

Aortic Valve Calcification

Disease Report

REPORT CATEGORY —



Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs. The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
-
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
-
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
-
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
-
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Aortic valve calcification is a condition where calcium deposits form on the aortic valve in the heart. These deposits can cause the valve to stiffen, reducing its ability to fully open and close. This can lead to a narrowing of the valve opening (aortic stenosis) or a leaking of the valve (aortic regurgitation). Aortic valve calcification is more common in older adults and can lead to significant heart problems and symptoms [\[R\]](#).

The calcium deposits may never cause any problems. Aortic valve stenosis that's related to increasing age and calcium deposit buildup usually doesn't cause symptoms until age 70 or 80. However, in some people — particularly those with congenital aortic valve defects — calcium deposits result in stiffening of the valve cusps at a younger age. When present, symptoms include [\[R\]](#):

- Shortness of breath, especially during exertion
- Chest pain or tightness (angina)
- Fainting or dizziness
- Heart palpitations or feeling a rapid, fluttering heartbeat
- Fatigue after being physically active

Potential complications of aortic valve calcification may include:

- Blood clots
- Irregular heart rhythm
- Stroke
- Heart failure
- Cardiac arrest

Risk Factors and Management

Calcification and stenosis generally affect older adults, as calcium builds up over time. When it occurs in younger people, it's often caused by [\[R\]](#):

- A heart defect that's present at birth (congenital heart defect)
- Other illnesses, such as kidney failure

Other factors further increasing the risk of aortic valve calcification include [\[R\]](#):

- High blood pressure
- High cholesterol levels
- Smoking
- History of rheumatic fever
- Family history of heart valve disease

There may be genetic components to aortic valve calcification, especially in individuals who develop it at a younger age. Specific genetic factors can predispose individuals to a higher risk of calcification and aortic valve disease.

Some possible ways to prevent aortic valve stenosis include:

- Controlling cardiovascular risk factors like high blood pressure, cholesterol, and not smoking.
- Regular physical activity and a heart-healthy diet.
- Timely treatment of any condition that can contribute to valve calcification, like rheumatic fever or kidney disease.
- Regular medical check-ups, especially for those with risk factors or a family history of heart disease.

Treatment for aortic valve calcification depends on the symptoms and the severity of the condition. If you have mild aortic valve symptoms or none, you may only need regular checkups by a healthcare provider. The provider may recommend healthy lifestyle changes and medications to treat valve disease symptoms or reduce the risk of complications. Severe cases may require surgery to repair or replace the aortic valve [\[R\]](#).



TYPICAL LIKELIHOOD

Typical likelihood of aortic valve calcification based on 26 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TACSTD2	rs170828	GG
DENND4C	rs10124723	GG
HSD17B12	rs7937669	TT
ARHGAP24	rs17010961	AT
GLIPR1	rs11180610	TC
TPO	rs12465180	GC
PRRX1	rs2150026	TC
ACTR2	rs6715876	TC
RNMT	rs12605367	CT
NAV1	rs665770	GA
/	rs7593336	GA
TREML4	rs7748777	GA
EMX2	rs12264978	CC
ISG20	rs4932408	GG
/	rs113277183	GG
RND3	rs114314058	GG
LPA	rs10455872	AA
/	rs114795211	GG
STT3B	rs73056108	CC
PALMD	rs7543039	CC
FBRS1	rs117206641	CC
STEAP1B	rs2069832	GG
ALPL	rs12141569	TT
MECOM	rs2421649	AA
ME3	rs11234705	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE			
1	Vitamin K1	90 mcg	2	Aerobic Exercise (Cardio)	1 hour
3	Avoid Excessive Oleic Acid Consumption		4	Strength Training	1 hour
5	Dietary Antioxidants		6	Tai Chi	1 hour
7	Walking	30 minutes	8	Avoid Sugary Foods & Drinks	
9	Vitamin D and Calcium		10	Dietary Magnesium	
11	Vitamin K	90 mcg	12	Oats	
13	Limit Salt Intake		14	Dietary Omega-3 Fatty Acids	
15	Vitamin K2	100 mcg			

1



Vitamin K1

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a vitamin K1 supplement once daily with a meal that includes fat, as fat increases its absorption. The dosage can vary depending on individual needs, but a common dose is between 90-300 micrograms. Continue this regimen daily for ongoing health benefits, particularly for bone and cardiovascular health.

TYPICAL STARTING DOSE

90 mcg

Description

Vitamin K encompasses two main forms: vitamin K1 (phylloquinone) and vitamin K2 (menaquinone). Vitamin K1 is primarily found in leafy green vegetables and plays a crucial role in blood clotting. Vitamin K2, sourced from animal products and fermented foods, is known for its potential to promote bone health and cardiovascular wellness.

How it helps

Vitamin K1 may help prevent the calcification of arteries and heart valves by activating proteins that inhibit calcification. This ensures calcium is directed into bones and not deposited in arterial walls.

2



Aerobic Exercise (Cardio)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Aerobic exercise, such as walking or cycling, improves cardiovascular health by enhancing blood flow and reducing blood pressure. It can help slow the progression of aortic valve calcification.

3



Avoid Excessive Oleic Acid Consumption

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Limit your intake of foods high in oleic acid, such as olive oil, avocados, and certain nuts like almonds and hazelnuts, to no more than 2 servings per day. A serving is typically 1 tablespoon for oils or 1 ounce for nuts and avocados.

Description

Oleic acid is a type of fat found in certain foods like olive oil. Although it's good for your heart in small amounts, eating too much of it can lead to weight gain and other health problems. So, it's important to consume it in moderation for a balanced diet and overall health.

How it helps

High intake of oleic acid could potentially contribute to the fatty deposits involved in calcification, therefore moderating its consumption may be beneficial.

4



Strength Training

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [\[R\]](#). Some of the most common strength training methods include [\[R\]](#):

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [\[R\]](#):

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

Regular strength training can improve overall cardiovascular health which might indirectly slow the progression of aortic valve calcification.

5



Dietary Antioxidants

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in antioxidants, such as fruits (berries, oranges, plums), vegetables (spinach, kale, bell peppers), nuts (walnuts, almonds), and seeds (flaxseeds, chia seeds) into your daily meals. Aim for at least 5 servings of fruits and vegetables per day, ensuring a variety of colors to cover different antioxidants.

Description

Dietary antioxidants are compounds found in foods that help neutralize harmful molecules called free radicals, potentially reducing the risk of oxidative stress-related diseases and supporting overall health. Examples include vitamins C and E, beta-carotene, and polyphenols.

Our cells sometimes produce molecules called **reactive oxygen species (ROS)** [\[R\]](#).

High levels of ROS can cause [oxidative stress](#) and damage our cells. Oxidative stress plays a role in many health conditions, including [\[R\]](#):

- High blood sugar
- Type 2 diabetes
- Heart disease

Antioxidants are substances that help combat ROS [\[R\]](#).

Antioxidants are found in many plants. Good sources include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Fruits like tomatoes, berries, and pomegranates
- Vegetables like onions, spinach, and celery
- Chocolate
- Olive oil
- Wine

How it helps

Antioxidants help combat oxidative stress, which is implicated in the calcification of the aortic valve.

6



Tai Chi

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice Tai Chi for 30 to 60 minutes at least twice a week. Choose a quiet, spacious area and follow along with a qualified instructor, either in person at a class or through an online video tutorial, to ensure proper technique and maximum benefit.

TYPICAL STARTING DOSE

1 hour

Description

Tai Chi is a traditional Chinese mind-body practice involving slow, flowing movements and deep breathing. It is known for its potential to reduce stress, improve balance, and enhance overall physical and mental well-being.

Tai chi involves gentle movements and breathing to strengthen and relax the mind and body. Practicing tai chi may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Manage pain
- Improve fitness
- Increase well-being
- Improve sleep and mood

How it helps

Practicing Tai Chi can reduce stress levels and improve cardiovascular fitness, which can help in managing aortic valve calcification.

7



Walking

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Regular walking can improve cardiovascular health and circulation, possibly benefiting those with aortic valve calcification.

8



Avoid Sugary Foods & Drinks

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Weight gain and obesity [\[R\]](#), [\[R\]](#)
- Insomnia [\[R\]](#)
- Heart disease [\[R\]](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [\[R\]](#), [\[R\]](#).

How it helps

Sugary foods can lead to obesity and increase inflammation, both of which are risk factors for aortic valve calcification.

9



Vitamin D and Calcium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 600 IU of vitamin D and 1000 mg of calcium daily. For adults over 70 years, the vitamin D intake should be increased to 800 IU daily. These supplements can be taken together or separately, usually with a meal to enhance absorption, and it is advisable to continue this regimen as part of your daily routine indefinitely unless advised otherwise by a healthcare provider.

Description

Vitamin D plus calcium supplements typically combine vitamin D, often sourced from sunlight exposure or dietary sources, with calcium, primarily found in dairy products and leafy greens. This combination is used to promote bone health, reduce the risk of osteoporosis, and support overall musculoskeletal well-being.

How it helps

A combination of Vitamin D and calcium is important for maintaining overall calcium balance in the body. Proper regulation can prevent excessive calcium from accumulating in the blood vessels and heart valves.

10



Dietary Magnesium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Increase your intake of magnesium-rich foods such as leafy green vegetables, nuts, seeds, and whole grains. Aim to include these foods in your diet daily, following the recommended dietary allowance of 320 mg per day for women and 420 mg per day for men.

Description

Magnesium is a vital mineral involved in over 300 biochemical reactions in the body. It supports various functions, including muscle and nerve function, bone health, and blood sugar regulation.

[Magnesium](#) is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

Magnesium plays a crucial role in maintaining cardiovascular health, including preventing calcification of the aortic valve by inhibiting calcium deposits in the arteries.

11



Vitamin K

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a vitamin K supplement of around 90-120 micrograms daily with a meal that contains fat for optimal absorption. This dosage is appropriate for adult maintenance of health and should be adjusted based on individual healthcare provider advice.

TYPICAL STARTING DOSE

90 mcg

Description

Vitamin K encompasses two main forms: vitamin K1 (phylloquinone) and vitamin K2 (menaquinone). Vitamin K1 is primarily found in leafy green vegetables and plays a crucial role in blood clotting. Vitamin K2, sourced from animal products and fermented foods, is known for its potential to promote bone health and cardiovascular wellness.

Vitamin K is essential for blood clotting and bone formation [\[R\]](#).

Good sources of vitamin K include [\[R\]](#), [\[R\]](#):

- Green leafy vegetables, such as kale, spinach, and collards
- Soy products, such as natto, roasted soybeans, and edamame
- Carrot juice
- Pumpkin

Healthy adults should get **120 micrograms** of vitamin K per day [\[R\]](#).

How it helps

Vitamin K may help by activating proteins that prevent calcium from depositing in the blood vessels and heart valves.

12



Oats

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate oats into your diet daily by having them for breakfast as oatmeal, or adding them to smoothies, baking recipes, or overnight oats. Aim for at least a half-cup (40 grams) of dry oats to reap the health benefits.

Description

Oats are a whole grain known for their high fiber content and nutritional value, like zinc, iron, and manganese. Including oats in one's diet can promote heart health, stabilize blood sugar levels, and provide sustained energy.

Oats are a good source for manganese, zinc, iron, magnesium, and vitamins B1 and B5. A ½ cup serving provides 0.7 mg of manganese or 30%DV.

How it helps

Oats are high in soluble fiber, which can help lower bad cholesterol levels, potentially reducing the risk of plaque formation that leads to calcification.

13



Limit Salt Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Reduce your daily salt intake to less than 2,300 milligrams (mg), equivalent to about one teaspoon of table salt. This includes all salt consumed, whether added during cooking, at the table, or present in processed and ready-to-eat foods.

Description

Limiting salt intake involves lowering the amount of sodium in the diet, which can help lower blood pressure and reduce the risk of heart disease. It often involves avoiding processed and other high-sodium foods such as cured meats, soups and sauces, and various pickled foods.

Your body needs a certain amount of sodium to function. For example, it helps support your blood pressure. This sodium usually comes from [salt](#). However, eating too much salt is linked to an increased risk of stroke and heart disease [\[R\]](#), [\[R\]](#).

Foods higher in salt include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Prepared soups, broths, gravies, and sauces
- Fermented or pickled foods (such as pickles, soy sauce, olives, and [capers](#))
- Cured meats and sausages (such as bacon, salt pork, and salami)
- Cheese (such as Roquefort and Parmesan)

Try to limit your daily intake to 1 teaspoon of salt (2,400 mg of sodium) [\[R\]](#).

How it helps

Eating less salt can decrease the amount of calcium buildup in the aorta by reducing blood pressure and decreasing the strain on the heart valves.

14



Dietary Omega-3 Fatty Acids

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Omega-3 fatty acids can help reduce inflammation and improve cardiovascular health, potentially slowing the progression of aortic valve calcification. These fats are found in fish like salmon and supplements.

15



Vitamin K2

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a vitamin K2 supplement once daily with a meal that contains fat, as fat increases its absorption. The recommended dosage can vary depending on the specific supplement but typically ranges from 100 to 300 micrograms per day. It is important to continue this supplementation daily for ongoing benefits to bone and cardiovascular health.

TYPICAL STARTING DOSE

100 mcg

Description

Vitamin K2 is a beneficial nutrient we often lack. It's like a traffic cop for your body, directing calcium to your bones and teeth where it's needed, rather than letting it clog up your arteries and organs. Ensuring you get enough Vitamin K2 boosts your bone and heart health.

How it helps

Vitamin K2 helps by activating matrix GLA-protein (MGP), which inhibits the calcification of blood vessels and tissues, including the aortic valve.

Next Steps

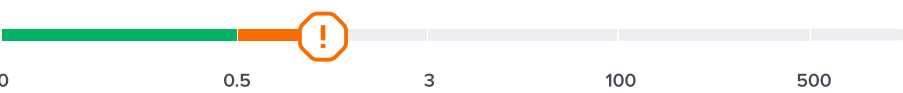
Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

	Phosphorus	2 mg/dL		9 Nov 2025
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	Homocysteine	12.84 umol/L		9 Nov 2025
	hs-CRP	1.6 mg/L		9 Nov 2025
	Calcium	9.2 mg/dL		9 Nov 2025