

**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 <b>coronary artery disease (CAD)</b>	
Or two other <b>CAD</b> risk factors	
(one of which can be male sex)-----	Dietary information and recheck annually
<u>With</u> definite <b>CAD</b> or two other	
<b>CAD</b> 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 m<sup>2</sup>). “**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.