

Overall Wellness

Complete Blood Count (CBC)

Description: Evaluates overall health by measuring the cells that make up your blood. A CBC can help detect infections, anemia, inflammation, immune disorders, and other health conditions before symptoms develop.

Includes:

- **White Blood Cell Count (WBC):** Helps detect infection, inflammation, and immune system disorders.
- **Red Blood Cell Count (RBC):** Measures oxygen-carrying red blood cells and helps identify anemia.
- **Hemoglobin (Hgb):** The oxygen-carrying protein in red blood cells; low levels may cause fatigue and weakness.
- **Hematocrit (Hct):** Measures the percentage of blood made up of red blood cells and helps evaluate hydration and anemia.
- **Mean Corpuscular Volume (MCV):** Measures the average size of red blood cells to help determine the cause of anemia.
- **Mean Corpuscular Hemoglobin (MCH):** Measures the average amount of hemoglobin in each red blood cell.
- **Mean Corpuscular Hemoglobin Concentration (MCHC):** Measures the concentration of hemoglobin inside red blood cells.
- **Red Cell Distribution Width (RDW):** Measures variation in red blood cell size and helps identify nutritional deficiencies and anemia.
- **Platelet Count:** Evaluates the blood's ability to clot properly.
- **Mean Platelet Volume (MPV):** Measures average platelet size and provides insight into platelet production and function.
- **Differential (Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils):** Evaluates the different types of white blood cells to assess immune function, infection, allergies, and inflammation.

Comprehensive Metabolic Panel (CMP)

Description: Evaluates kidney function, liver health, blood sugar, electrolyte balance, and overall metabolism.

Includes:

- **Glucose:** Measures blood sugar levels and screens for diabetes and prediabetes.
- **Calcium:** Essential for bone health, muscle function, nerve signaling, and heart rhythm.
- **Sodium:** Helps regulate fluid balance, nerve function, and blood pressure.
- **Potassium:** Supports heart rhythm, muscle contractions, and nerve function.
- **Chloride:** Helps maintain proper fluid balance and acid-base balance.
- **Carbon Dioxide (CO₂/Bicarbonate):** Evaluates acid-base balance and lung/kidney function.
- **Blood Urea Nitrogen (BUN):** Assesses kidney function and hydration status.
- **Creatinine:** Measures kidney filtration and overall kidney health.
- **eGFR (Estimated Glomerular Filtration Rate):** Estimates how efficiently the kidneys are filtering waste from the blood.
- **BUN/Creatinine Ratio:** Provides additional information about kidney function and hydration.
- **Total Protein:** Measures the combined amount of proteins in the blood to assess nutrition, liver, and kidney health.
- **Albumin:** The primary blood protein that helps maintain fluid balance and transport nutrients.
- **Globulin:** Supports immune function and helps evaluate liver and immune system health.
- **Albumin/Globulin (A/G) Ratio:** Helps identify liver, kidney, and immune disorders.
- **Total Bilirubin:** Evaluates liver function and the breakdown of red blood cells.
- **Alkaline Phosphatase (ALP):** Assesses liver, bile duct, and bone health.
- **AST (Aspartate Aminotransferase):** Liver enzyme that may indicate liver or muscle injury.
- **ALT (Alanine Aminotransferase):** Liver enzyme commonly used to detect liver damage.

Hemoglobin A1c (HbA1c)

Description: Measures average blood sugar levels over the past 2–3 months.

Why it's important: Hemoglobin A1c is one of the best tests for identifying prediabetes and diabetes while monitoring long-term blood sugar control. Maintaining healthy levels reduces the risk of heart disease, kidney disease, nerve damage, and vision loss.

Cardio C-Reactive Protein (hs-CRP)

Description: Measures low levels of C-reactive protein (CRP), a marker of inflammation produced by the liver in response to inflammation anywhere in the body.

Why it's important: Chronic inflammation is a major contributor to heart disease and elevated hs-CRP levels may indicate an increased risk of heart attack, stroke, and other cardiovascular conditions. However, elevated hs-CRP can also be associated with a variety of other conditions, including autoimmune disorders, chronic infections, obesity, metabolic syndrome, diabetes, arthritis, and other inflammatory diseases. This test provides valuable insight into your overall inflammatory status and can help identify underlying health concerns that may warrant further evaluation.

Iron & Total Iron Binding Capacity (TIBC)

Description: Evaluates iron levels and your body's ability to transport and use iron.

Includes:

- **Iron:** Measures the amount of circulating iron needed to produce healthy red blood cells.
- **Total Iron Binding Capacity (TIBC):** Measures the blood's ability to bind and transport iron.
- **Percent Saturation:** Indicates how much of the body's iron transport protein is carrying iron and helps identify iron deficiency or iron overload.

Why it's important: Proper iron levels support energy production, oxygen delivery, immune function, and overall wellness. Abnormal results may indicate iron deficiency, anemia, chronic disease, or excess iron stores.

Lipid Panel with Ratios

Description: Evaluates cholesterol levels and cardiovascular risk.

Includes:

- **Total Cholesterol:** Measures the total amount of cholesterol in the blood.
- **HDL Cholesterol:** The "good" cholesterol that helps remove excess cholesterol from the bloodstream.
- **LDL Cholesterol:** The "bad" cholesterol that can contribute to plaque buildup in the arteries.
- **Triglycerides:** A type of fat in the blood that, when elevated, increases the risk of heart disease.
- **Non-HDL Cholesterol:** Represents all potentially harmful cholesterol particles and provides a more complete assessment of cardiovascular risk.
- **Total Cholesterol/HDL Ratio:** Helps estimate overall risk for heart disease.
- **LDL/HDL Ratio:** Compares harmful cholesterol to protective cholesterol and provides additional insight into cardiovascular health.

Why it's important: A lipid panel helps assess your risk for heart attack, stroke, and cardiovascular disease while providing valuable information to guide lifestyle changes and treatment decisions for long-term heart health.

TSH (Thyroid-Stimulating Hormone)

Description: Measures thyroid-stimulating hormone (TSH), which regulates the production of thyroid hormones.

Why it's important: TSH is one of the primary tests used to evaluate thyroid function. An underactive or overactive thyroid can affect metabolism, energy levels, weight, mood, heart rate, cholesterol levels, and overall wellness. Measuring TSH helps identify thyroid disorders before symptoms become severe and guides appropriate treatment.

Vitamin D (25-Hydroxy, Total)

Description: Measures the body's vitamin D stores to assess overall vitamin D status.

Why it's important: Vitamin D is essential for bone health, immune function, muscle strength, and calcium absorption. Low vitamin D levels have also been associated with fatigue, weakened immunity, depression, muscle weakness, osteoporosis, and an increased risk of chronic diseases. Measuring vitamin D helps identify deficiencies so they can be corrected to support overall health and well-being.



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