

Cardiac Screening Panel

A comprehensive set of blood tests designed to assess cardiovascular health by evaluating lipid levels, inflammatory markers, and other factors associated with heart disease risk. Key components include:

–**Triglycerides:** Measures the amount of fat in the blood; elevated levels can increase heart disease risk.

–**High-Density Lipoprotein (HDL):** Known as “good” cholesterol; higher levels are associated with a lower risk of heart disease.

–**Low-Density Lipoprotein (LDL):** Referred to as “bad” cholesterol; high levels can lead to plaque buildup in arteries.

–**Cholesterol/HDL Ratio:** Calculates the ratio of total cholesterol to HDL; a higher ratio indicates increased risk.

–**Small Dense LDL (sdLDL):** Assesses the presence of smaller, denser LDL particles, which are more atherogenic.

–**High-Sensitivity C-Reactive Protein (hs-CRP):** Detects low levels of inflammation that may indicate cardiovascular risk.

–**Homocysteine:** An amino acid; elevated levels are linked to increased risk of cardiovascular diseases.

–**Lipoprotein(a):** A genetic variant of LDL; high levels can contribute to atherosclerosis.

–**Apolipoprotein A-1:** The main protein component of HDL; higher levels are generally protective.

–**Apolipoprotein B:** The main protein in LDL and VLDL; elevated levels are associated with increased cardiovascular risk.

–**Complete Blood Count (CBC):** Evaluates overall blood health, including red and white blood cells and platelets.

–**Comprehensive Metabolic Panel (CMP):** Assesses metabolic function, including kidney and liver health, electrolyte balance, and blood glucose levels.

Food Analyzer (286 foods) & allergE+

CELIAC DISEASE EVAL

Urinalysis with Reflex Culture

–Standard urinalysis with microscopic eval with added urine culture if abnormal urinalysis

Weight Loss Panel

A Weight Loss Panel is a comprehensive set of blood tests designed to evaluate various physiological factors that may influence weight management. Key components include:

• **Complete Blood Count (CBC):** Assesses overall health by measuring different blood cells, aiding in the detection of conditions like anemia or infection that could impact energy levels and metabolism.

• **Comprehensive Metabolic Panel (CMP):** Evaluates metabolic functions, including liver and kidney health, electrolyte balance, and blood glucose levels, which are essential for understanding metabolic health.

• **Lipid Panel:** Measures cholesterol levels, including LDL, HDL, and triglycerides, providing insight into cardiovascular health and potential metabolic syndrome.

• **Thyroid-Stimulating Hormone (TSH), Free T3, and Total T4:** Assess thyroid function, as imbalances can significantly affect metabolism and weight.

• **Vitamin B12 and Vitamin D:** Determine levels of these essential vitamins, deficiencies of which can lead to fatigue and metabolic issues.

• **Fasting Insulin and Hemoglobin A1C:** Evaluate blood sugar control and insulin sensitivity, crucial for identifying insulin resistance or prediabetes.

STD PANEL

A Sexually Transmitted Disease (STD) Panel is a comprehensive set of tests designed to detect common sexually transmitted infections, enabling early diagnosis and treatment to prevent complications and transmission. This panel typically includes:

• **HIV 1/2:** Detects antibodies for both types of Human Immunodeficiency Virus, identifying potential HIV infections.

• **RPR (Rapid Plasma Reagin):** Screens for syphilis by detecting non-specific antibodies that may indicate infection.

• **Herpes Simplex Virus (HSV) I and II, IgG:** Measures IgG antibodies to determine past or current infections with HSV types 1 and 2, which cause oral and genital herpes.

• **Gonorrhea and Chlamydia:** Identifies the presence of these common bacterial infections, which often occur together and can lead to serious reproductive health issues if untreated.

• **Hepatitis C:** Detects antibodies against the Hepatitis C virus, indicating current or past infection that can affect liver function.



BLOOD SCREENING PANELS

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Hours of Operation:
Monday-Thursday: 8am-4pm
Friday: 8am-12pm
Saturday: By appointment only

Nutrient Panel

A blood test that evaluates essential vitamins and minerals to assess nutritional status and identify potential deficiencies. Key components of this panel include:

- Magnesium:** Vital for muscle and nerve function, blood glucose control, and bone health.
- **Vitamin D:** Crucial for calcium absorption, bone health, and immune function.
- Calcium:** Essential for bone and teeth strength, muscle function, and nerve signaling.
- Zinc:** Important for immune function, wound healing, and DNA synthesis.
- Iron:** Necessary for oxygen transport in the blood and energy metabolism.
- Vitamin B12:** Key for red blood cell formation, neurological function, and DNA synthesis.

Thyroid Panel

A series of blood tests that assess thyroid gland function and detect potential disorders.

- Thyroid-Stimulating Hormone (TSH):** Produced by the pituitary gland, TSH regulates thyroid hormone production. Abnormal TSH levels can indicate hypothyroidism or hyperthyroidism.
- Free Triiodothyronine (T3)**
- Free Thyroxine (T4):** These are active thyroid hormones that control metabolism. Measuring their free (unbound) forms provides insight into thyroid activity.
- Thyroglobulin Antibodies (TGAB):** Elevated levels may suggest autoimmune thyroid disorders, such as Hashimoto's thyroiditis.
- Thyroid Peroxidase (TPO) Antibodies:** High levels are often present in autoimmune thyroid diseases, including Hashimoto's thyroiditis and Graves' disease.

Diabetic Screening Panel

A set of blood tests used to assess an individual's risk for diabetes and monitor blood sugar control.

- Glucose:** Measures the current level of sugar in the blood; elevated levels may indicate impaired glucose metabolism.
- Fasting Insulin:** Assesses insulin levels after a period of fasting; abnormal levels can suggest insulin resistance or beta-cell dysfunction.
- Hemoglobin A1C (HbA1C):** Provides an average blood glucose level over the past two to three months; higher percentages indicate poorer blood sugar control.
- Uric Acid:** Elevated levels are associated with an increased risk of developing type 2 diabetes and cardiovascular diseases.

Female Cancer Screening Panel

This panel includes tumor markers associated with various cancers. While these markers can provide valuable information, they are not definitive for diagnosis and should be interpreted alongside other clinical evaluations and imaging studies.

- CA 15-3** is primarily linked to breast cancer and is used to monitor treatment response and detect recurrence.
- CA 19-9** is associated with gastrointestinal cancers, especially pancreatic cancer, and aids in monitoring disease progression.
- CA 125** is commonly elevated in ovarian cancer and is utilized to assess treatment effectiveness and monitor for recurrence.

Male Cancer Screening Panel

This is a targeted set of blood tests designed to detect potential cancer markers. It includes:

- PSA (Free & Total)** measures prostate-specific antigen levels to screen for prostate abnormalities, including prostate cancer.
- CA 19-9** is a tumor marker associated with gastrointestinal cancers, particularly pancreatic cancer.
- HCG Tumor Marker** is used to identify certain types of testicular cancers and other rare malignancies. This panel aids in early detection and monitoring of cancers, enabling timely diagnosis and intervention.

Heavy Metal Panel (Limited)

Is a urine test that measures the levels of specific toxic metals in the body, notably

- Mercury**
- Lead**
- Arsenic**

Heavy Metal Full Panel (21 Metals)

is a comprehensive urine test that measures the concentration of various metals in the body, including aluminum, arsenic, bismuth, cesium, germanium, mercury, niobium, rubidium, thorium, titanium, uranium, antimony, barium, cadmium, gadolinium, lead, nickel, platinum, thallium, tin, and tungsten. Elevated levels of these metals can indicate exposure to environmental or occupational sources and may be associated with various health issues.

Autoimmune Screening Panel

This panel is designed to identify signs of autoimmune diseases and assess overall health. Together, these tests provide a comprehensive picture of immune system activity and potential autoimmune issues

It includes:

- Complete Blood Count (CBC)** evaluates blood cells to detect anemia or inflammation.
- Comprehensive Metabolic Panel (CMP)** checks organ function, including the liver and kidneys
- Erythrocyte Sedimentation Rate (ESR)** measures inflammation levels in the body
- C-Reactive Protein (CRP)** measure inflammation levels in the body
- Rheumatoid Factor (RF)** helps detect rheumatoid arthritis
- Antinuclear Antibodies (ANA)** identify autoimmune activity commonly seen in conditions like lupus. The Thyroid Panel evaluates thyroid hormone levels
- Thyroid Peroxidase (TPO) Antibodies** test for autoimmune thyroid disorders like Hashimoto's disease.

Anemia Panel

This panel is a comprehensive set of blood tests designed to evaluate for anemia by assessing various factors related to red blood cell production and overall blood health. The panel typically includes:

- Complete Blood Count (CBC) with Differential:** Measures the levels of different blood cells, including red and white blood cells and platelets, to detect abnormalities that may indicate anemia or other blood disorders.
- Total Iron Binding Capacity (TIBC):** Assesses the blood's capacity to transport iron, aiding in the evaluation of iron deficiency or overload.
- Vitamin B12 and Folate Levels:** Determine the concentrations of these essential vitamins, deficiencies of which can lead to specific types of anemia.
- **Reticulocyte Count:** Measures the number of young red blood cells (reticulocytes) in the bloodstream, providing insight into bone marrow function and red blood cell production.
- Ferritin:** Evaluates the body's iron storage levels, helping to identify iron deficiency or excess.