

2017 Rotary Health Fair Blood Test Options

Below are brief descriptions and costs of the laboratory tests offered. The explanations aren't meant to provide a diagnosis, but rather offer a brief explanation of the specific tests and what medical conditions they may indicate.

*** PLEASE DISCUSS ABNORMAL LAB RESULTS WITH YOUR HEALTH CARE PROVIDER ***

Health Fair Wellness Panel (Chemistry/Lipids/Hemogram) \$40

The Chemistry Panel includes:

- **BUN/Creatinine** – indicators of kidney function.
- **Sodium, Potassium, Chloride, CO₂, Calcium** – these electrolytes, in the form of ions, participate in most of the body's functions, including those of nerve and muscle tissue (potassium & calcium), and bone formation (calcium).
- **Glucose** – the blood sugar level. A screen for hyperglycemia (high) or hypoglycemia (low) blood sugar level.
- **ALT, AST, Total Bilirubin, Alk Phos** - indicators of liver function.
- **Total Protein** – found throughout the body, functions in many capacities, building block of all tissues.
- **Albumin** – over 50% of Total Protein is made up of albumin. Albumin functions as an antioxidant in the blood and moves necessary ions through the blood. Low levels of albumin can indicate malnutrition.

Lipids Panel: the blood's "fats": cholesterol, triglycerides, LDL ("bad" cholesterol), and HDL ("good" cholesterol). This data is used to calculate your cardiac risk factor, or cholesterol/HDL ratio.

Hemogram: Hemoglobin & Hematocrit, indicators of anemia, white & red cell count, and platelet count.

PSA – Prostate Specific Antigen \$35

PSA is one method of screening for prostate cancer. The decision to have a PSA blood test should be made after discussing screening information with your health care provider.

TSH - Thyroid Stimulating Hormone \$35

This is a screening test for your thyroid function, important to a variety of metabolic activities in the body.

Vitamin D \$65

Vitamin D helps in the maintenance of normal blood levels of calcium & phosphorous. Aids in calcium absorption, helping to form and maintain strong bones. May provide protection from osteoporosis, hypertension, cancer and some autoimmune disease.

Cardiac CRP \$45

This tests for a protein that increases during systemic inflammation, and may be used by clinicians to help inform treatment for patients with moderate to high risk factors for cardiovascular disease.

Hemoglobin A1C \$35

Hemoglobin A1C indicates your average blood sugar level for the past 2-3 months by measuring the percentage of blood sugar attached to hemoglobin, the oxygen carrying protein in red blood cells. The higher your blood sugar levels, the higher the A1C. The results may be used in conjunction with other blood tests, such as the glucose level in the wellness panel, for the diagnosis of prediabetes (levels between 5.7-6.4%) or diabetes (6.5% or higher).

Check out the website www.labtestsonline.org for a comprehensive explanation of tests.