

## 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.

### Health Fair Wellness Panel **\$40**

**The Chemistry Panel includes:**

- **BUN/Creatinine** – indicators of kidney function.
- **Sodium, Potassium, Chloride, CO<sub>2</sub>, Calcium** – these electrolytes, in the form of ions, participate in most of the body's functions. They are important in the function of nervous and muscle tissue (potassium & calcium), bone formation (calcium) and activation of chemical reactions in the cell (magnesium).
- **Glucose** – the blood sugar level. A screen for hyperglycemia (high) or hypoglycemia (low) blood sugar level.
- **ALT, Total Bilirubin, Alk Phos, Total Protein, Albumin**- indicators of liver function.
- **Total Protein** – found throughout the body, functions in many capacities, building block of all tissues.
- **Albumin** – a fraction of protein which contains the immune globulins (help fight disease), is critical in moving of some ions (Calcium & Magnesium). Low level can indicate malnutrition.

**Lipids Panel** – the blood's "fats", cholesterol, triglycerides, LDL- the "bad" cholesterol, and HDL-the "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**

Prostate specific antigen is one method of screening for prostate cancer.

### 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 a protein that increases during systemic inflammation. It has been found to be another indicator of cardiovascular disease risk.

### Hemoglobin A1C **\$35**

Hemoglobin A1C indicates your average blood sugar level for the past two to three 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 6-6.5%) or diabetes (levels over 6.5%).

*Check out the website [www.labtestsonline.org](http://www.labtestsonline.org) for a comprehensive explanation of tests.*