

Complete Blood Viscosity Profile

Accession Number:	Age:	Date Collected:	Date Run:
Patient Name:	Sex:	Date Received:	ReportDate:
OutsidePatientID:	DOB:	Doctor ID:	Tech:
Doctor Name:	Height:	Weight:	FaxNumber:
Comments:			

Blood Viscosity Test Results

Test	Out of range	Results	Reference Range	Units
Systolic		42.3	30 - 44	mP
Diastolic	High	126.3	74 - 126	mP

CBC Test Results

Quest NW

Test	Out of range	Results	Reference Range	Units
White Blood Cells		6.3	3.8 - 10.8	K/ μ L
Red Blood Cells		4.64	4.2 - 5.8	M/ μ L
Hemoglobin		15.5	13.2 - 17.1	g/dl
Hematocrit		47.1	38.5 - 50	%
MCV	High	101.3	80 - 100	fL
MCH	High	33.4	27 - 33	pg
MCHC		32.9	32 - 36	g/dl
RDW		14.4	11 - 15	%
Platelets		282	140 - 400	K/ μ L
MPV		8.6	7.5 - 12.5	fL
BUN		23	7 - 25	mg/dL
Creatinine	High	1.39	0.7 - 1.18	mg/dL

Blood Viscosity Results Interpretation

Systolic Result	Diastolic Result	Comments/Investigations	Potential Interventions
50	150	Check LDL, Tg, glucose Check Hct for mild-moderate erythrocytosis	Therapeutic phlebotomy per phlebotomy algorithm Nattokinase supplementation; hydration
44	126	Check LDL, Tg, glucose Check Hct for mild-moderate erythrocytosis	Hydration; nattokinase supplementation Determine if patient is eligible for phlebotomy
30	74	Check Hct/Hg for anemia Check medications	Dietary changes or medications for anemia correction Dosage changes or stop administering medication(s)
Normal Range			

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CBC Differential Results

Test	Out of range	Results	Reference Range	Units
Neutrophils		62.2		
Lymphocytes		28		
Monocytes		6.7		
Eosinophils		2.4		
Basophils		0.7		
Neutrophils, Absolute		3919	1500 - 7800	cells/ μ L
Lymphocytes, Absolute		1764	850 - 3900	cells/ μ L
Monocytes, Absolute		422	200 - 950	cells/ μ L
Eosinophils, Absolute		151	15 - 500	cells/ μ L
Basophils, Absolute		44	0 - 200	cells/ μ L

Guidelines

Hydration Guidelines

For all patients with blood viscosity levels above the optimum health range (systolic viscosity greater than 41 or diastolic viscosity greater than 110), therapeutic oral hydration is recommended. Hydrate one-half (1/2) of the patient's body weight in ounces daily, e.g., 100 oz of water daily for a 200 lb patient. Mineral supplementation and increases in hydration volume based on activity and humidity/temperature are discretionary for the clinician.

Nattokinase Guidelines

For patients having hyperviscosity (i.e., greater than reference range values--systolic viscosity greater than 44 or diastolic viscosity greater than 126), administer 50 mg of nattokinase (or 1,000 fibrinolytic degradation units) three times daily with food, in addition to oral hydration as above. For patients who are also diagnosed with atrial fibrillation or having an artificial heart valve, dose 50 mg of nattokinase four times daily. Use nattokinase having activity of 20,000 fibrinolytic degradation units per gram. Nattokinase is contraindicated for patients with hemophilia. No contraindications with medications.