Assessment Report

PATIENT DETAILS		TEST DETAILS	
Name	**Lisa Hoekstra**	Test Date	**22-06-2026**
Gender	**Female**	Report date	**25-06-2026**
Age	**45 years**	Location	**Groningen Centrum**
Date of birth	**08-02-1981**	Laboratory	**Star-SHL**

OVERALL ASSESSMENT

This report compares your week 0 baseline with your week 12 check. Four of the five values have improved, and three of them moved from outside the range to inside it.

Your HbA1c fell from 44 to 38 mmol/mol, your fasting glucose from 6.4 to 5.3 mmol/L and your fasting insulin from 21.8 to 11.2 mU/L. That last one is the most important of the three: it means your body needs less insulin to hold a lower blood glucose.

KEY FINDINGS

HbA1c from 44 to 38 mmol/mol

GOOD

From above the 42 limit to comfortably below it. HbA1c reflects your average blood glucose over the past two to three months, so this fall covers almost exactly the period of your programme.

Fasting insulin halved (21.8 to 11.2 mU/L)

GOOD

The most meaningful change in this report. A lower insulin alongside a lower glucose means your insulin sensitivity has improved — your body is doing more with less.

Assessed by a BIG-registered doctor, under the medical supervision of Dr. Naimi (BIG: 49928676701)

ALT normalised (38 to 26 U/L) GOOD

Your liver value moved from just above the limit to well within range. Fat content in the liver usually falls with weight loss, and that is generally what you are seeing here.

Lipase stable (42 to 45 U/L) — safety check INFORMATIONAL

This value is not supposed to improve. Lipase is measured because GLP-1 medication can, rarely, cause pancreatitis. Stable and within range is exactly the desired outcome.

DETAILED ANALYSIS

Metabolic

GOOD

All three metabolic values have improved.

Your HbA1c went from 44 to 38 mmol/mol. The limit is 42, so you moved from above it to below it. HbA1c measures what proportion of your hemoglobin has been glycated, which makes it lag reality — today's value describes the past two to three months.

Your fasting glucose fell from 6.4 to 5.3 mmol/L, also from above the range into it.

The most important change is your fasting insulin: from 21.8 to 11.2 mU/L. Both values fall formally within the reference range, so neither was ever flagged as abnormal. But the fall itself is what counts. A high insulin alongside a high glucose means your body is working hard to keep blood sugar in check. Now less insulin is needed for a lower glucose, and that is what insulin sensitivity means.

Liver

GOOD

Your ALT fell from 38 to 26 U/L, from just above the 34 upper limit to comfortably below it. A mildly raised ALT in the context of excess weight is often linked to fat accumulation in the liver, which usually decreases with weight loss.

Your lipase went from 42 to 45 U/L, staying in the middle of the 13 to 60 range. This value is not in the panel to improve. Lipase is a pancreatic enzyme and is monitored during a GLP-1 programme because this medication can, rarely, cause pancreatitis. A stable value within range is the good news here.

RECOMMENDATIONS

1

Keep measuring lipase, even now it is fine

Precisely because this value is stable, it is useful: you now have two measurements as your own baseline. Keep including it at every check while you are on the medication, and contact your doctor about persistent abdominal pain that radiates to your back.

2

Next check in twelve weeks

HbA1c needs roughly that long to reflect a new change. Measuring sooner mostly shows noise.

3

Always test fasting and at the same time of day

Glucose and insulin are sensitive to when you last ate. Only measurements taken under the same conditions are comparable; otherwise you are comparing two different mornings instead of twelve weeks of progress.

NEXT STEPS

There is no reason to change anything about your programme. Schedule the next measurement in twelve weeks, again fasting and at the same time of day.

Contact your doctor about persistent abdominal pain radiating to your back, or about any other symptoms you attribute to the medication. This report does not replace a consultation.

TEST RESULTS

Results Overview

10 results tested

3 of 10 results outside reference range

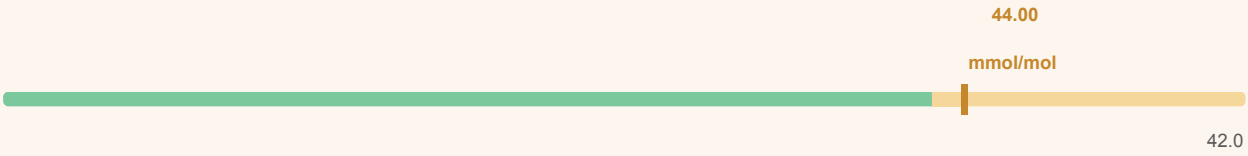
MARKER	RESULT	REFERENCE	ASSESSMENT
HbA1c (Glycated Hemoglobin) 30-03-2026	**44.00 mmol/mol**	— - 42.00 mmol/mol	**HIGH**
Glucose (Fasting) 30-03-2026	**6.40 mmol/L**	3.50 - 6.00 mmol/L	**HIGH**
ALT (Alanine Aminotransferase) 30-03-2026	**38.00 U/L**	— - 34.00 U/L	**HIGH**

Points of attention (3)

HbA1c (Glycated Hemoglobin)

30-03-2026

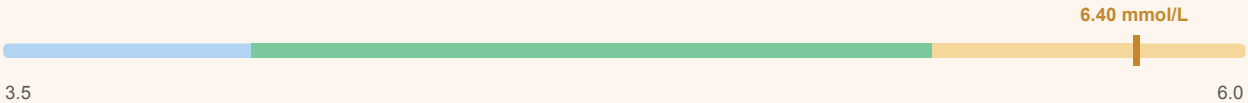
44.00 mmol/mol HIGH



Glucose (Fasting)

30-03-2026

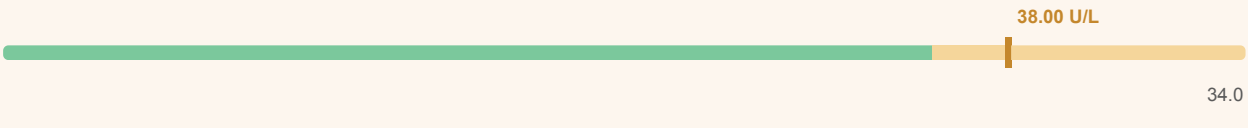
6.40 mmol/L HIGH



ALT (Alanine Aminotransferase)

30-03-2026

38.00 U/L HIGH



Within reference (7)

Insulin (Fasting)

30-03-2026

21.80 mU/L NORMAL



Lipase

30-03-2026

42.00 U/L NORMAL



HbA1c (Glycated Hemoglobin)

22-06-2026

38.00 mmol/mol NORMAL



Glucose (Fasting)

22-06-2026

5.30 mmol/L NORMAL



Insulin (Fasting)

22-06-2026

11.20 mU/L NORMAL



Lipase

22-06-2026

45.00 U/L NORMAL



ALT (Alanine Aminotransferase)

22-06-2026

26.00 U/L NORMAL



SAMPLE REPORT — FICTIONAL VALUES FOR A PERSON WHO DOES NOT EXIST. NOT MEDICAL ADVICE.

DISCLAIMER

This report was prepared by a BIG-registered doctor. It does not replace a personal medical consultation. Always consult your general practitioner if you have questions.

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