

Abnormal parameters in blood tests

IronFeather

Here you can find all the parameters that have appeared altered in my blood tests along the last few years, between 2014 and the present moment (April 2021).

Date: August 2014 (18 years old)

Situation: healthy, no POIS episode happening (they lasted 1 week)

	Value	Reference interval	Units
Neutrophils	80.4	45.0 – 70.0	%
	9.10	1.00 – 6.00	10 ³ /μL
Lymphocytes	13.8	20.0 – 45.0	%

Date: August 2015 (19 years old)

Situation: healthy, no POIS episode happening (they lasted 1-2 weeks)

	Value	Reference interval	Units
Neutrophils	73.5	45.0 – 70.0	%
	7.54	1.00 – 6.00	10 ³ /μL
Lymphocytes	18.7	20.0 – 45.0	%
Total thyroxine (total T4)	13.06	4.20 – 12.00	mcg/dL
Vitamin A (Retinol)	0.27	0.30 – 1.00	mg/L

Date: February 2016 (20 years old)

Situation: don't remember if I was having POIS or not

	Value	Reference interval	Units
Neutrophils	71.4	45.0 – 70.0	%
	7.21	1.00 – 6.00	10 ³ /μL
Prothrombin time (activity)	69.0	70.0 – 100.0	%
Total cholesterol	134	144 – 200	mg/dL
Total proteins	8.4	6.5 – 8.3	g/dL
Proteins: albumin	55.0	55.80 – 66.10	%
Proteins: beta-globulins	1.01	0.60 – 0.90	g/dL

Proteins: gamma-globulins	1.65	0.80 – 1.40	g/dL
	19.60	11.10 – 18.80	%
Total thyroxine (total T4)	12.81	4.20 – 12.00	mcg/dL
IgG anti-Helicobacter Pylori	39	< 20	U/mL
Urine pH	8.0	5.0 – 7.5	---
Urine sediment	Leukocytes: 1-3 per field		

My protein levels seem to always be slightly high or in the upper limit of the range, and they stayed like this even when I exercised intensely. The globulins that appeared elevated in the proteinogram were probably due to the fact that I eat peas very often.

Date: September 2016 (20 years old)

Situation: POIS episode starting (it lasted around 3 weeks)

	Value	Reference interval	Units
Neutrophils	6.60	1.00 – 6.00	%
Sedimentation rate 1st hour	23	< 15	mm
Basal glycemia	72	74 – 106	mg/dL
Total cholesterol	130	144 – 200	mg/dL
Total proteins	8.5	6.5 – 8.3	g/dL
Serum iron	40	50 – 170	µg/dL
Vitamin A (Retinol)	0.23	0.30 – 1.00	mg/L
Immunoglobulin A (total)	419.0	70.0 – 400.0	mg/dL
IgG anti-Helicobacter Pylori	35.3	< 20	U/mL
Acetone in urine	60	0 – 5	mg/dL
Urine sediment	Leukocytes: 1-5 per field		

Date: January 2017 (21 years old)

Situation: healthy, no POIS episode happening (they lasted 3 weeks)

	Value	Reference interval	Units
Neutrophils	75.2	45.0 – 70.0	%
	8.10	1.00 – 6.00	10 ³ /µL
Lymphocytes	16.1	20.0 – 45.0	%

Total cholesterol	130	144 – 200	mg/dL
IgG anti-Helicobacter Pylori	36	< 20	U/mL

Date: July 2017 (21 years old)

Situation: healthy, no POIS episode happening

	Value	Reference interval	Units
Neutrophils	72.2	45.0 – 70.0	%
	8.24	1.00 – 6.00	10 ³ /μL
Total lipids	340	450 – 650	mg/dL
Total cholesterol	130	144 – 200	mg/dL
Vitamin D 25-OH-cholecalciferol	19.23	30 – 100	ng/mL
Vitamin D 1,25-diOH-cholecalciferol	65	19.6 – 54.3	pg/mL

Date: March 2018 (22 years old)

Situation: very sick with POIS, my longest episode (it lasted 1 month)

	Value	Reference interval	Units
Total leukocytes	11.60	4.50 – 11.50	mil/μL
Neutrophils	8.10	1.00 – 6.00	10 ³ /μL

Date: March 2018 (22 years old)

Situation: last days of my longest POIS episode

	Value	Reference interval	Units
Neutrophils	7.80	1.00 – 6.00	10 ³ /μL
Lymphocytes	18.4	20.0 – 45.0	%
Monocytes	10.1	0.0 – 10.0	%
	1.10	0.00 – 1.00	10 ³ /μL
Sedimentation rate 1 st hour	28	< 15	mm
Total cholesterol	131	144 – 200	mg/dL
Serum iron	22	50 – 170	μg/dL
Vitamin D 25-OH-cholecalciferol	12.51	30 – 100	ng/mL

IgG anti-Helicobacter Pylori	31.5	< 20	U/mL
Leukocytes in urine	25	0 – 10	Leu/ μ L
Urine sediment	Leukocytes: 1-5 per field		

Date: April 2018 (22 years old)

Situation: one week after my longest POIS episode ended. I still had swollen tonsils with white patches, and intense pain when swallowing

	Value	Reference interval	Units
Total platelets	139.0	150.0 – 450.0	mil/ μ L
Neutrophils	73.7	45.0 – 70.0	%
	7.90	1.00 – 6.00	$10^3/\mu$ L
Lymphocytes	14.5	20.0 – 45.0	%
Monocytes	11.0	0.0 – 10.0	%
	1.20	0.00 – 1.00	$10^3/\mu$ L
Total cholesterol	122	144 – 200	mg/dL
Urea	13	17 – 48	mg/dL
Serum iron	14	50 – 170	μ g/dL
Sodium	133.0	135.0 – 145.0	mEq/L
C-reactive protein	4.52	0.00 – 0.50	mg/dL

Date: July 2018 (22 years old)

Situation: in the peak of a POIS episode

	Value	Reference interval	Units
Total platelets	145.0	150.0 – 450.0	mil/ μ L
Leukocytes	11.90	4.50 – 11.50	mil/ μ L
Neutrophils	76.7	45.0 – 70.0	%
	9.20	1.00 – 6.00	$10^3/\mu$ L
Lymphocytes	12.1	20.0 – 45.0	mil/ μ L
	1.40	1.50 – 3.50	$10^3/\mu$ L
Monocytes	10.3	0.0 – 10.0	mil/ μ L
	1.20	0.00 – 1.00	$10^3/\mu$ L
Sedimentation rate 1st hour	21	< 15	mm
Prothrombin time (INR)	1.35	1.00 – 1.30	INR
Prothrombin time (activity)	57.0	70.0 – 100.0	%

Total cholesterol	135	144 – 200	mg/dL
Urea	15	17 – 48	mg/dL
Total proteins	8.5	6.5 – 8.3	g/dL
Serum iron	43	50 – 170	µg/dL
C-reactive protein	2.02	0.00 – 0.50	mg/dL
Total thyroxine (total T4)	12.48	4.20 – 12.00	mcg/dL
Vitamin D 25-OH cholecalciferol	21.17	30 – 100	ng/mL
IgG anti-Helicobacter Pylori	45.6	< 20	U/mL
Calcium/creatinine quotient in urine	0.02	0.04 – 0.24	---

Date: August 2019 (23 years old)

Situation: very healthy. At this point I had been exercising for a year, and I had never felt better

	Value	Reference interval	Units
Proteins: gamma-globulins	21.5	10.4 – 19.8	%
Vitamin D 25-OH cholecalciferol	10.82	30 – 96	ng/mL

Date: June 2020 (24 years old)

Situation: 4 months after I stopped exercising heavily, and 3 months after the exposure to bleach. The symptoms were starting. I already had exercise intolerance and muscle shaking with any effort

	Value	Reference interval	Units
CMHC	32.5	33 – 37	%
Transferrin saturation index	19.12	20 – 45	µg/dL
Vitamin D 25-OH cholecalciferol	8.8	30 – 96	ng/mL

The IgG anti-Helicobacter Pylori antibodies had spontaneously disappeared.

Date: March 2021 (24 years old)

Situation: I had a couple of O's in the weeks before this analysis, with temperature dysregulation, a general sensation of unwellness, a tense feeling in the diaphragm and nocturnal tachycardia being the only after-effects. My exercise intolerance and muscle shaking seem to be permanent, but it seems that I don't experience fever in POIS anymore

	Value	Reference interval	Units
Nicotinamide (vitamin B3)	6.64	10.0 – 100.0	µg/L
Vitamin D 25-OH cholecalciferol	15.2	30 – 96	ng/mL
