

BRIEF INFORMATION ABOUT LABORATORY TESTS

ALBUMIN

Albumin is a serum protein that serves many functions. Decreased albumin could indicate a poor diet, advanced liver disease, or kidney disease.

(ALT, SGPT) ALANINE AMINOTRANSFERASE

Alanine aminotransferase is present in many tissues but has the highest concentrations in the liver. Elevated levels of ALT are more specific for liver damage than elevated aspartate aminotransferase or AST.

ALKALINE PHOSPHATASE

Alkaline Phosphatase is an enzyme found in the liver, bone, intestinal lining, placenta, and other tissues. Elevated levels of Alkaline Phosphatase may indicate a variety of medical disorders.

(AST, SGOT) ASPARTATE AMINOTRANSFERASE

Aspartate aminotransferase is an enzyme found in a variety of tissues. Elevation of AST is found in liver disease, heart disease, and in heavy muscular exercise.

BILIRUBIN TOTAL

Total Bilirubin elevations are associated with liver or biliary tract disease.

BMP

Basic Metabolic Panel is a laboratory test that includes a panel of 8 tests ordered to provide information about the fluid balances within the body. This panel provides information about metabolism, kidney health, blood glucose levels, acid balance, sodium balance, and potassium balance in the body.

(BUN) BLOOD UREA NITROGEN

Blood urea nitrogen is formed as an end product of protein metabolism. Elevated BUN levels may indicate kidney disease.

CBC

Complete Blood Count is used in checking the overall health of the patient. This test can help detect a wide variety of abnormalities including anemia and infection. It measures several components of the blood including white and red blood cells.

CHOLESTEROL/HDL CHOLESTEROL RATIO TOTAL

Total Cholesterol/HDL cholesterol ratio indicates a degree of risk for coronary heart disease. A ratio of 4.5 or less is associated with a lower risk of heart disease.

CHOLESTEROL TOTAL

Total cholesterol is a blood lipid. Elevated cholesterol levels are associated with an increased risk of cardiovascular disease.

CMP

Comprehensive Metabolic Panel is a laboratory test that provides multiple panels. A CMP includes all of the information of the BMP as well as results for albumin, total protein, ALP, AST or SGOT, and bilirubin. All of this information is important to understand the liver function and kidney function of the patient.

CREATININE

Creatinine is a waste product of creatine from muscle which is excreted by the kidney. Creatinine is a more specific and sensitive indicator of kidney disease than is BUN.



PRIMARY CARE

ASSOCIATES, PC

FECAL HEMOCCULT

Hemoccult is a screening test to detect blood in the stool. Hemoccult can be used as a preliminary screen test for colorectal cancer.

FRUCTOSAMINE

Fructosamine is a glycosylated serum protein. This test gives an estimate of the average glucose levels during the preceding one to three weeks. Fructosamine is used to monitor blood sugar levels in diabetes.

GLUCOSE

Glucose is the major source of energy in the human body. Elevation of glucose suggests diabetes mellitus.

(A1C/HBA1C) HEMOGLOBIN A1C

Hemoglobin A1C is a combination of hemoglobin and glucose. Hemoglobin A1C provides a measure of the average plasma glucose levels for the prior six to twelve weeks. Hemoglobin A1C is used to monitor sugar levels in diabetes.

(HDL) HIGH DENSITY LIPOPROTEIN CHOLESTEROL

HDL cholesterol is the so-called “good cholesterol.” Increased levels of HDL cholesterol are associated with decreased risks of coronary heart disease.

LDL CHOLESTEROL/HDL CHOLESTEROL RATIO

LDL cholesterol/HDL cholesterol ratio is calculated using total cholesterol, HDL cholesterol, and triglycerides measurements. The lower the LDL cholesterol/HDL cholesterol ratio, the less risk of coronary artery disease.

(LDL) LOW DENSITY LIPOPROTEIN CHOLESTEROL

LDL cholesterol is the so-called “bad cholesterol.” Elevation of LDL cholesterol is associated with an increased risk of coronary heart disease.

(PSA) PROSTATE-SPECIFIC ANTIGEN

Prostate-specific antigen or PSA is produced in the prostate and elevation may indicate infection, hypertrophy, or prostate cancer.

PROTEIN TOTAL

Total protein in serum includes two major components, albumin, and globulin.

(TSH) THYROID-STIMULATING HORMONE

Thyroid-stimulating hormone or TSH is a test used to detect problems affecting the thyroid gland and to determine if the thyroid is functioning properly.

TRIGLYCERIDES

Triglycerides are blood fats that are not primary predictors of coronary artery disease. Triglycerides should be measured after a 12 to 14-hour fast.

URINALYSIS

A urinalysis is a lab test used to examine urine. Urine is examined for concentration, content, and appearance. Urinalysis can be used to detect urinary tract infections, kidney disorders, and even diabetes Mellitus.

VITAMIN D

Vitamin D is essential for the proper formation of teeth and bones. It also is vital for keeping the immune system strong. Vitamin D can be synthesized in the body through exposure to the sun or ingested from fortified foods or supplements. Vitamin D deficiency may have some of the following symptoms: frequent sickness, fatigue, bone pain, depression, slow wound healing, bone loss, hair loss, and muscle pain.

Please be advised that many insurance companies limit the number of laboratory tests they will pay for per quarter or year.

