

Patient Directed Lab Testing

Test Menu Reference Guide

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Page 1 of 1

Blood Chemistry Panel – 12 hour fast required*

Cost = \$50

(Includes TSH and direct LDL)

This is our most widely used screening which includes 29 different tests.

Liver function and kidney function: AST, ALT, ALP, GGT, Total Bilirubin, BUN, creatinine, albumin

Muscle and bone function: magnesium, calcium, phosphorus

Thyroid disorder: TSH Pancreas: glucose (diabetes)

Blood: iron, (ferritin if iron value is above 170)

Gout: uric acid

Heart: Cholesterol, Triglycerides, HDL, Direct LDL, Coronary Risk Ratio, C-reactive protein

Prostate Specific Antigen (PSA) – for men only Cost = \$30

This screening measures a specific protein that is produced by the male prostate gland. The recommended age for beginning this screening varies from 47 to 50, depending on an individual's risk factors. Elevations of PSA may occur in men with prostate cancer or non-cancerous prostatic diseases. Talk with your doctor about prostate screening.

Complete Blood Count (CBC) Cost = \$15

The CBC is used to present a general picture of overall health. It is also used to diagnose diseases when people are not feeling well and to monitor treatment of many disease states such as anemia or leukemia.

The seven different tests include:

White Blood Cell count (WBC)

Red Blood Cell count (RBC)

Hemoglobin concentration (oxygen carrying capacity)

Hematocrit value (volume of RBCs)

Platelet count

Indices - MCV, MCH, MCHC

WBC differential

Vitamin D Cost = \$50

Vitamin D is a fat-soluble vitamin that is made by the body after exposure to ultraviolet rays from the sun. Vitamin D can also be obtained by taking supplements and from eating certain foods. This test provides the total level of vitamin D found in a patient's blood serum and provides information on the levels of vitamin D2 and vitamin D3 in blood serum which is helpful for physicians prescribing therapy for vitamin D deficiency. A physician would typically evaluate a vitamin D test result in connection with several other factors affecting a patient's health, such as medical history, gender and age. Recently, they have found that in some cases, relatively low levels of vitamin D may increase your risk of other diseases.

Cost = \$75

Diabetic Management Panel Cost = \$35

This screening for persons with Diabetes consists of these two tests which should be done 4 times per year.

Hemoglobin A1C: a record of the average blood glucose levels over the past 3 months

Glucose: a view of the body's sugar management

Blood Chemistry Panel with Hemoglobin A1C –12 hour fast required*

Same as Blood Chemistry Panel with the addition of Hemoglobin A1C

Wellness Lipid Panel – Heart Risk Assessment—12 hour fast required* Cost = \$35

Cholesterol, Triglycerides, HDL, Direct LDL, Coronary Risk Ratio

Cholesterol Cost = \$5

Total Cholesterol

Occult Blood/Colorectal Screening Kit Cost = \$5

This take-home kit enables you to send the specimen to the hospital laboratory at your convenience