VITALS VAULT

FREE GUIDE

White-Cell Line Decoder

A guide to the white-cell line of a blood count: what total WBC measures, what can move it for a day, and a place to log results and questions.

TOTAL WBC (K/CUMM): THREE WAYS TO READ IT

Source	Band	What it is
Standard lab range	3.8 to 10.8	The usual reference range on a report.
44-year Baltimore study	3.5 to 6	Lowest death rate in that group; above 10 doubled it and below 3.5 tripled it.
Older women's cohort	Below 5.6	Death rate was lowest below 5.6 and higher above 7.0.

CAN RAISE WBC FOR A DAY OR TWO (TICK)

- ☐ Infection
- ☐ Hard exercise
- ☐ Stress
- ☐ Tissue injury
- ☐ Smoking
- ☐ Steroids or other medicines (list them)

LOG YOUR COUNTS

Date	Total WBC	Neutrophils	Lymphocytes	Notes

QUESTIONS TO ASK

- ☐ Was I sick, stressed or exercising hard before this draw?
- ☐ Should we repeat this count, and when?
- ☐ Which white-cell type is driving a high or low total?
- ☐ How does this compare with my earlier counts?

Sources: Ruggiero 2007; Leng 2005; Danesh 1998. Associations only; the study bands sit inside the standard range.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com