



Providence Seward Medical and Care Center Laboratory

## Lab Tests on Demand

Name of Test	Price
Comprehensive Metabolic Panel (CMP)	\$35
Fasting Glucose (blood sugar)	\$10
Lipid Panel	\$20
Complete Blood Count (CBC)	\$20
Blood Type	\$20
Thyroid Stimulating Hormone (TSH)	\$35
Hemoglobin A <sub>1</sub> C aka Glycohemoglobin	\$35
Vitamin D (25-hydroxy) (testing is performed at PAMC)	\$45

**Lab Tests on Demand is a program offering you your choice of wellness testing. Available tests and prices are listed in the table. No provider order is required and you don't need an appointment — just drop in anytime during business hours. Ask the front desk at PSMCC for an order form, select your tests and pay the fee; your lab results will be mailed to you within one to three days.**

◆ NOTE: These tests are not intended to replace a medical examination or tests provided by your health care provider.

## Comprehensive Metabolic Panel CMP

The CMP is a frequently ordered panel of tests that gives your doctor important information about the current status of your kidneys and liver, your electrolyte and acid/base balances and the levels of your blood sugar and blood proteins. The CMP includes:

### Glucose and Calcium

Both increased and decreased levels can be significant.

#### Proteins – Albumin and Total Protein

Albumin, a small protein produced in the liver, is the major protein in serum. Total protein measures albumin as well as all other proteins in serum. Both increases and decreases in these test results can be significant.

#### Electrolytes – Sodium, Potassium, CO<sub>2</sub> (carbon dioxide, bicarbonate) and Chloride

The concentrations of sodium and potassium are tightly regulated by the body as is the balance between the four molecules. Electrolyte (and acid-base) imbalances can be present with a wide variety of acute and chronic illnesses. Chloride and CO<sub>2</sub> tests are rarely ordered by themselves.

#### Kidney Tests – BUN (Blood Urea Nitrogen) and Creatinine

BUN and creatinine are waste products filtered out of the blood by the kidneys. Increased concentrations in the blood may indicate a temporary or chronic decrease in kidney function.

#### Liver Tests – ALP (alkaline phosphatase), ALT (alanine amino transferase, also called SGPT), AST (aspartate amino transferase, also called SGOT), and Bilirubin

ALP, ALT, and AST are enzymes found in the liver and other tissues. Bilirubin is a waste product produced by the liver as it breaks down and recycles aged red blood cells. All can be found in elevated concentrations in the blood with liver disease or dysfunction.

### Lipid Panel

The lipid profile is a group of tests that are often ordered to aid in determining risk of coronary heart disease. They are tests that have been shown to be good indicators of whether someone is likely to

have a heart attack or stroke caused by blockage of blood vessels or hardening of the arteries (atherosclerosis) when evaluated along with other risk factors. The lipid profile includes:

**Total Cholesterol** – Sum of the different cholesterol in your blood

**HDL – High density lipoprotein cholesterol** – often called good cholesterol

**LDL – Low density lipoprotein cholesterol** – often called bad cholesterol

**Triglycerides** – the chemical form in which most fat exists in food as well as in the body

### Complete Blood Count CBC

The CBC is used as a broad screening test to check for such disorders as anemia, infection, and many other diseases. It is actually a panel of tests that examines different parts of the blood and includes the following:

**White blood cell (WBC) count** is a count of the actual number of white blood cells per volume of blood. Both increases and decreases can be significant.

**Red blood cell (RBC) count** is a count of the actual number of red blood cells per volume of blood. Both increases and decreases can point to abnormal conditions.

**Hemoglobin** measures the amount of oxygen-carrying protein in the blood.

**Hematocrit** measures the percentage of red blood cells in a given volume of whole blood.

The **Platelet Count** is the number of platelets in a given volume of blood. Both increases and decreases can point to abnormal conditions of excess bleeding or clotting. Mean platelet volume (MPV) is a machine-calculated measurement of the average size of your platelets. New platelets are larger, and an increased MPV occurs when increased numbers of platelets are being produced. MPV gives your doctor information about platelet production in your bone marrow.

**Mean Corpuscular Volume (MCV), Mean Corpuscular Hemoglobin (MCH), Mean Corpuscular Hemoglobin Concentration**

**(MCHC) and Red Cell Distribution Width (RDW)** are measurements of red cell size and shape that your Healthcare Provider can use to help determine what type of anemia you have if anemia is present.

### Blood Type

Provides your Blood Group (A, B, AB or O) and Rh Type (Positive or Negative).

### Thyroid Stimulating Hormone TSH

The TSH is a screening test to evaluate thyroid function and/or symptoms of hyper- or hypothyroidism.

### Hemoglobin A<sub>1</sub>C a.k.a. Glycohemoglobin

The Hemoglobin A<sub>1</sub>C test is used to screen for diabetes in non-pregnant, non-anemic individuals and to monitor glucose control in diabetics. In addition to measuring the percentage of glycosylated hemoglobin, it also provides an estimate of your average blood glucose level over the last several months.

### Vitamin D (25-Hydroxy)

This is a test for deficiencies of 25-hydroxy Vitamin D in your blood. The main role of Vitamin D is to help regulate the absorption of calcium, phosphorus, and (to a lesser extent) magnesium. Those living in Northern Climates like Alaska are at increased risk of Vitamin D deficiency due to decreased sun exposure. This test is performed at Providence Alaska Medical Center; expect 2-3 days for results.

### Fasting Glucose

Fasting blood glucose testing can be used to screen individuals for diabetes and pre-diabetes. Screening is especially important for people at high risk of developing diabetes, such as those with a family history of diabetes, those who are overweight, and those who are more than 40-to-45 years old.