

WHAT YOUR HEALTH SCREEN RESULTS CAN TELL YOU

When you recently had your blood drawn, a number of your body chemicals were measured. It is important to understand that though some health problems can be found early through such blood tests; many cannot. Your results should give you and your doctor an indication of your overall health. Initial results will establish your prime or "baseline" values for comparison as you age. MyMedLab tests results are designed to create a Personal Health Record (PHR), much like you have for financial and legal matters. Each test result in your PHR can be viewed, printed and faxed directly from test list page. A bar graph icon will appear at the end of each result that has more than one value in the PHR. Click the graph icon to compare new results to all others in the PHR.

Results outside the "Normal Range" are printed in BOLD along with a HIGH or LOW next to the value. Results can be out of the normal range for a number of reasons other than possible health problems. In the individual test explanation below, you will find other possible explanations like certain medications and/or the time elapsed since you ate before testing. **IT IS NOT POSSIBLE TO DIAGNOSE OR TREAT ANY CONDITION SOLELY ON THE BASIS OF A WELLNESS SCREEN**, however, testing can help you learn more about your overall health and detect potential problems early, when treatment or changes in lifestyle can be the most effective. For more detailed explanation, visit the U.S. Library of Medicine online at www.nlm.nih.gov/medlineplus/encyclopedia.html

General Health Screen™ (CMP with Lipid Profile)

Glucose tells how well your body is utilizing sugar. High values can be from eating before the testing or the possibility of diabetes. *If your value is over 200 even if you had eaten prior to testing, consult your doctor.*

Uric Acid is normally excreted in urine. It measures excessive breakdown, production and or destruction of cells. High values are associated with gout, arthritis, kidney problems, and use of some water pills (Diuretics).

BUN (Urea Nitrogen) is a waste product of the liver that is excreted by the kidneys. It measures how well kidneys excrete waste from the body. High values may indicate that the kidneys are not working as well as they should. BUN is also affected by high protein diets or strenuous exercise, which can raise the level, and by pregnancy, which lowers it.

Creatinine, Serum is another waste product that indicates how well your kidneys are working, but the protein that you eat does not affect the amount present. *High values require medical evaluation, especially with high BUN levels.* Low values are probably not significant.

GFG (Glomerular Filtration Rate) is a test used to check how well the kidneys are working. Specifically, it estimates how much blood passes through the tiny filters in the kidneys, called glomeruli, each minute.

BUN / Creatinine Ratio is the relationship between the two individual tests. If both individual results are WITHIN range then an elevated ratio is probably NOT significant.

Sodium and **Chloride** the major salts in your body, are regulated by the kidneys and adrenal gland. They are important in the functioning of nerves, muscles and most other cells. *High values can be a sign of dehydration.*

Potassium is controlled very carefully by the kidneys. It is important for the proper functioning of nerves and muscles, particularly the heart. *Any value outside the normal range, high or low requires medical evaluation.* It's especially important if you are taking a diuretic (water pill) or heart medication (Digitalis, Lanoxin, etc.).

Calcium and **Phosphorus** are controlled by the parathyroid glands and kidneys. These minerals are found mostly in bone, and are important for proper blood clotting, nerve and muscle cell activity. *High calcium and/or low phosphorus should be evaluated by your doctor.*

Total Protein is an evaluation of the amount of proteins found in muscle, plasma and hemoglobin. High values may be caused by dehydration and low values may show signs of malnutrition or liver malfunction.

Albumin and **Globulin** are the two main proteins in blood and the general index of overall health and nutrition. Albumin is a protein formed in the liver and Globulin is the "antibody" protein, important for fighting disease.

Albumin/Globulin is the ratio of the individual tests. Usually not significant if individual tests are within range.

Total Bilirubin is a measure of liver health and a test for hemolytic anemia. Low levels are generally not significant and can be caused by a high fat meal prior to testing. High Bilirubin values can indicate liver disease, blood disorders or other conditions that reduce the flow of bile or produce an increase in bile itself.

Alkaline Phosphatase is an enzyme found primarily in the bones and liver. Expected values are higher for those who are growing (children, pregnant women) or when damage to bone or liver has occurred. Low values are usually not significant.

Lactic Dehydrogenase (LDH) is an enzyme present in all cells of the body. Anything that damages cells: heart attack, hepatitis, cirrhosis, jaundice and anemia will raise the amounts in the blood. It is not specific to any particular disease; however *abnormalities should be discussed with your doctor.*

AST (SGOT) if elevated, may indicate possible liver or muscle problems. Vigorous exercise can explain slightly high values. *If your values are high your doctor should be consulted.*

ALT (SGPT) is another test of liver function. Again, *if your values are high your doctor should be consulted.*

GGT (Gamma Glutamyltransferase) is a very sensitive test of liver function. Gamma GT is found in the liver, prostate, spleen and kidneys. Elevations are frequently seen with moderate alcohol intake and as a result of taking such drugs as Phenobarbital or Dilantin.

Iron, Serum evaluates the amount of iron in the bloodstream. Iron levels can fluctuate depending on time of day and iron intake. One of iron's primary function is to be incorporated into hemoglobin in the blood stream and help transport oxygen. *Consistently high values can be a sign of Hemochromatosis that is believed to be a factor for an increased risk of heart attacks.*

Cholesterol is a blood fat shown to be associated with an increased probability of heart disease in some people. *If elevated, should be discussed with your doctor. (< 200 is desirable, 200-239 is borderline, 240 > is high).*

Triglycerides are another of the blood fats that is associated with an increased risk of heart disease. *This test, if out of range should be discussed with your doctor.* Triglycerides may be elevated in the 200-600 range due to eating within 12 hours of being tested. If you were not fasting and your result is in this range, a repeated fasting evaluation should be obtained. (< 200 is normal, 200-400 is borderline high, > 1000 is very high).

HDL (High Density Lipoprotein) the "GOOD" Cholesterol is the type of cholesterol thought to be responsible for a REDUCTION in the risk of heart disease. Values greater than 35 mg/dl are considered desirable.

VLDL (Very Low Density Lipoprotein) this lipoprotein's function is to transport Triglycerides in the blood stream and is associated with an increased risk of heart disease. (< 40 is desirable, > 40 increases CAD risk)

LDL (Low Density Lipoprotein) the "BAD" Cholesterol is the fraction of cholesterol associated with an INCREASE in the risk of heart disease. (< 130 is desirable, 130-159 is borderline high, > 160 is high).

T. Chol/HDL Ratio (Coronary Risk Factor) is the calculation of GOOD and BAD Cholesterol to estimate the overall risk of heart disease. This calculation allows a person to still have an average risk factor, even with an elevated LDL (BAD) Cholesterol, if your HDL (GOOD) Cholesterol is high enough to offset it. Moderate exercise, like walking, is considered one of the best ways to increase the level of HDL and lower the risk factor.

Additional Testing

TSH (Thyroid Stimulating Hormone) is an evaluation of thyroid activity (metabolic thermostat) by way of the pituitary gland. The pituitary releases TSH into the bloodstream to either *increase* or *decrease* the amount of actual thyroid hormone (T3,T4). This relationship creates a inverse value that can be seen by understanding that a *LOW TSH value is usually a sign of OVERACTIVE THYROID (Hyperthyroidism)* and a *HIGH TSH value normally indicates a normal or UNDER ACTIVE THYROID (Hypothyroidism).*

FREE T4 is a DIRECT measure of the thyroid hormone (Thyroxine -T4) circulating in the blood stream. Free T4 is monitored by the pituitary gland to determine if an increase or decrease in the release of Thyroid Stimulating Hormone (TSH) by the Pituitary Gland is needed to reach the optimum thyroid hormone level.

PSA (Prostatic Specific Antigen) test the level of a protein found in blood that is unique to the prostate. The normal prostate cell holds onto most of the PSA, but lets very little leak into the blood stream. It is this amount that is measured in the test. *High PSA values are NOT indicative of prostate cancer . Other factors like Inflammation of the Prostate (Prostatitis) and a rectal exam itself, can increase the PSA level. A biopsy is the only proven method to identify Cancer.* Men over 35 are advised to have a yearly screen to establish a baseline for future comparison.

C-Reactive Protein (CRP-Cardiac) is used to identify infectious disease and inflammatory disorders such as rheumatic fever, rheumatoid arthritis and myocardial infarctions. CRP is an abnormal protein produced primarily by the liver during an acute inflammatory process. A positive test result indicates the presence, but not the cause of the acute inflammatory reaction. New research suggests that high CRP-Cardiac levels actually make plaque less sticky and more prone to rupture. This plaque, once free in the bloodstream, can result in stroke and other heart conditions. The highly sensitive CRP-Cardiac is a valuable screening tool to identify additional risk factors for heart disease, especially for those patients with normal Cholesterol levels.

Homocysteine is a byproduct of the metabolism of the essential amino acid - methionine. It is broken down through a process requiring folic acid and other B vitamins to keep it from building up in the blood. Studies have shown that too much Homocysteine in the blood can increase the risk of fatal coronary heart disease. Research is still inconclusive as to the benefits of vitamin supplements, however five servings of fruits and vegetables per day should provide the needed amounts of folic acid and B vitamins to lower high Homocysteine levels.

For testing ordered by your Physician, fax your Dr's Order to 888-DRS-ORDER (888-377-6733)

CBC (Complete Blood Count)

White Blood Count is the number of white blood cells (WBC) in whole blood. These cells are responsible for fighting bacterial and viral infections in the body. *High values usually indicate some type of infection.*

Red Blood Count is the number of red blood cells (RBC) found in the whole-blood sample. The primary function of RBCs is to carry oxygen and nutrients to cells throughout the body.

Hemoglobin is the iron containing pigment in RBCs that determine the oxygen carrying capacity of the blood. *Very Low values suggests Anemia, which may result from poor diet or possible internal bleeding. High values may be seen in heavy smokers who have compromised the body's ability to carry oxygen efficient.*

Hematocrit is a measure of the percentage of RBCs in the total blood volume. It closely reflects the Hemoglobin and RBC values. When invading bacteria and viruses are found, WBCs multiply as needed to battle the invaders. In most circumstances, once the invaders are defeated, the system returns to normal.

MCV, MCH, and MCHC as a group, these calculated values detail anemia, and average RBC size and shape.

Neutrophils, Lymphocytes, Monocytes, Eosinophils, and Basophils are different kinds of white blood cells.

Monocytes clean and digest debris that enters the blood stream. Neutrophils, Eosinophils, and Basophils primarily fight bacterial infections. Lymphocytes primarily fight off viruses.

Platelets are tiny fragments of the larger cells. These are first to respond to injury and initiate the coagulation or clotting of the blood. *High values are seen in Rheumatoid arthritis, blood loss, anemia and infection.*

Mean Platelet Volume is the average of the total volume of platelets in the bloodstream.

Red Cell Distribution - determines how evenly distributed the RBC (oxygen carrying cells) are in a sample.

Urinalysis with Micro

URN Specific Gravity - Low specific gravity is characteristic of diabetes or tubular necrosis. *High values may occur with dehydration, congestive heart failure, kidney failure, liver failure or shock.*

URN Color / Appearance - Abnormally colored urine may result from a pathological condition or the ingestion of foods or medicines. Normal findings are CLEAR appearance and YELLOW color.

URN Leukocyte Esterase - used to detect leukocytes indicating the presence of a urinary tract infection.

URN pH - indicates the acid-base balance of a urine specimen.

URN Total Protein - Albumin or WBC may indicate a kidney, prostate, or vaginal infection or extreme exertion.

URN Glucose - is sugar glucose in the urine. When present it is generally thought to be the result of diabetes.

URN Ketones - Excess production of ketones in the urine is usually associated with poorly controlled diabetes.

URN Total Bilirubin - when present in urine it usually suggests problems with the metabolism of bilirubin.

URN White Blood Count - numerous WBC may imply urinary tract inflammation from cystitis or pyelonephritis.

Kidney Infection is usually suggested by the presence of white cells AND white cell casts.

URN Red Blood Count - presence of RBC can indicate diseases, structural abnormalities, or injury to the kidneys, ureters, bladder, prostate or urethra.

URN Granular Casts - Excessive numbers of cast are associated with kidney disease.

URN Crystal - When found in urinary sediment under microscopic examination, usually indicates that the formation of Kidney stones may be imminent, if not already present.

I would like to personally thank you for taking advantage of our Wellness Screening program. The information you learn here may well help save your life. At the very least, it will provide you knowledge that, up until now, has been hard to access on your own. MyMedLab is dedicated to providing you with the highest quality testing at a cost you can actually afford, a nearly forgotten concept in today's "Corporate" healthcare world. We currently offer more than 150 individual tests and more than 20 profiles based on your age, sex and family history.



MyMedLab has partnered with Microsoft's HealthVault and Mayo Clinic Health Manager to create a laboratory experience designed for the 21st Century. The MyMedLab process combines physician oversight, local sample collection and advanced medical testing to empower today's consumers to make wiser decisions about their health. This unique partnership provides a simple way to have all lab results performed at MyMedLab automatically become part of your HealthVault account.

General Health Screen™ and the Body Systems Being Evaluated

Tests Included

Body System Evaluated and Screened for Possible Disorders

Glucose

Diabetes

Uric Acid

BUN

Creatinine

BUN / Creatinine Ratio

GFR

Sodium

Potassium

Chloride

*Body
Metabolism*

*Kidney
Function*

Calcium

Phosphorus

*Bone
Function*

Protein, Total

Albumin

Globulin Total

A/G Ratio

*Infection and
Nutrition*

Bilirubin

Alkaline Phosphatase

*Liver
Function*

LDH

AST

ALT

GGT

Iron

Iron Levels in the Bloodstream

Lipid Profile

Cholesterol

Triglycerides

HDL (High Density) Cholesterol

VLDL (Very Low Density) Cholesterol

LDL (Low Density) Cholesterol

Total Cholesterol / HDL Ratio (Risk Factor)

Risk of Heart Disease

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