UNDERSTANDING YOUR MULTIPHASIC BLOOD SCREENING TEST RESULTS

The multiphasic blood screening can assist your physician in the detection of health problems such as heart disease, kidney or liver disease, some forms of cancer, diabetes muscle or bone disease and anemia. This guide has been developed to explain the purpose of these laboratory tests and to describe the format in which the results are recorded. This report is not intended to take the place of a consultation with your personal physician. We strongly encourage you to discuss your test results with your physician for a much more accurate and reliable interpretation. Thank you for participating in this program.

MULTIPHASIC PROFILE TESTS

High Density Lipoprotein Cholesterol (HDL)
HDL is considered the “good” cholesterol. It helps protect from coronary artery disease by removing excess cholesterol from the artery walls.

Low Density Lipoprotein (LDL) Cholesterol, Very Low Denisty Lipoprotein (VLDL) Cholesterol
LDL and VLDL are considered the “bad” cholesterols. Elevated levels contribute to hardening of the arteries and coronary artery disease.

Triglyceride
Elevated levels can be the result of high dietary intake of fat or an inability to properly metabolize fat due to heredity.

Glucose
An elevated glucose can indicate a diabetic or pre-diabetic condition.

Complete Blood Count (CBC)
This series of tests helps determine the presence of anemias, infection, leukemias and bleeding disorders by evaluating the number of red and white blood cells in the circulation.

Total Cholesterol / HDL Ratio
This is the amount of “good” cholesterol in relationship to total cholesterol. A high ratio can indicate an increased risk of heart disease.

Electrolytes (sodium, potassium, chloride, carbon dioxide)
Electrolytes must be kept in balance for proper organ and tissue function.
Calcium, phosphorus
Excess calcium may indicate parathyroid or bone disease. Extremely low calcium levels can signal a disease process or a dietary deficiency. Phosphorous and calcium are interrelated and must be tested together.

Alkaline phosphatase, AST/GOT
Tests for liver function. These liver “enzymes” may be elevated in certain liver diseases.

Total Bilirubin
Elevated levels can indicate diseases of the liver or gall bladder or abnormal red cell destruction.

Total Protein, Albumin
Normal total protein indicates adequate nutrition and body metabolism. An imbalance can occur in malnutrition or gastrointestinal disease. Albumin levels are an indicator of the body’s disease fighting capability.

Uric Acid
Elevated levels are often associated with gout; however, causes such as starvation diets, high protein intake, some blood pressure medicines, or aspirin, are common.

Blood Urea Nitrogen and Creatinine
Results can detect problems with kidney function before symptoms appear.

Iron
Iron deficiency is a common cause of anemia.

Glycohemoglobin (A1C)
Glycohemoglobin is a blood test that assesses higher glucose levels over a prolonged period of time. People who have diabetes or other conditions that increase their blood glucose levels have more glycohemoglobin than normal.

Thyroid Stimulating Hormone (TSH)
TSH measurement is an excellent screening method for abnormal thyroid function.

Prostate-Specific Antigen (PSA)
Increased levels of this enzyme can often be found in cases of prostate cancer or other prostate disease.

This information is provided to you as a guide only, and is not intended to be a substitute for professional medical advice, diagnosis or treatment. If you have questions about your health, physical fitness or medical condition, you should seek the advice of your physician or health care provider.