

Lab Tracker

While monitoring your LDH (lactate dehydrogenase) is important, evaluating other lab values helps you get a bigger picture of your PNH.

Understanding your other lab results

To manage your PNH, your healthcare team may use many different tests. This tool can be used to track your lab values over time for the following tests:

Complete blood count (CBC): Provides information about the kinds and numbers of cells in the blood. Includes hematocrit, hemoglobin, platelets, and white blood cells (among other measurements):

- **Hematocrit (HCT):** Measures the volume of red blood cells in your blood. The test is given as a percentage of how much of your blood is made up of red blood cells
- **Hemoglobin (Hgb):** Hemoglobin is the substance in red blood cells that carries oxygen in the blood. This test measures the amount of hemoglobin in the blood and its ability to carry oxygen throughout the body
- **Platelets (thrombocyte) count:** Measures the amount of platelets in your blood. Platelets are used for clotting and play an important role in helping you heal from injury
- **White blood cells (WBCs):** This test measures the amount of white blood cells in your blood. WBCs protect the body against infection

Creatinine (CRT): Measures creatinine, a waste product in the blood. This test indicates how well your kidneys are working.

How the grids work

To use this tracker, simply record the date of your test and the corresponding results for creatinine, hematocrit, hemoglobin, platelets, and white blood cells.

Important Lab Results									
Date of Test	2/5/08								
Creatinine (CRT) mg/mL	5.5								
Hematocrit (HCT) g/dL	19								
Hemoglobin (Hgb) g/dL	11,000								
Platelets (PLT) mm3	141,000								
White Blood Cells (WBCs) μ L	1.3								

Keeping track of your other lab values, combined with monitoring your LDH level, is the best way to help you and your doctor manage your PNH.

