

A Deep Dive into Your Health

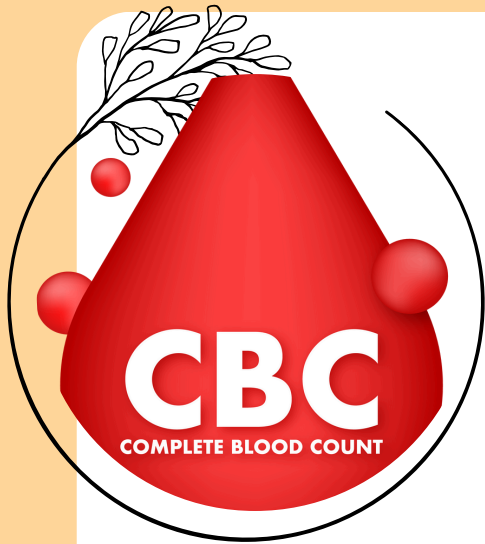
YOUR GUIDE TO THE COMPREHENSIVE LABORATORY PANEL



For those who want the most complete picture of their health, the Comprehensive Laboratory Panel is designed to provide an in-depth evaluation of multiple aspects of your well-being. This panel includes everything from the General Health Panel and the Insulin Resistance Panel, with additional markers to dig deeper into your metabolic, cardiovascular, thyroid, and nutritional health. This guide will explain each of the included tests, why they are important, and how you can get started on your journey to better health.

The Comprehensive Laboratory Panel is a most thorough testing package. It gives a detailed overview of your current health by including tests for your blood cells, metabolic function, thyroid health, cardiovascular risk, inflammation, and more. By assessing these key health markers, you can identify potential health risks early and take appropriate actions to maintain or improve your health.

Tests Included in the Comprehensive Lab Panel



Complete Blood Count

- **What It Measures:** A CBC includes 10 biomarkers to provide information about the number and types of cells in your blood, including red and white blood cells and platelets.
- **Why It Matters:** This test helps assess your overall health, and detects anemia and other conditions affecting your blood.



Comprehensive Metabolic Panel

- **What It Measures:** The CMP includes 14 different biomarkers to evaluate kidney and liver function, blood sugar, and electrolyte balance.
- **Why It Matters:** It helps detect issues with your metabolism, kidney, or liver health, which are key organs for your body's overall function.



Free T3

- **What It Measures:** Free T₃ measures the active form of thyroid hormone in your blood.
- **Why It Matters:** This test gives additional insights into thyroid function, helping to assess whether your body is effectively using thyroid hormone



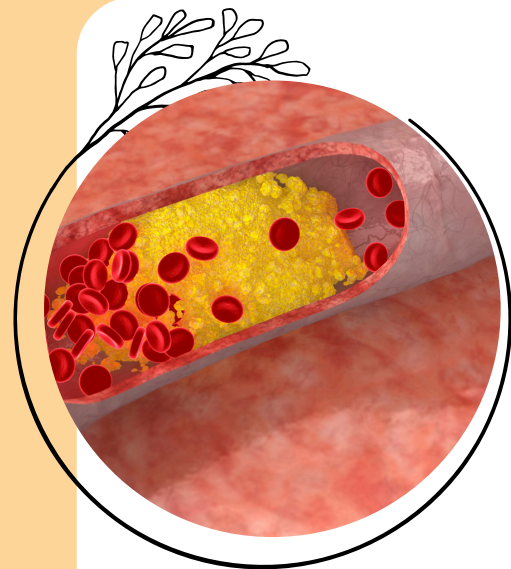
Thyroid antibodies

- **What It Measures:** This test measures specific antibodies that indicate autoimmune conditions affecting the thyroid, such as Hashimoto's or Graves' disease.
- **Why It Matters:** Identifying these antibodies helps determine if your immune system is attacking your thyroid, affecting hormone production and overall health.



TSH with Free T4

- **What It Measures:** TSH and Free T₄ are critical for evaluating how well your thyroid gland is working.
- **Why It Matters:** Thyroid hormones regulate metabolism, energy, and mood. This test can help detect conditions like hypothyroidism or hyperthyroidism.



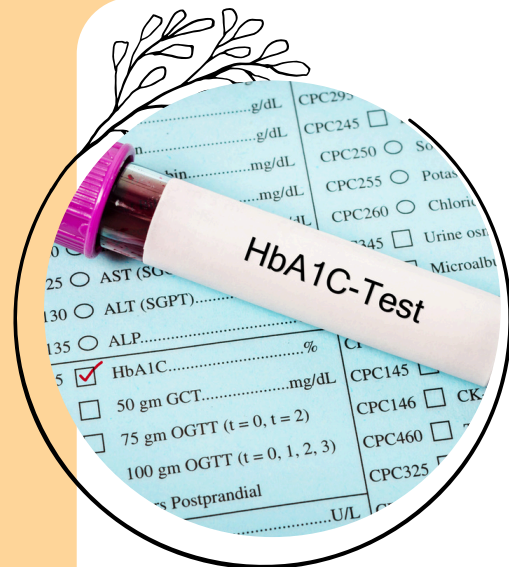
NMR Lipid Panel

- **What It Measures:** Unlike a standard lipid panel, the NMR lipid panel provides detailed information about your cholesterol. It measures the number and size of LDL particles (often called "bad" cholesterol), which is crucial for understanding cardiovascular risk.
- **Why It Matters:** The NMR lipid panel gives a more detailed and accurate assessment of cardiovascular risk compared to the regular lipid panel. This test helps you understand whether your cholesterol particles are contributing to plaque buildup and provides a clearer picture of your heart health.



Urinalysis

- **What It Measures:** Urinalysis involves examining your urine to detect a variety of substances, such as glucose, protein, and ketones.
- **Why It Matters:** This test can help identify kidney problems, urinary tract infections, or metabolic issues.



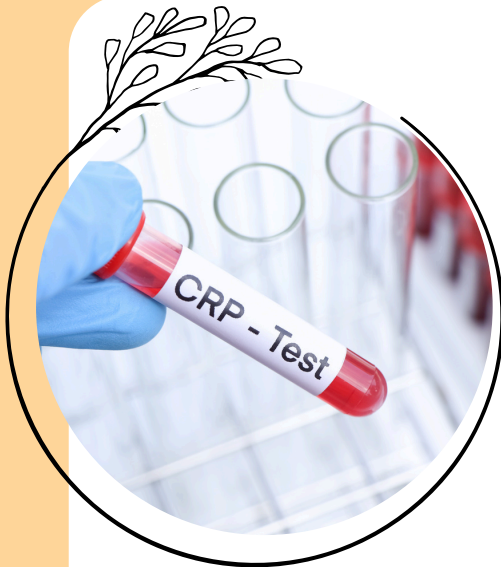
Hemoglobin A1C

- **What It Measures:** HbA1c reflects your average blood sugar over the last 2-3 months.
- **Why It Matters:** It's an important marker for diagnosing and monitoring diabetes or prediabetes, giving a picture of long-term blood sugar control.



Vitamin D

- **What It Measures:** This test measures the level of Vitamin D in your blood.
- **Why It Matters:** Vitamin D is essential for bone health, immune function, and overall wellness. Low levels can contribute to fatigue, weakened immunity, and bone issues.



hs C-Reactive Protein

- **What It Measures:** hs-CRP measures inflammation in the body.
- **Why It Matters:** Elevated hs-CRP can indicate increased risk of chronic conditions like cardiovascular disease, as inflammation plays a major role in many health issues.



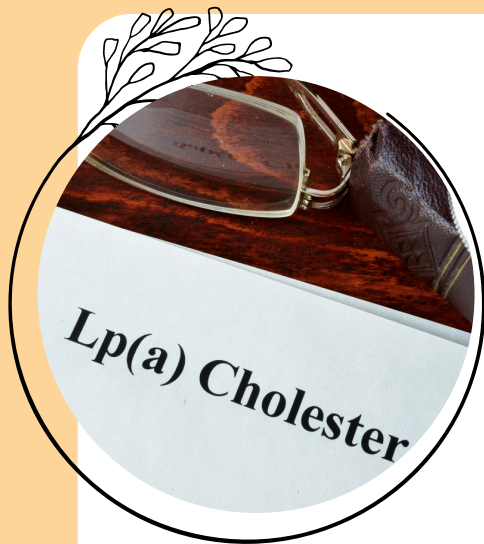
Fasting Insulin

- **What It Measures:** Fasting insulin shows how much insulin is in your blood after fasting.
- **Why It Matters:** It helps assess how well your body is managing blood sugar and can detect early insulin resistance, which is a precursor to Type 2 diabetes.



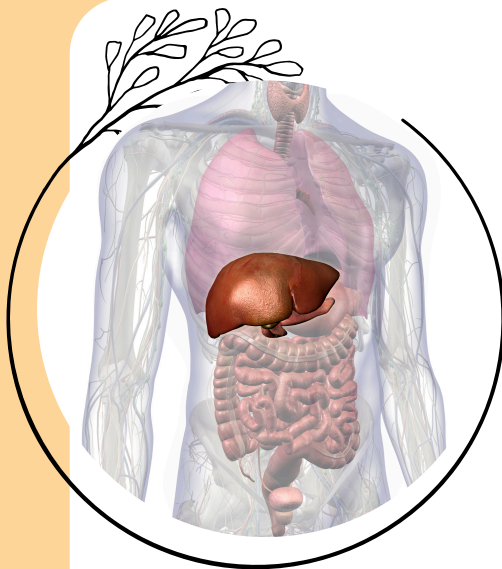
Prostate-Specific Antigen

- **What It Measures:** PSA is a protein produced by the prostate gland, measured through a blood test.
- **Why It Matters:** Elevated PSA levels can be a sign of prostate issues, including enlargement or cancer. It's important for men's health, particularly for those over 50.
- **Males only**



Lipoprotein (a)

- **What It Measures:** This test measures the level of lipoprotein (a), a type of cholesterol particle in your blood.
- **Why It Matters:** Elevated levels of lipoprotein (a) are associated with an increased risk of cardiovascular disease. This test helps provide a more complete picture of your cardiovascular risk.



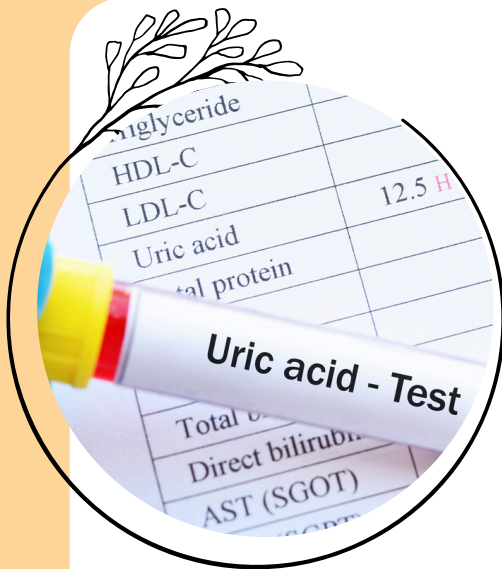
GGT (Gamma-Glutamyl Transferase)

- **What It Measures:** GGT measures an enzyme produced by the liver.
- **Why It Matters:** Elevated GGT levels can indicate liver damage or dysfunction. It is often used in combination with other liver tests to assess liver health.



Microalbumin Creatinine Ratio

- **What It Measures:** This test measures the amount of albumin (a type of protein) in your urine.
- **Why It Matters:** Elevated levels can indicate early kidney damage, especially in people with diabetes or high blood pressure. It helps monitor kidney health and detect early signs of kidney disease.



Uric Acid

- **What It Measures:** Uric acid is a waste product formed from the breakdown of purines, found in many foods.
- **Why It Matters:** High uric acid levels are often seen in individuals with insulin resistance and are linked to conditions such as gout, kidney stones, and cardiovascular disease.



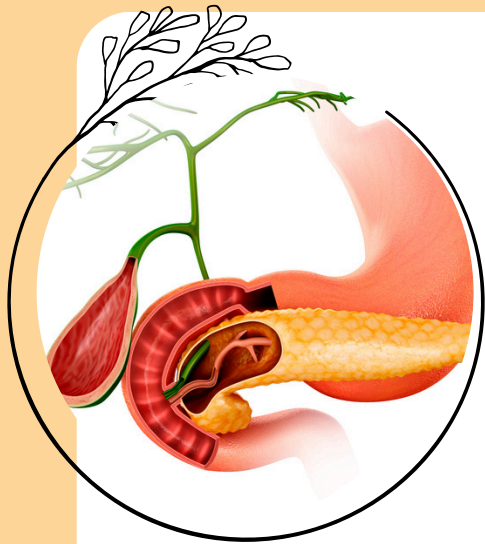
Cortisol

- **What It Measures:** Cortisol is a hormone that helps regulate stress, blood sugar, and inflammation.
- **Why It Matters:** Measuring cortisol levels can help assess how your body responds to stress and identify potential issues related to adrenal function.



Erythrocyte Sedimentation Rate

- **What It Measures:** ESR measures the rate at which red blood cells settle at the bottom of a test tube.
- **Why It Matters:** It helps detect inflammation in the body, which can indicate a variety of conditions, including autoimmune diseases or chronic infections.



Amylase and Lipase

- **What It Measures:** Amylase and lipase are enzymes produced by the pancreas that help digest carbohydrates and fats.
- **Why It Matters:** Elevated levels can indicate pancreatic issues, such as pancreatitis, and provide insight into digestive health.



Iron & TIBC

- **What It Measures:** These tests evaluate iron levels and the ability of your blood to transport iron.
- **Why It Matters:** Iron is essential for oxygen transport and energy production. Abnormal levels can indicate anemia or iron overload.



Ferritin

- **What It Measures:** Ferritin measures stored iron in your body.
- **Why It Matters:** Low ferritin levels can indicate iron deficiency, while high levels can point to inflammation or iron overload.



Vitamin D 25-OH

- **What It Measures:** This test measures the level of Vitamin D in your blood.
- **Why It Matters:** Vitamin D is essential for bone health, immune function, and overall wellness. Low levels can contribute to fatigue, weakened immunity, and bone issues.



Vitamin B12 and Folate

- **What It Measures:** These tests measure the levels of Vitamin B12 and folate in your blood.
- **Why It Matters:** Both are crucial for nerve function, red blood cell production, and DNA synthesis. Deficiencies can lead to fatigue, anemia, and neurological issues.



Zinc

- **What It Measures:** Zinc levels in your blood.
- **Why It Matters:** Zinc is important for immune function, wound healing, and protein synthesis. Low levels can weaken the immune system and impair healing.



Magnesium

- **What It Measures:** This test measures the level of magnesium in your blood.
- **Why It Matters:** Magnesium is involved in muscle function, heart health, and energy production. Low levels can lead to muscle cramps, fatigue, and irregular heart rhythms.

The Comprehensive Laboratory Panel provides a thorough evaluation of your health, offering detailed insights into your cardiovascular, metabolic, thyroid, and nutritional status. By understanding these markers, you can take a proactive approach to your health, identify potential issues early, and make informed decisions to lead a healthier, happier life.

Don't wait for symptoms—be proactive, stay informed, and make your health a priority today!



How to Get Tested

Taking charge of your health with the Comprehensive Laboratory Panel is simple.

Here's how you can get started:

1. Request Your Test: Visit <https://yourfamilymd.com/laboratory-tests> to request the General Health Panel. Once you submit a request and complete and sign all the forms, I will issue a lab order for you to complete at a LabCorp location of your choice.
2. Complete the Lab Work: After receiving your lab order, visit your preferred LabCorp location for the tests. To schedule your visit, use the following link: [LabCorp Appointment Scheduling](#). When scheduling, you will be prompted to answer how this visit will be covered. Select the option that says, "I already paid, or Someone else is responsible." Please remember to fast for 8-12 hours before the blood tests to ensure accurate results.
3. Receive Your Results: Once the results are available, I will review them and contact you to schedule a call to discuss the findings and provide recommendations.