

Additional Labs continued:

Hepatitis C Screening: Tests for antibodies to the Hepatitis C virus. *Positive result can mean an acute or chronic infection and requires follow up testing with primary medical provider.*

PSA: Prostate **S**pecific **A**ntigen. A protein made by the prostate gland. Elevated PSA can indicate inflamed prostate, benign prostatic hyperplasia (BPH) or prostate cancer. PSA is used as a screening test for prostate cancer. *Reason for any elevated levels should be evaluated by your health care provider in conjunction with their clinical assessment.*

Testosterone: Main sex hormone in men; levels normally drop with age, however can help diagnose other health concerns.

Thyroxine (T-4): One of two major hormones produced by the thyroid. Free T-4 level (especially combined with the TSH test) helps evaluate thyroid function.

TSH: Thyroid **S**timulating **H**ormone. A high reading means the thyroid is sluggish. A low level of TSH means the thyroid is too active.

Vitamin D Level: Among other functions, Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. Research suggests it may provide protection from osteoporosis, hypertension (high blood pressure), cancer, and some autoimmune diseases.



PLEASE DISCUSS ABNORMAL LAB RESULTS WITH YOUR PROVIDER.

This brochure provides a brief overview of Health Fair tests being offered and what they can mean. Test results can be affected by many factors, including gender, age, race, diet, medications you take, and adherence to any pre-test instructions. “Expected” or “Reference Range” indicates where normal values are expected to fall. There may be situations when a value is outside the normal range, but is a normal value for you and doesn’t necessarily indicate a disease state is present.

Lab results are only one aspect of your health profile.

You should always review your results with your medical care provider. They will interpret the results in the context of your medical history and current health status.

Cardiac risk calculators can be found at:

www.cvriskcalculator.com
www.jbs3risk.com

For comprehensive explanations of tests:

www.labtestsonline.org

SOURCES:

www.cancer.gov
www.diabetes.org
www.heart.org
www.labtestsonline.org
www.thyroid.org

UNDERSTANDING YOUR LAB OPTIONS

Start with this brochure for a brief description of the health screenings available to you.



**South
Peninsula
Hospital**

revised Sept. 2019

HEALTH FAIR BASIC PANEL

Chemistry Panel:

Glucose: Commonly referred to as “blood sugar”. Glucose may be used to help diagnose and/or monitor diabetes.

BUN or Blood Urea Nitrogen: Urea is a waste product eliminated by the kidney in urine. BUN is a measure of kidney function, and may indicate dehydration, kidney disease, or other concerns.

Creatinine: Another indicator of kidney (renal) function.

BUN/Creatinine: Elevated ratio may indicate dehydration, or other concerns.

Sodium: Sodium helps control fluid distribution in the body. Impacted by many medications, abnormal sodium levels can also be the result of many different conditions.

Potassium: An important electrolyte for the heart and all cell function. Low potassium can be the result of vomiting, diarrhea or diuretics (water pills). Elevated potassium may indicate decreased kidney function.

Chloride: Along with sodium and potassium, chloride helps to regulate acid/base balance.

CO₂ or Carbon Dioxide: CO₂ is a waste product eliminated by the lungs or neutralized by the kidney. It measures how well your lungs or kidneys work to maintain acid/base balance.

Calcium: Necessary for healthy, strong bones and teeth. It affects the heart rhythm, and other functions. Low calcium can cause muscle cramping and spasms. Elevated calcium is associated with a number of different disorders.

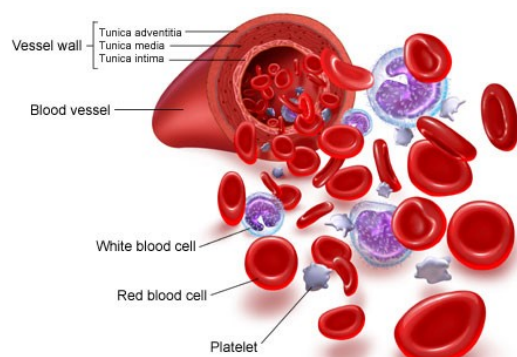
Total Protein and Albumin: Protein in blood plasma, muscles and tissues. Abnormal results may indicate malnutrition or a liver or kidney disorder.

AST: An enzyme found in the heart and liver. Results can indicate if a problem exists in these organs.

ALT: A liver enzyme. High level may indicate a concern in this organ.

Alkaline Phosphatase: An enzyme that is produced in the liver and bone. If elevated can indicate liver or bone disease.

Total Bilirubin: A pigment that is found in bile. It is what can make a person’s skin or eyes look yellow (jaundiced). It may indicate liver disease.



Hematology:

WBC or white blood count: WBCs fight infection and make antibodies for the immune system. Elevated WBC may be a sign of infection.

Hemoglobin: The oxygen-carrying protein pigment in red blood cells.

Hematocrit: The proportion of the blood that consists of packed red blood cells vs the plasma. Low hemoglobin and hematocrit indicate anemia.

Platelets: Platelets are cells that are necessary for blood to clot.

Lipid Panel:

Purpose: Results of the lipid panel are used along with other known risk factors to help determine a person’s risk for heart disease.

Lipid Panel continued:

Cholesterol: Cholesterol is an important part of a healthy body for many necessary body functions. Too much cholesterol in the blood is a major risk for coronary heart disease and for stroke.

HDL Cholesterol: High Density Lipoproteins (“good” cholesterol). A high level is thought to reduce the risk of heart disease.

LDL Cholesterol: Low Density Lipoproteins (“bad cholesterol”). A low level is considered good for your heart health. Levels may be high as a result of a diet high in trans and saturated fats, lack of physical activity, weight, genetics and gender. High levels can cause plaque to build up in your arteries.

Triglycerides: Triglyceride is the most common kind of fat in the body, providing energy when your body needs it. Lower levels are considered to reduce risk of heart disease. High levels may be due to weight, smoking, excess alcohol consumption, excess calorie intake, side effect of medications, and more.

ADDITIONAL LABS

Cardiac C-Reactive Protein: Tests the level of 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: Indicates your average blood sugar level over the past 2-3 months. The higher your blood sugar levels, the higher the A1C. Levels of 5.7-6.4% may indicate pre-diabetes; 6.5% and greater may indicate diabetes.

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