

Midwest Medical Center Health Screen 2023

TESTS REQUEST / RESULTS FORM - Bring to Screening

DATE: _____

NAME: _____

PHONE #: _____ - _____ - _____

ADDRESS: _____

BIRTH DATE: mo.- ____ - day - ____ - year - ____

CITY, STATE, ZIP: _____

S.S. #: Last 4 numbers: _____

***REMINDERS:**

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

*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 provider.

***Exception:** Only labs that you have an order for will be faxed upon completion to the ordering provider.

The following 3 tests do not require a Dr order:

Chemistry Profile (includes BMP & CMP)

~ \$25.00

Complete Blood Count (CBC) additional blood

~ \$15.00

Complete Lipid Panel-REQUIRED ~ \$25.00

(Cholesterol – Triglyceride – HDL – LDL)

***Cholesterol Results:**

< = under > = over

Normal Value

*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)

***The following 5 tests require a Physicians' order:**

***Please bring order with you to the health screen.**

***Results are then sent to the ordering provider.**

hA1c - \$30.00 – hA1c is an average glucose level taken over a 2-3 mos. Span.
~ hA1c average value < 6 %

PSA - \$30.00 – This is a Prostate Cancer screen average level - (0 - 4 ng/mL)

TSH - \$30.00 – A thyroid stimulating hormone ~ average level - (0.36 – 3.74 UIU/mL mIU/L)

**** Newest Tests Available;****

FT4 - \$30.00 – Free thyroxine test - it is the active form of Thyroxine
~ average level - (0.76 – 1.46 ng/dl)

Vit D - \$55.00 – is a fat-soluble vitamin that is a nutrient your body needs for healthy bones.
~ average level - (30 – 160 ng/dl)

****Classification:**

INITIAL CLASSIFICATION AND RECOMMENDED FOLLOW-UP CHOLESTEROL**

< 200 mg/dl ----- Desirable Blood Cholesterol

200 - 239 mg/dl ----- Borderline High Blood

> 240 mg/dl ----- High Blood Cholesterol

Recommended Follow-up:

Total Cholesterol < 200 mg/dl----- Repeat within 5 years

Total Cholesterol 200-239 mg/dl

Without definite coronary artery disease (CAD)

Or two other CAD risk factors

(one of which can be male sex)----- Dietary information and recheck annually

With definite CAD or two others

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 <

*****PLEASE NOTE *Only* the TESTS LISTED will be available through the screens *Thank You!*****

2023 CHEMISTRY PROFILE *Normal range is in parenthesis* Midwest Medical Center

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 - 1.3 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.

~ (*The ALT & AST ARE LIVER FUNCTION TESTS*) ~

~ **ALT - S.G.P.T.:** (14 – 63 m/l) Enzyme present in body, especially the liver. ~

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

ALP - ALKALINE PHOSPHATASE: (46 – 116 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: (30 – 150 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.

***Note: Newest tests Available!**

***New~ FT4 or Free thyroxine:** average range - (0.76 – 1.46 nanograms per deciliter (ng/dl) of blood), Is the active form of thyroxine and is not bound to proteins in the blood, which allows it to travel into organs that use T4. A thyroid function test.

***New~ Vit D or Vitamin D (also referred to as "calciferol"):** average range - (30 – 160 ng/dl) of blood), it is a fat-soluble vitamin that is a nutrient your body needs for building and maintaining healthy bones.