HOW DO I GET MY LAB RESULTS?

If you would like a copy of your results, you can do one of the following:
• Sign up for the Patient Portal by calling (717) 316-3700.
• Call your physician and request a copy of your results.
• Call the Hanover Hospital Release of Information line: (717) 316-2231.

Copies of your lab results will NOT be mailed to you. Some physicians will accept your results, in which case, your results will be sent to them.

If you do not have a physician or your physician does not accept your results, your results will be available to you either on the Patient Portal or by calling the Release of Information office.

SCREENING FREQUENTLY ASKED QUESTIONS:

1. What tests should I sign up for?
   **Multiphasic Test** - Everyone can sign up for this test. (see #2 to see what this test includes).
   **Thyroid test (TSH)** - is for anyone, or if you have had recent unexplained weight loss, weight gain or hair falling out.
   **Glyco (A1C)** - Recommended for diabetics only or if you have had symptoms such as: increased thirst, increased urination, fatigue, blurred vision or slow-healing infections.
   **PSA (Prostate)** - Only for men, this test is no longer being offered based on the recommendation of the U.S. Preventative Services Task Force. Please discuss specific personal recommendations for prostate health screening with your health care provider.

2. What is the Multiphasic Blood Screening? The multiphasic blood screening can assist your physician in the detection of health problems such as heart disease, kidney disease, some forms of cancer, diabetes, muscle or bone disease and anemia. The Multiphasic test includes CBC, cholesterol (Total, HDL, LDL, & Triglycerides), blood sugar, calcium, uric acid, iron, and liver and kidney functions.

3. What if my results fall outside of the normal range? If your results fall outside of the recommended range, it is your responsibility to follow up with a physician to discuss your results. We strongly encourage you to discuss your test results with your physician for a much more accurate and reliable interpretation. If your results show a critical value, you will be contacted by Hanover Hospital. A test result “within normal limits” does not necessarily rule out the possibility of a health problem. It is your responsibility to make your physician aware of any health-related problems or concerns that you might have.

4. Do I need to fast? You will need to fast for 12 hours prior to your testing time. Food and beverages such as coffee, tea or any sugar sweetened drinks should be avoided. Drinking water is strongly encouraged.

5. What if I don’t have a physician? If you need a physician, you may call our Doc Finder line at 888-693-6234.

6. Can I still take my medications? Yes, you can still take your medications.

7. Can I get other tests done at the screening? No, we are only offering the Multiphasic, Glyco and Thyroid tests at this screening. We are not set up to take any other lab orders other than the ones we offer. Any other labs need to be done at one of the hospital's lab locations.

8. How old must you be to do the screening? Screenings are recommended for anyone age 14 and older, unless recommended by a physician. Anyone under the age of 18 must have a legal guardian sign the consent form.
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. If your results fall outside of the recommended range, it is your responsibility to follow up with a physician to discuss your results. 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.

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

**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.

**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.

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.