

We strongly recommend you share laboratory results with your physician. Minor fluctuations from normal values may not be significant. This will allow you an opportunity to work with your provider in planning to meet your health care needs.

### **Comprehensive Metabolic Panel**

Total Protein Albumin Measurement of the major proteins in your blood. It is also a measurement of the body's ability to maintain its chemical balance. May be increased with inflammatory conditions and chronic infections, and decreased with malnutrition.

Bilirubin Elevations can be associated with liver disease

Calcium A mineral controlled by parathyroid glands and kidneys. Important in bone formation.

Carbon Dioxide Waste product created by the cells. The lungs help cleanse CO<sub>2</sub> from the body.

Chloride, Sodium, Potassium Mineral elements in blood primarily controlled by adrenal gland and kidneys. Abnormal results suggest dehydration, kidney or adrenal disease or metabolic disease.

Creatinine A waste product primarily excreted by the kidneys

Glucose Measure blood sugar. Increased level can be associated with diabetes

Alkaline Phosphatase Increased values can be associated with liver and bone disease.

AST (transferase, aspartate amino) Enzyme found in heart tissue, and to a lesser extent in the liver and skeletal muscles. Small amounts of AST are found in red blood cells, kidney, brain, pancreas, spleen and lung tissue. Damage to any of these organs may increase the AST.

BUN Waste product primarily excreted by the kidneys. It can be associated with kidney disease.

Anion Gap Calculation used to detect altered concentrations of anions in the body

BUN/Creat Ratio A ratio is useful in diagnosing renal disease.

Osmolality A measurement of dissolved particles per unit of water, provides information about the hydration status of cells.

Corrected Calcium Calculation which estimates serum calcium and Albumin bound calcium.

Globulin Used to determine the amount of proteins in the blood

A/G Ratio Ratio of albumin to globulin in the blood serum

Risk Factor Risk factors for developing heart disease.

## Lipid Panel

Cholesterol Excess amounts tend to deposit in the walls of major blood vessels and impede the flow of blood. A high-value may indicate risk of heart disease.

HDL Elevation is associated with decreased risk of heart disease.

Cholesterol/HDL Ratio Should be less than 4.5 for males and less than 4.0 for females.

LDL Elevation of LDL is associated with an increased risk for heart disease of greater than 160 mg/dl

Triglycerides Blood fats represent the body's chemical energy reserve. Elevations not caused by recent food intake may indicate liver disease, diabetes, alcohol or hereditary factors.

Vitamin D A hormone produced by ultraviolet B rays, helps with the absorption of dietary calcium.

## Hemagram

Hemoglobin A substance in red blood cells, useful in the detection of anemia.

Platelet Count Platelets help in blood clotting process.

WBC White blood cells indicate infection and follow the process of certain diseases.

RBC Red blood cells carry hemoglobin which transport oxygen.

HCT Hematocrit expresses the percentage of red blood cells in a volume of whole blood.

NEU% Neutrophils are white blood cells that help fight infection.

Lymph% Lymphocytes are white blood cells that react to antigens and initiate the body's response.

Mono% Monocytes are white blood cells that help fight infection and inflammation

EOS% Eosinophils are white blood cells that respond to allergens.

Baso% Basophil is a white blood cell that contains histamine

## Thyroid Screen

TSH Primarily used to screen for thyroid disease.

## PSA Screen

PSA Primarily used to screen for prostate disease.

## Diabetes Screen

Hemoglobin A1C Blood sugar average for past three months used to screen for diabetes