Lab Tests & Screenings
PERFORMED BY WELLNESS PARTNERS

BLOOD COUNTS

WBC: The white blood cell count is used for evaluation of infections, physiologic changes (stress, menstruation, and medication) and the body's susceptibility to infection.

RBC: The red blood cell count is used for determination of anemia or polycythemia (increased blood cell concentration).

HGB: Hemoglobin concentration is a measure of the ability to transport oxygen to the lungs.

HCT: The hematocrit is the percent of red blood cells in the total volume of blood.

MCV: Mean corpuscular volume is a measurement of the average size of your red blood cells.

MCH: Mean corpuscular hemoglobin is a calculation of the amount of oxygen-carrying hemoglobin inside your RBCs.

MCHC: Mean corpuscular hemoglobin concentration is a calculation of the concentration of hemoglobin inside the RBCs.

RDW: Red cell distribution width is a calculation of the variation in the size of your RBCs.

PLATELET: The platelet is a particle used in the process of forming a clot. This test is a count of the total platelets in the blood.

IRON: Iron is an important part of blood cell production. This test is used to diagnose and evaluate anemia.

VITAMINS, MINERALS, & ELECTROLYTES

SODIUM: Sodium is an electrolyte that indicates the water balance of the body and is regulated by the kidneys and adrenal glands.

POTASSIUM: Potassium is an electrolyte that reflects urinary function and fluid balance. It is important for the proper function of nerves and muscles.

CHLORIDE: Chloride is an electrolyte that indicates the water balance of the body. It closely follows the sodium values.

CALCIUM: Calcium is needed by every cell in the body for proper function. This is a test of the total calcium in the blood.

**VITAMIN D: Vitamin D helps your body absorb calcium and maintain strong bones throughout your entire life. The amount of 25-hydroxyvitamin D in your blood is a good indication of how much vitamin D your body has. The test can determine if your vitamin D levels are too high or too low.

LIPIDS (BLOOD FATS)

TOTAL CHOLESTEROL: Cholesterol is blood fat. This test can be used as a screening tool for the development of coronary artery disease.

HDL CHOLESTEROL: High density lipoprotein (or 'good cholesterol') is used to estimate risk of coronary artery disease.

TRIGLYCERIDES: Triglycerides are a form of neutral fat in the blood. Increased levels indicate increased risk of heart disease.

TOTAL CHOLESTEROL/HDL RATIO: The C/H ratio is used to estimate risk of developing coronary artery disease.

LDL CHOLESTEROL: Low density lipoprotein (or 'bad cholesterol') is used to estimate risk of coronary artery disease.

*DIRECT LDL: Measures the LDL cholesterol to determine your risk of developing heart disease.

HEART & LIVER

TOTAL BILIRUBIN: Bilirubin is a waste product of hemoglobin breakdown. The test is used to detect liver and blood disorders.

ALKALINE PHOSPHATASE: Alkaline phosphatase is an enzyme used to determine certain types of bone, liver, and bile duct diseases.

ALT (GOT): Alanine aminotransferase is an enzyme used to assess liver damage.

AST (GOT): Aspartate aminotransferase is an enzyme found in many tissues. It is an indicator of tissue damage, mainly in the liver, but also in the muscles, heart, and lungs.

TOTAL PROTEIN: Total protein is a measure of the total of 2 kinds of protein in the body: albumin and globulin. It can be indicative of a variety of diseases and disorders.

ALBUMIN: Albumin is the primary protein made by the liver. It is used as an indicator of liver and kidney disease.

GAMMA GT: Gamma-glutamyl transpeptidase is an enzyme that is used to assess liver diseases and bile duct disorders.

LDH: Lactate dehydrogenase is an enzyme that indicates cell damage. It is useful in diagnosing lung disease, liver disease, and anemia.

HS – CRP: High sensitivity C-reactive protein is a predictor of heart disease.

KIDNEYS

BUN: The blood urea nitrogen test is used to assess kidney function and hydration.

CREATININE: The creatinine blood test is used along with a BUN test to assess kidney function.

URIC ACID: Uric acid is a product of protein breakdown used for diagnosing gout and evaluating kidney stones, chemotherapy, and radiation.

eGFR: Estimated glomerular filtration rate is used to detect early kidney damage and monitor kidney function status.

BLOOD SUGAR

GLUCOSE: Glucose levels (often referred to as "blood sugar") help diagnose diabetes mellitus.

A1C: Hemoglobin A1c is tested to monitor the long-term control of diabetes mellitus.

EST AVG GLU: Estimated average glucose is used to screen for, diagnose, and monitor diabetes.

THYROID

TSH: The thyroid stimulating hormone test is often the test of choice for evaluating thyroid function. It is frequently ordered along with or preceding a T4 test.

THYROXINE (T-4): Thyroxine is a hormone produced in the thyroid gland and aids in the body's metabolism. It is used to help diagnose thyroid and glandular diseases.

MEN'S HEALTH

**PSA: Prostate-specific antigen is used to screen for/monitor prostate cancer. *(Men 40 years+)*

**TESTOSTERONE: Used to detect an abnormal testosterone level in males and females. In males, it helps diagnose the cause of erectile dysfunction, infertility, or abnormal puberty. In females, it helps diagnose the cause of masculine physical features, infertility, or polycystic ovary syndrome (PCOS). *(Men 40 years+)*

NEED ADDITIONAL TESTING? WE MAY BE ABLE TO HELP YOU OUT, JUST CALL 877.345.7775.

* This is a reflex test, certain conditions must be in place to receive these tests.

** This is an ala carte test that must be requested and purchased in addition to our standard panel.

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