

Expanded Health Profile for Women

The expanded health profile for women includes a **comprehensive metabolic panel**, a **cardiac screen**, also known as a lipid panel, and a **thyroid screen (TSH)**. This group of multiple tests examines a variety of functions in your body.

Why should I have an expanded health profile?

By having an expanded health profile completed, you will receive an overall picture of your general health status. Each test is designed to inspect key parts of your body and how they are functioning. The focus areas include the risk of coronary artery disease, heart attack or stroke, the current status of your kidneys and liver function, electrolyte and acid/base balance as well as levels of blood glucose and blood proteins. You also receive the benefit of knowing your risk for a thyroid disorder, including hyperthyroidism or hypothyroidism.

Knowing the status of each of these components can provide peace of mind or the need to improve your overall health since abnormal results, and especially combinations of abnormal results, can indicate a problem that needs to be addressed.

FASTING REQUIRED

Fasting is required for an expanded health profile and early morning collection is preferred. Please DO NOT eat or drink anything except water for 8-12 hours before your test. DO NOT stop taking your prescription medications. If your healthcare provider advised you to take your medication with food, consult with your healthcare provider before fasting.

Comprehensive Metabolic Panel

The comprehensive metabolic panel is a group of 14 tests that gives important information about the current status of your kidneys and liver, electrolyte and acid/base balance, as well as levels of blood glucose and blood proteins.

What tests are included in a comprehensive metabolic panel?

- Glucose - an energy source for the body; can determine your risk for diabetes or a pre-diabetic condition
- Calcium - one of the most important minerals in the body; essential for the proper functioning of muscles, nerves, and the heart. It is required for blood clotting and the formation of bones

Proteins

- Albumin - a small protein produced in the liver; the major protein in serum
- Total Protein - measures albumin as well as all other proteins in serum

Electrolytes

- Sodium - vital to normal body processes, including nerve and muscle function
- Potassium - vital to cell metabolism and muscle function
- CO² (carbon dioxide, bicarbonate) - helps to maintain the body's acid-base balance (pH)
- Chloride - helps to regulate the amount of fluid in the body and maintain the acid-base balance

Kidney Tests

- BUN (blood urea nitrogen) - waste product filtered out of the blood by the kidneys; conditions that affect the kidneys have the potential to affect the amount of urea in the blood
- Creatinine - waste product produced in the muscles; filtered out of the blood by the kidneys so blood levels are a good indication of how well the kidneys are working

Liver Tests

- ALP (alkaline phosphatase) - enzyme found in the liver and other tissues, bone; elevated levels of ALP in the blood are most commonly caused by liver disease or bone disorders
- ALT (alanine aminotransferase, also called SGPT) - enzyme found mostly in the cells of the liver and kidneys; a useful test for detecting liver damage
- AST (aspartate aminotransferase, also called SGOT) - enzyme found especially in cells in the heart and liver; also a useful test for detecting liver damage
- Bilirubin - waste product produced by the liver as it breaks down and recycles aged red blood cells

See other side for more information on the expanded health profile testing for women.

Cardiac Screen (Lipid Panel)

A cardiac screen, also known as a lipid panel, is a group of tests to detect the risk of coronary artery disease, heart attack or stroke. It is also used to monitor treatment for someone already diagnosed with cardiac issues.

What are lipids?

Lipids are fats and fat-like substances found in the bloodstream and stored in body tissues. Monitoring healthy levels of these lipids is very important to maintaining a good level of health.

What does a lipid panel include?

A lipid panel measures the following:

- Total cholesterol
- High-density Lipoprotein cholesterol (HDL; “good” cholesterol)
- Triglycerides
- Low-density Lipoprotein cholesterol (LDL; “bad” cholesterol)

Thyroid (TSH) Screen

The thyroid-stimulating hormone test, or TSH, is a blood test used to detect problems affecting the thyroid gland. The test measures the amount of TSH in the blood for person exhibiting symptoms of a thyroid disorder, including hyperthyroidism or hypothyroidism.

What is TSH?

TSH is a hormone produced by the pituitary gland, a small organ located below the brain and behind the sinus cavities. TSH stimulates the thyroid gland, which is a gland in the throat, to release the hormones thyroxine (T4) and triiodothyronine (T3) into the blood. These thyroid hormones help control the rate at which the body uses energy. If the release of these hormones is not properly regulated by the body, a person may experience hyperthyroidism (too much T4 and T3), or hypothyroidism (not enough T4 and T3).

Test Results

What should I do if my results are abnormal or out of range?

It is always recommended you meet with a healthcare provider to determine what your laboratory test results mean to you. Your healthcare provider will review all of your test results and, combined with your health history, will be able to provide an accurate picture of your health status.

If any of your results were out of range: If you have one or more tests that are out of range, you should share your results with your healthcare provider. These panels are typically evaluated as a group to look for patterns and only your healthcare provider can fully assess your test results to determine if further testing or treatment is needed.

If your results were within normal range: If all of your basic health screen test components were within normal range, you should follow the screening guidelines for your age and health status. Your healthcare provider is best suited to advise you on a timetable for all screening tests.

What other resources are available to learn more about my health and laboratory tests?

- American Thyroid Association: thyroid.org
- American Heart Association: heart.org
- Lab Tests Online: labtestsonline.org
- WebMD: webmd.com

DLO Direct offers direct access to laboratory testing for informational purposes. A DLO Direct lab test result is not a medical diagnosis and is not intended as medical advice. Only a healthcare provider can interpret lab results and diagnose a medical condition or disease.

Because tests have not been ordered by a healthcare provider, third party entities, including Medicare and Medicaid, will not reimburse for these tests.



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