

TESTS REQUEST / RESULTS FORM - Bring to Screening

DATE: _____

NAME: _____

PHONE #: _____ - _____ - _____

ADDRESS: _____

BIRTH DATE: _____ - _____ - _____
Month Day Year

CITY, STATE, ZIP: _____

S.S. #: Last 4 numbers: _____

- Complete **Lipid Panel - \$20.00 - REQUIRED****
Cholesterol-Triglyceride HDL-LDL
- hA1c - \$25.00 - Physician's order required *Results are sent to your physician. You must bring physician's order to the screening. Average Glucose Level over 2-3 mos.**
- Chemistry Profile (includes BMP & CMP) - \$15.00
- PSA - \$25.00 - Physician's order required *Results are sent to your physician. You must bring physician's order to the screening. Prostate Cancer Screen**
- Complete Blood Count (CBC) additional blood -\$7.00
- TSH - \$25.00 - Physician's order required *Results are sent to your physician. You must bring physician's order to the screening. Thyroid Stimulating Hormone**

<u>Results</u>	< = under	> = over	<u>Normal Value</u>
CHOL - Cholesterol	_____	_____	(< 200 mg/dl)
TGL - Triglyceride	_____	_____	(0 - 200 mg/dl)
HDL - High Density Lipoprotein	_____	_____	(40 - 60 mg/dl)
LDL - Low Density Lipoprotein	_____	_____	(0 - 130 u/l)
GLUC - Blood Sugar (If applicable)	_____	_____	(74 - 106 mg/dl)

****You must have the complete Lipid Panel in order to qualify for any of the other tests****

REMINDER: Please give a copy of your Lab results to your physician. Results will be mailed to your home within a few days and includes normal values. **You are responsible for sending or taking a copy to your physician.**
***Exception: Only labs that you have an order for will be faxed upon completion to the ordering physician.**

Classification **INITIAL CLASSIFICATION AND RECOMMENDED FOLLOW-UP CHOLESTEROL**

< 200 mg/dl	Desirable Blood Cholesterol
200 - 239 mg/dl	Borderline High Blood Cholesterol
>240 mg/dl	High Blood Cholesterol

Recommended Follow-up

Total Cholesterol < 200 mg/dl-----	Repeat within 5 years
Total Cholesterol 200-239 mg/dl	
<u>Without</u> definite coronary artery disease (CAD)	
Or two other CAD risk factors	
(one of which can be male sex)-----	Dietary information and recheck annually
<u>With</u> definite CAD or two other	
CAD risk factors (one of which	
can be male sex) -----	Lipoprotein analysis; further action based on LDL cholesterol level
Total Cholesterol > 240 mg/dl-----	Confer with your physician for proper treatment

LDL LEVELS

Classification of LDL Levels

<130 mg/dl	Desirable LDL Cholesterol
130-159 mg/dl	Borderline High risk LDL Cholesterol
>160 mg/dl	High risk LDL Cholesterol

> Participants should avoid a high fat meal the night before and **FAST 12 HOURS** prior to the test <
 > **Water may be taken** to maintain hydration< >Prescription drugs may be taken with water only <

*****TEST LIST *PLEASE NOTE* Only* the tests listed will be available through the screens*Thank You! *****

CHEMISTRY PROFILE

* Normal range is in (parenthesis)

GLUC - GLUCOSE: (74 - 106 mg/dl) Elevated blood sugar may indicate diabetes

BUN - BUN: (7 – 18 mg/dl) Elevated **blood urea nitrogen** may indicate diseases of kidney & diseases that affect kidney function.

CREA - CREATININE: (0.6 - 1.0 mg/dl) Excreted by kidneys. Elevation can give indication of diseased kidneys or function impaired.

C.G.F.R.: (> 60.00 ml/min/ 1.73 m²). “**CALCULATED GLOMERULAR FILTRATION RATE**”
Calculation of serum creatinine, used as an **indication of overall kidney function.**”

NA - SODIUM: (136 – 145 mmol/l) Important in water balance and acid base balance

K - POTASSIUM: (3.5 - 5.1 mmol/l) Essential to proper muscular function in its role in electrical conductance and metabolism.

CA - CALCIUM: (8.5 - 10.1 mg/dl) Required in coagulation of blood, activator of enzyme activity, essential to formation of bony tissue & muscular activity.

ALT - S.G.P.T: (30 – 65 m/l) Enzyme present in body, especially the liver.

ALT & AST ARE LIVER FUNCTION TESTS

AST - S.G.O.T: (15 – 37 u/l) Enzyme in differential diagnosis in liver and cardiac disease.

ALP - ALKALINE PHOSPHATASE: (50 – 136 u/l) Elevations are seen in obstructive jaundice, tumors in liver, hepatitis, ulcerative disease, renal & bone disorders.

ALB - ALBUMIN: (3.4 - 5.0 g/dl) Contributes to balance of osmotic pressure between blood and the tissues. Decreases in kidney disease, Cirrhosis, vascular disease, Hepatitis, malignant diseases and Leukemia. Increases in Myeloma.

TP - TOTAL PROTEIN: (6.4 - 8.2 g/dl) Decreased in cirrhosis of liver, kidney & poor dietary intake. Increased in Myeloma.

TBIL - TOTAL BILIRUBIN: (< 1.0 mg/dl) Important measure of liver function. Related to hemoglobin breakdown; Jaundice.

CHOLESTEROL: (< 200 mg/dl) waxy substance found in all parts of the body. It helps make cell membranes, some hormones and Vitamin D. Your liver makes all the cholesterol your body needs.

TRIGLYCERIDES: (0 – 200 mg/dl) A type of fat produced by the liver and taken in by consumption of fats.

HDL: (40 – 60 mg/dl) “**Good**” or “**Healthy**” **cholesterol** protects your heart. It helps to prevent LDL cholesterol from building up in your blood vessels.

LDL: (< 130 u/l) “**Bad**” or “**Lousy**” **cholesterol**, this type sticks to the walls of your blood vessels.

Non-HDL CHOLESTEROL: This level may predict risk of cardiovascular disease more so than LDL. Non-HDL indicates bad cholesterol circulating in your blood – not just your LDL cholesterol but your VLDL cholesterol levels as well. LDL and VLDL particles are artery-clogging “bad” lipids. When you subtract the “good” cholesterol (HDL) from your total cholesterol, you are left with all the “bad” cholesterol.