

Brief Explanation of Laboratory Tests

Lab tests play an important role in your health care. They help your doctor make a diagnosis or treatment decisions.
But they may not provide all of the information that your doctor needs.

TEST	COMMENTS
Basic Metabolic Panel (BMP): Sodium (NA) Creatinine (CREA) Potassium (K) Calcium (Ca) Chloride (Cl) Glucose (Gluc) Bicarbonate (CO2) Blood Urea Nitrogen (BUN)	<ul style="list-style-type: none"> • Checks electrolytes • Checks kidney/renal function. • If BUN is up a couple of points, it is usually not significant/dehydration • Glucose Normal range 74-105
Glycohemoglobin A1C (HgbA1C) Calculated: Estimated Average Glucose (eAG)	Checks for blood sugar control. Measures the average blood sugar control over the past three months. <ul style="list-style-type: none"> • Pre-diabetes 5.7 - 6.4% • Diabetes is 6.5% and above
Complete Blood Count (CBC w. Auto Diff): White Blood Cells (WBC) Red Blood Cells (RBC) Hemoglobin (HGB) Hematocrit (HCT) Platelets (PLT)	<ul style="list-style-type: none"> • White blood cell count may indicate infection. • Hemoglobin (HGB) and Hematocrit (HCT) are the 2 major tests that check for anemia. • Platelets are responsible for normal blood clotting. • The rest are measurements of cells and are only used in certain situations.
Hepatic Function Panel (HFP): Albumin (ALB) Direct Bilirubin (DBI) Aspartate Aminotransferase (AST) Total Bilirubin (TBI) Alanine Aminotransferase (ALT) Total Protein (TP) Alkaline Phosphatase (ALP) Indirect Bilirubin (IBIL)	Checks liver function. Low is not abnormal.
Lipid Profile: Total Cholesterol (Chol) Triglycerides (Trig) High Density Lipoprotein (HDL) – “Good” Cholesterol Calculated: Low Density Lipoprotein (CLDL) – “Bad” Cholesterol Chol/HDL, LDL/HDL	<ul style="list-style-type: none"> • Total cholesterol’s optimal range is < 200. Higher values may reflect an increased risk for heart disease. • Triglyceride’s optimal range is < 150. Higher values may reflect an increased risk for heart disease and developing diabetes. • HDL’s optimal range is > 40. Higher values protect against heart disease. Aerobic activity may improve this level. • LDL’s optimal range is <130 or lower based on other health conditions. A higher value reflects an increased risk of heart disease. Decreasing fats in your diet and certain medicines often improve this level.
Thyroid Stimulating Hormone (TSH)	Thyroid screen. Measures thyroid gland function.
Total Prostate Specific Antigen (TPSA)	Screens for prostate cancer. Can be elevated due to other conditions.
Vitamin D-25 OH	Needed for bone health. <ul style="list-style-type: none"> • Normal range 30-100
Stool Test for Blood	Colon cancer screening.
Urinalysis	Checks for infection or kidney problems.
H. Pylori	Helicobacter Pylori – causative agent for many stomach ulcers.
PAP Smear	Screens for cervical cancer

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Glycohemoglobin A1C (HgbA1C) Calculated: Estimated Average Glucose (eAG)	Checks for blood sugar control. Measures the average blood sugar control over the past three months. <ul style="list-style-type: none"> • Pre-diabetes 5.7 - 6.4% • Diabetes is 6.5% and above
Complete Blood Count (CBC w. Auto Diff): White Blood Cells (WBC) Red Blood Cells (RBC) Hemoglobin (HGB) Hematocrit (HCT) Platelets (PLT)	<ul style="list-style-type: none"> • White blood cell count may indicate infection. • Hemoglobin (HGB) and Hematocrit (HCT) are the 2 major tests that check for anemia. • Platelets are responsible for normal blood clotting. • The rest are measurements of cells and are only used in certain situations.
Hepatic Function Panel (HFP): Albumin (ALB) Direct Bilirubin (DBI) Aspartate Aminotransferase (AST) Total Bilirubin (TBI) Alanine Aminotransferase (ALT) Total Protein (TP) Alkaline Phosphatase (ALP) Indirect Bilirubin (IBIL)	Checks liver function. Low is not abnormal.
Lipid Profile: Total Cholesterol (Chol) Triglycerides (Trig) High Density Lipoprotein (HDL) – “Good” Cholesterol Calculated: Low Density Lipoprotein (CLDL) – “Bad” Cholesterol Chol/HDL, LDL/HDL	<ul style="list-style-type: none"> • Total cholesterol’s optimal range is < 200. Higher values may reflect an increased risk for heart disease. • Triglyceride’s optimal range is < 150. Higher values may reflect an increased risk for heart disease and developing diabetes. • HDL’s optimal range is > 40. Higher values protect against heart disease. Aerobic activity may improve this level. • LDL’s optimal range is <130 or lower based on other health conditions. A higher value reflects an increased risk of heart disease. Decreasing fats in your diet and certain medicines often improve this level.
Thyroid Stimulating Hormone (TSH)	Thyroid screen. Measures thyroid gland function.
Total Prostate Specific Antigen (TPSA)	Screens for prostate cancer. Can be elevated due to other conditions.
Vitamin D-25 OH	Needed for bone health. <ul style="list-style-type: none"> • Normal range 30-100
Stool Test for Blood	Colon cancer screening.
Urinalysis	Checks for infection or kidney problems.
H. Pylori	Helicobacter Pylori – causative agent for many stomach ulcers.
PAP Smear	Screens for cervical cancer

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Glycohemoglobin A1C (HgbA1C) Calculated: Estimated Average Glucose (eAG)	Checks for blood sugar control. Measures the average blood sugar control over the past three months. <ul style="list-style-type: none"> • Pre-diabetes 5.7 - 6.4% • Diabetes is 6.5% and above
Complete Blood Count (CBC w. Auto Diff): White Blood Cells (WBC) Red Blood Cells (RBC) Hemoglobin (HGB) Hematocrit (HCT) Platelets (PLT)	<ul style="list-style-type: none"> • White blood cell count may indicate infection. • Hemoglobin (HGB) and Hematocrit (HCT) are the 2 major tests that check for anemia. • Platelets are responsible for normal blood clotting. • The rest are measurements of cells and are only used in certain situations.
Hepatic Function Panel (HFP): Albumin (ALB) Direct Bilirubin (DBI) Aspartate Aminotransferase (AST) Total Bilirubin (TBI) Alanine Aminotransferase (ALT) Total Protein (TP) Alkaline Phosphatase (ALP) Indirect Bilirubin (IBIL)	Checks liver function. Low is not abnormal.
Lipid Profile: Total Cholesterol (Chol) Triglycerides (Trig) High Density Lipoprotein (HDL) – “Good” Cholesterol Calculated: Low Density Lipoprotein (CLDL) – “Bad” Cholesterol Chol/HDL, LDL/HDL	<ul style="list-style-type: none"> • Total cholesterol’s optimal range is < 200. Higher values may reflect an increased risk for heart disease. • Triglyceride’s optimal range is < 150. Higher values may reflect an increased risk for heart disease and developing diabetes. • HDL’s optimal range is > 40. Higher values protect against heart disease. Aerobic activity may improve this level. • LDL’s optimal range is <130 or lower based on other health conditions. A higher value reflects an increased risk of heart disease. Decreasing fats in your diet and certain medicines often improve this level.
Thyroid Stimulating Hormone (TSH)	Thyroid screen. Measures thyroid gland function.
Total Prostate Specific Antigen (TPSA)	Screens for prostate cancer. Can be elevated due to other conditions.
Vitamin D-25 OH	Needed for bone health. <ul style="list-style-type: none"> • Normal range 30-100
Stool Test for Blood	Colon cancer screening.
Urinalysis	Checks for infection or kidney problems.
H. Pylori	Helicobacter Pylori – causative agent for many stomach ulcers.
PAP Smear	Screens for cervical cancer

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