESULTS

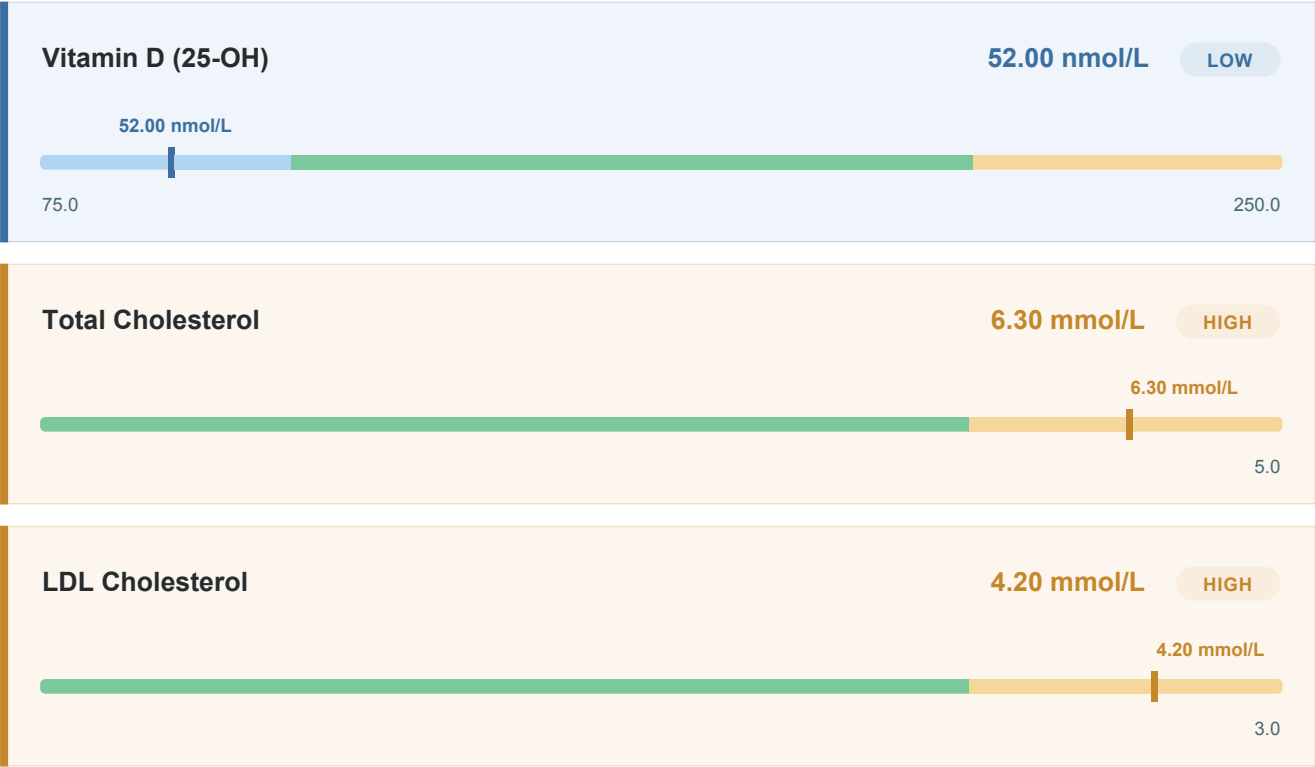
Results Overview

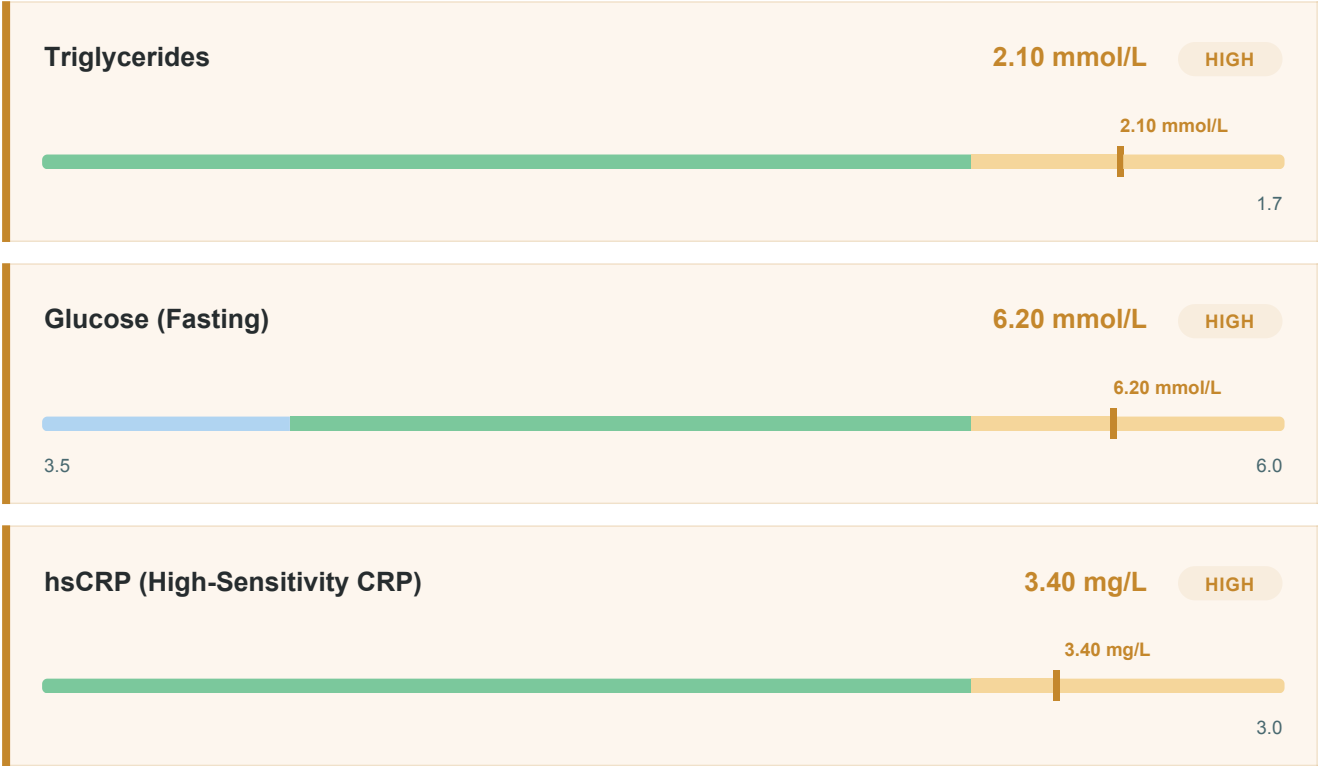
13 results tested

6 of 13 results outside reference range

MARKER	RESULT	REFERENCE	ASSESSMENT
Vitamin D (25-OH)	52.00 nmol/L	75.00 - 250.00 nmol/L	LOW
Total Cholesterol	6.30 mmol/L	— - 5.00 mmol/L	HIGH
LDL Cholesterol	4.20 mmol/L	— - 3.00 mmol/L	HIGH
Triglycerides	2.10 mmol/L	— - 1.70 mmol/L	HIGH
Glucose (Fasting)	6.20 mmol/L	3.50 - 6.00 mmol/L	HIGH
hsCRP (High-Sensitivity CRP)	3.40 mg/L	— - 3.00 mg/L	HIGH

Points of attention (6)





Within reference (7)



HDL Cholesterol

1.30 mmol/L

NORMAL



TSH (Thyroid-Stimulating Hormone)

2.10 mU/L

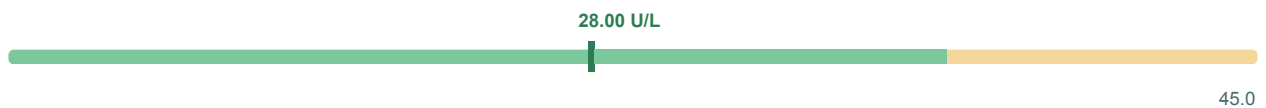
NORMAL



ALT (Alanine Aminotransferase)

28.00 U/L

NORMAL



eGFR (Estimated Glomerular Filtration Rate)

94.00 mL/min/1.73m²

NORMAL



SAMPLE REPORT — FICTIONAL VALUES FOR A PERSON WHO DOES NOT EXIST. NOT MEDICAL ADVICE.

DISCLAIMER

This report was prepared by a BIG-registered doctor. It does not replace a personal medical consultation. Always consult your general practitioner if you have questions.

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