

## Laboratory Test Guide

**CBC:** A Complete Blood Count (CBC) can help diagnose and monitor various conditions, including anemia, infections, bleeding disorders, and blood cancers. The following components are measured in a CBC:

- Red Blood Cells (RBC): carry oxygen throughout the body.
- White Blood Cells (WBC): Fight infections and other diseases.
- Platelets: Help with blood clotting.
- Hemoglobin (HGB): Protein in RBCs that carries oxygen.
- Hematocrit (HCT): Percentage of blood volume made up of RBCs.

**HbA1c:** a blood test that measures the average blood sugar (glucose) level over the past 2-3 months.

**CMP:** A comprehensive metabolic panel (CMP) is a blood test that measures 14 different substances- like proteins and electrolytes- in your blood. It can help diagnose, screen, or monitor certain health conditions. It can measure or monitor the following:

- How well your liver and kidneys are working properly.
- Your blood sugar/glucose levels.
- Your fluid and electrolyte balance.
- Your body's response to treatments.
- Tests included are ALT, Albumin, Alkaline phosphatase, AST, bilirubin, Blood Urea Nitrogen (BUN), calcium, carbon dioxide, chloride, creatinine, glucose, potassium, and sodium.

**BMP:** A basic metabolic panel (BMP) is a blood test that measures 8 different substances that are also included in the CMP and are also used to diagnose, screen, or monitor certain health conditions.

- Tests included in a BMP are glucose, calcium, blood urea nitrogen, creatinine, sodium, potassium, carbon dioxide, and chloride.

**Lipid Panel:** A blood test that measures the levels of various fats (lipids) in the blood. It typically includes the following measurements:

- Total Cholesterol: the total amount of cholesterol in the blood.
- Low-density lipoprotein (LDL) cholesterol (bad cholesterol): Cholesterol that can build up in the arteries and increase the risk of heart disease.
- High-density lipoprotein (HDL) cholesterol (good cholesterol): Cholesterol that helps remove LDL from the blood.
- Triglycerides: a type of fat that can also accumulate in the arteries and increase the risk of heart disease.

**PSA:** Prostate-specific antigen (PSA) is used to diagnose, screen, or monitor prostate cancer in men.

**Thyroid Function Tests:** used to detect and monitor thyroid disorders, such as hypothyroidism and hyperthyroidism.

Common thyroid function tests include the following:

- TSH: thyroid-stimulating hormone (TSH) is produced by the pituitary gland and stimulates the gland to produce thyroid hormones.
- Free T3: a form of thyroid hormone triiodothyronine (T3) that is not bound to proteins in the bloodstream. It is the active form of T3 that can enter cells and regulates metabolism.
- Free T4: a form of the thyroid hormone thyroxine (T4) that is not bound to proteins. This free T4 is the active form of the hormone that can enter the body's tissues.

*\*\*\*If you have question or concerns regarding your blood test results, please contact the ordering provider\*\*\**

*\*All send-out /reference lab testing takes 3-5 days\**