

Our missions are excellence in healthcare services and the promotion of wellness in our community.

## *Petersburg Medical Center*

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### **WHAT DO THOSE LAB TEST RESULTS MEAN?**

#### **Explanation of Blood Screening Results**

The following are short explanations of laboratory tests included in the screening. The explanations are not meant to provide a diagnosis, but rather to provide you with some background into what the specific tests are for and medical conditions they may indicate.

Expected ranges, which are used in laboratory analysis, are set up to include 95% of the healthy population. That means that in any population, 95% of the “healthy” people should have laboratory values within those ranges. There are some situations, in which a value may be outside the “normal” range, but still be considered to be normal for you and does not necessarily indicate that a specific disease is present. We strongly recommend that you make an appointment with your health care provider to discuss questions regarding your specific laboratory studies.

#### **THE HEALTH FAIR PANEL INCLUDES:**

##### **Hemogram** - Includes

WBC: White blood cells help fight infection.

Hemoglobin & Hematocrit: indicators of anemia.

RBC (Red cell count),

MCV, MCH, MCHC, RDW mathematical calculation of the volume of RBC's and hemoglobin content.

Platelets: tiny cells that aid in clot formation.

**BUN/Creatinine and eGFR** – Indicators of kidney function. Estimated glomerular filtration rate (**eGFR**) is a test used to check how well the kidneys are working. Specifically, it estimates how much blood passes through the glomeruli each minute. Glomeruli are the tiny filters in the kidneys that filter waste from the blood.

**Sodium, Potassium, Chloride, Calcium** – These electrolytes, in the form of ions, participate in most of the body's functions. They are important in the function of nervous and muscle tissue (Potassium & Calcium), bone formation (Calcium) and in activation of various chemical reactions in the cell.

**Glucose** – The blood sugar level. A screen for hyperglycemia (high) or hypoglycemia (low) blood sugar level.

**ALT, Total Bilirubin, Alk Phos, Total Protein, AST** - Indicators of liver function.

**Total Protein** – Found throughout the body, functions in many capacities, building block of all tissues.

**Albumin** – A fraction of protein which contains the immune globulins (help fight disease), is critical in moving of some ions (Calcium & Magnesium). Low level can indicate malnutrition.

**Lipids** – The blood's "fats", cholesterol, triglycerides, LDL- the "bad" cholesterol, and HDL-the "good" cholesterol. This data is used to calculate your cardiac risk factor, or cholesterol/HDL ratio.

### **ADDITIONAL TESTS:**

**HgbA1c** – Hemoglobin A1c, used to monitor a person's diabetes, diagnose diabetes, and to help identify those at an increased risk of developing diabetes.

**PSA** – Prostate specific antigen, one method of screening for prostate cancer.

**TSH** - Thyroid Stimulating Hormone, a screening test for your thyroid function, important to a variety of metabolic activities in the body.

**HCV** - To screen for and diagnose a hepatitis C virus (HCV) infection and to monitor treatment of the infection.

**HIV** – Screen for the virus that causes AIDS.

**Vitamin D 25-OH** – Often called the sunshine vitamin, this vitamin is important in calcium metabolism, bone development parathyroid gland function. Deficiency is common in people living in the Northern Latitudes who do not get adequate sun exposure.

**FOR MORE INFORMATION, VISIT:**

<http://www.labtestsonline.org/>

**<http://www.cdc.gov/hepatitis/index.htm>**

**<http://www.cdc.gov/hiv/library/factsheets/index.html>**

**<http://www.cdc.gov/nutritionreport/pdf/Second%20Nutrition%20Report%20Vitamin%20D%20Factsheet.pdf>**

**<http://www.diabetes.org>**