

## Your Health Screen Explanation

*This testing includes a blood profile and coronary heart disease risk evaluation. Values outside the Ref. Interval (marked HI or LO) may indicate possible problems needing medical evaluation, or that you ate before your blood was drawn. Consult your doctor with any questions.*

**Glucose** Measure of sugar levels in your blood. High values can be associated with eating before the test and diabetes. If your value is over 200, even if you had recently eaten, consult your doctor. Even if you know you have diabetes, it is important to report any elevated sugar level to your doctor.

**Creatinine** Measure of kidney function. High values should be reported to your physician, as they may be indicative of kidney problems.

**ALT/SGPT** Enzyme produced in the liver. Significant elevation of ALT may be due to many causes of liver damage, i.e., cirrhosis, cancer, and medications, herbs or biliary disease.

**Uric Acid** Normally excreted in urine. High values are associated with gout, arthritis, kidney problems, and the use of some diuretics and should be evaluated by your doctor. Low values are probably not important.

**Potassium and Sodium** These are electrolytes that are controlled very carefully by the kidneys. They are important for the proper functioning of nerves and muscles, particularly the heart. Any values outside the expected range, high or low, require medical evaluation. This is especially important if you are taking a diuretic (water pill) or heart medication.

**TSH** (Thyroid Stimulating Hormone) Very sensitive measure of thyroid status. The thyroid gland keeps virtually all metabolic processes in balance. High and low values should be discussed with your doctor.

**Hematocrit** Indication of anemia status. High and Low values should be discussed with your doctor.

### **Coronary Heart Disease Risk Evaluation**

**Cholesterol** A molecule that has been associated with blood vessel disease. If elevated, the result should definitely be discussed with your doctor.

**Triglyceride** Fat in the blood that is affected by what you eat and drink (e.g., alcohol). Triglycerides in your blood may remain at a high level for up to 12 hours after a meal. However, even if you have just eaten and your triglyceride is higher than 500, consult your doctor. A low value is not significant.

**HDL-Cholesterol** A portion of the Total Cholesterol known as the “Good Cholesterol”. It protects against heart disease. Low levels are of concern and should be discussed with your doctor.

**LDL-Cholesterol** The portion of the Total Cholesterol known as the “Bad Cholesterol”. Excess LDL can lead to atherosclerosis (hardening of the arteries) Discuss Hi levels with your doctor.