



Diagnostic Screens *Helping People to Better Health*

The first step to [preventive health care](#) is to identify early warning signs of a potential disease. Health screens are a key part of identification.

Our programs are designed to be affordable and to encourage participants to become active partners in their health care and educate people on the importance of making positive health choices.

Diagnostic Screens

A blood draw performed by our Nurse Practitioner will be sent directly to the lab for processing. The results will be returned to us and you will be offered the opportunity of a consultation to discuss the findings and solutions.

Having your blood screened will help identify early warning signs of heart disease, diabetes, liver abnormalities, nutritional disorders, kidney disease, thyroid disease, anemia and cancer.



Panel C** is a comprehensive chemistry profile of 35 different tests, including CBC (complete blood count) and cholesterol analysis. **Client cost: \$145 (Regular Lab Price \$295)** 12-Hour Fast

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| 1. Glucose- Diabetes | 15. GAMMA GTP- Liver | 28. Red Blood Cell Count- Oxygen Capacity |
| 2. Bun- Kidney | 16. LD- Liver | 29. Hemoglobin- Anemia |
| 3. Creatinine- Kidney | 17. Total Protein- Nutrition | 30. Hematocrit- Anemia |
| 4. Sodium- Electrolytes | 18. Albumin- Nutrition | 31. MCV- Proper Cell Count & Size |
| 5. Potassium- Electrolytes | 19. Uric Acid- Gout/Nutrition | 32. Platelet Count- Clotting Ability/ Cancers |
| 6. Chloride- Electrolytes | 20. Magnesium- Nutrition | 33. MCHC- Proper Cell Size/ Anemia |
| 7. Calcium- Nutrition/Kidneys | 21. Iron- Nutrition | 34. MCH- Proper Cell Size/Anemia |
| 8. Phosphorus- Kidney | 22. Cholesterol- Heart | 35. Red Cell Distribution Width |
| 9. Triglycerides- Heart | 23. T4- Thyroid | |
| 10. Total Bilirubin- Liver | 24. HDL Cholesterol- Good Cholesterol | |
| 11. Direct Bilirubin- Liver | 25. Cholesterol Risk Ratio | |
| 12. Alkaline Phosphates- Liver | 26. LDL- Bad Cholesterol | |
| 13. SGOT- Liver | | |
| 14. SGPT- Liver | 27. White Blood Cell Count- Infection | |

**Includes a Health Profile, your personal health report based on your answers to the health questionnaire, your screening results and the latest health research. The Health Profile focuses on things over which *you* have control and can change. Includes a 20 minute consultation with our Nurse Practitioner.

Additional Screening Options

ALLERGY (RAST) SST Client Cost: \$125 (Regular Lab Price \$244) A blood test measuring your body's sensitivity to these allergens: dust mites, cat, dog, epithelia, Bermuda grass, Kentucky bluegrass, oak, elm,

Alternaria Tenuis (mold), short ragweed and English Plantain. (You should avoid this test if you have had a radioactive scan in the past week, e.g. Thyroid or Bone.)

BLOOD TYPE LAV Client Cost: \$20 (Regular Lab Price \$32.50) Determines blood type and Rh factor.

CARDIO CRP SST Client Cost: \$55 (Regular Lab Price \$71) A blood test measuring the level of this naturally occurring protein present in inflammation. This is a high sensitivity CRP test.. It will detect any inflammation in the body. You should not take this test if you are recovering from any recent tissue injury, infection or inflammation, or if you have disorders like Arthritis.

COLOCARE Client Cost: \$10 (Regular Lab Price \$11) A take home self test to detect hidden blood in the stool. Colorectal cancer is the third most commonly diagnosed cancer in both men and women. The US Preventive Task Force Service has recommended those age 50 and over have this screening annually.

H.PYLORI SST Client Cost: \$75 (Regular Lab Price \$110.75) A blood test to detect the bacteria H.Pylori which is believed to be responsible for certain types of Gastritis and Ulcers. There is also an unclear link between the H.Pylori bacteria and Stomach Cancer. Antibiotics have been shown to resolve gastritis symptoms caused by H. Pylori.

HEMOGLOBIN A1c LAV Client Cost: \$55 (Regular Lab Price \$67.75) A blood test to determine average blood sugar levels of the period of 90-120 days prior to the test. The ADA recommends this test be performed four times a year on those who take insulin. Fasting for at least 8 hours is recommended.

HOMOCYSTEINE SST Client Cost: \$98 (Regular Lab Price \$180) A blood test measuring the level of this naturally occurring amino acid. High Homocysteine levels increase heart attacks and strokes.

INFLAMMATORY JOINT DISEASE SCREENING SST Client Cost: \$75 (Regular Lab Price \$130.25) A blood screening for Rheumatoid Arthritis, Lupus and Gout. Assists in the detection and diagnosis of these diseases. Includes Uric Acid, CRP, ANA and RA Factor.

MALE HORMONE (Testosterone) Screen SST Client Cost: \$75 (Regular Lab Price \$181.50) A blood test to measure the hormone Testosterone. Assist in the detection and diagnosis of infertility, impotence and other glandular disorders.

MENOPAUSE SCREENING SST,GYN HX REQUIRED Client Cost: \$130 (Regular Lab Price \$371.75) A blood screening of female hormones (FSH, LH, Estradiol). Correlated with your physical symptoms it will help determine if you are in or near menopause. Estrogen, Progesterone or Oral Contraceptive medications will alter your results. You should not be menstruating or within 3 days of menses. (A short history form must be completed.)

PSA (Prostate Specific Antigen) SST Client Cost: \$55 (Regular Lab Price \$94) A blood screening for benign or cancerous growth of the prostate in men. Prostate Cancer is the most common cancer among men. The American Cancer Society recommends this test annually for men age 50 and over. Baseline testing is appropriate for men of any age especially those with a family history of prostate cancer.

THYROID Screen SST Client Cost: \$60 (Regular Lab Price \$148.50) A blood test to determine thyroid function, it includes the T3 uptake, T4, T7 (FTI) and TSH. Thyroid dysfunction can cause an unexplained weight loss or gain, fatigue, insomnia and other symptoms.

VAP CHOLESTEROL TEST SST Client Cost: \$145 (Regular Lab Price \$244) A more advanced and complete method of assessing your risk for heart disease. The VAP measures 21 subcategories of cholesterol and triglycerides increasing the accuracy of cardiac risk assessment to 90%. The VAP is also able to identify hereditary risk factors for heart disease that traditional cholesterol testing cannot identify.

VITAMIN DEFICIENCY ANEMIA SCREEN SST Client Cost: \$65 (Regular Lab Price \$137.25) A blood test measuring levels of Vitamin B12, Iron and Folate. Insufficient levels can lead to Anemia. Symptoms include: fatigue, pale skin and nail beds, shortness of breath and an elevated heart rate.

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