

Explanation of Direct Lab Values Offered @ RMH

Blood Count (CBC) – Screens for cell abnormalities and evidence of medical conditions. Most commonly used to screen for infection, anemia, and other blood disorders such as leukemia.

Calcium – Used to screen for, diagnose, and monitor a range of conditions relating to the bones, heart, nerves, kidneys, and teeth. Also to monitor parathyroid disorders, malabsorption, or an overactive thyroid.

CA-125 – Useful in monitoring patients during treatment for ovarian cancer or for patients without the disease but who are at high risk.

C-Reactive Protein (CRP) – Checks for inflammation, which may indicate infection or a chronic inflammatory disease. Is a common test used to monitor rheumatoid arthritis treatment.

Cholesterol Panel – Helps monitor risks of developing heart disease by measuring lipids and lipid-protein complexes, cholesterol, HDL, LDL, and triglycerides.

Comprehensive Metabolic Panel (CMP) – Gives an overall picture of your general health, from indicating how organ systems are functioning to levels of vital minerals and proteins.

Creatinine (Urine/Blood) – Used to assess how well your kidneys are working.

Ferritin – Protein that helps store iron within your body.

Folate – Vitamin in your body that helps support your reproductive and cardiovascular systems, brain, and more.

FT3, FT4 – Hormones secreted by the thyroid gland.

Glucose – Glucose testing measures your sugar level, indicating whether your sugar metabolism is working properly.

Hematocrit – Indicates the percentage of blood by volume that is composed of red blood cells.

Hemoglobin A1c – Measures the average sugar level over a three month period.

Hepatic Function Panel – A test to check how well your liver is working.

High-Sensitivity C-Reactive Protein (HS-CRP) – May be used to help evaluate an individual for risk of cardiovascular disease. May be used in combination with cholesterol labs to provide added information. High levels associated with increased risk of future heart attack, stroke, and sudden cardiac death, even when cholesterol levels in an acceptable range. Advisable to consult with a practitioner for all instances of elevated HS—CRP.

Homocysteine – An amino acid (amino acids help build protein) in the body, usually as a byproduct of consuming meat. Elevated levels may increase the risk for heart attack and stroke.

Iron – A mineral in our bodies that helps with many functions, including oxygen transport.

Magnesium – A mineral in our bodies that helps regulate muscle and nerve function, energy production, and other bodily functions.

Mononucleosis – Indicates the presence of the Epstein-Barr virus infection.

Phosphorus – Mineral in the body that helps build strong bones and teeth. Also important for nerve signaling and muscle contraction. Kidney, liver, and certain bone diseases can cause abnormal levels.

Pregnancy Test – Indicates pregnancy status, positive or negative.

PSA – Measures prostatic specific antigen levels in your blood. Elevated levels can indicate prostate cancer.

Testosterone, Total – The main sex hormone in males but is present in females too. Measures the testosterone that is bound to proteins in the blood.

Thyroid Stimulating Hormone (TSH) – Thyroid function test.

Uric Acid – Produced from the natural breakdown of your body's cells and from foods you eat. High levels may cause formation of solid crystals in the joints (gout).

Urinalysis – Helps indicate overall wellness from urinary tract infection, system illness, and kidney disorders.

Urine Microalbumin – Used to detect early signs of kidney damage. Treatment may prevent or delay more advanced kidney disease.

Vitamin B12 – Vitamin in your body required for forming red blood cells and neurological function.

Vitamin D – Vitamin in your body that promotes calcium absorption in the gut and maintains proper calcium and phosphate levels needed for bone health.