Protein/Creatinine Ratio Chart

Patient Information:

- **Name:** George M Owens
- **Date of Birth:** 8/11/1990
- **Medical Record Number:** P3213165146
- **Test Date:** November 3, 2023

Test Results:

Test Date	Urine Sample Collection Time	Protein (mg/dL)	Creatinine (mg/dL)	Protein/Creatinine Ratio
November 3, 2023	Morning	30 mg/dL	120 mg/dL	0.25 mg/mg
November 3, 2023	Afternoon	25 mg/dL	110 mg/dL	0.23 mg/mg
November 3, 2023	Evening	35 mg/dL	125 mg/dL	0.28 mg/mg

Interpretation:

After examining the test results, it's crucial to understand the significance of the Protein/Creatinine Ratio. The normal range for this ratio typically falls between 0.15 to 0.25 mg/mg. A value beyond 0.25 mg/mg might indicate proteinuria, a condition where an excessive amount of protein is present in the urine, often signaling possible kidney dysfunction. On the contrary, a ratio below 0.15 mg/mg could indicate low levels of protein, which could also be an issue needing further evaluation.

In this case, the results from the three urine samples taken on November 3, 2023, show slighly elevated protein levels in the morning and evening samples, with the ratio ranging from 0.23 to 0.28 mg/mg, exceeding the upper limit of the normal range. These findings suggest a potential concern regarding proteinuria.

Recommendations:

Given the slightly elevated Protein/Creatinine Ratio, it is advisable to consult with a healthcare professional, likely a nephrologist or general practitioner, for a comprehensive evaluation. Further tests and examinations may be required to assess kidney function accurately. Meanwhile, adopting certain lifestyle changes, such as increased hydration, reducing salt intake, and maintaining a balanced diet, can often be beneficial.

It's important to note that these results serve as an indicator rather than a definitive diagnosis, and thus, it's crucial to seek professional guidance to ensure appropriate measures are taken to address any potential kidney-related issues.