

CHENEY RIDGE FAMILY MEDICAL CLINIC

HDL CHOLESTEROL: High density lipoprotein cholesterol responsible for “reverse transport” of cholesterol from peripheral tissues to the liver. This is a protein thought to be very beneficial and high values are desirable. Low values are associated with premature hardening of the arteries.

LDL CHOLESTEROL: Low density lipoprotein cholesterol involved in transport of cholesterol from the liver to peripheral tissues and arteries. Considered, “bad cholesterol”. High values are felt to be associated with premature hardening of the arteries.

CHOLESTEROL/HDL RATIO: An important predictive ratio of premature hardening of the arteries, obtained by taking the total cholesterol and dividing it by the HDL. The value should be less than 4.5, in general the lower the better.

VLDL CHOLESTEROL: Subtype of cholesterol. Often parallels LDL cholesterol.

SODIUM: A mineral important in fluid regulation in the body. This is the most common extracellular mineral. High values may indicate mild dehydration of excessive salt use. Low values are common with diuretics and over hydration.

POTASSIUM: A mineral important in cell membrane function. This is the most common intracellular mineral. Mild elevations are not significant. Very high values may indicate severe metabolic derangement or broken red blood cells. Low values are common with diuretics. Very low values can be dangerous and lead to heart irregularities.

CHLORIDE: A mineral important to cell membrane function. Mild high and low values are usually not significant.

GLUCOSE: Commonly referred to as blood sugar. High fasting values often indicate diabetes and low values may be referred to as hypoglycemia.

BUN: Blood urea nitrogen, a waste product that is excreted by the kidneys. Mild elevations are common with fasting or dehydration and are not significant. Very high values can indicate kidney impairment or failure. Low values are also not significant.

CREATININE: Another waste product excreted by the kidneys. A more accurate determination of kidney function. High values are indicative of kidney impairment or failure. It can range from mild to severe. Mild elevations are common in the elderly.

BUN/CR RATIO: Measure of renal function. Minor abnormalities are not significant.

CALCIUM: A mineral important in bones and teeth as well as the function of cell membranes. Mild elevations are usually not significant. Very high values suggest the presence of a tumor. Low values usually mean poor nutrition.

PHOSPHORUS: A mineral important primarily in bone metabolism. It is also needed by all cells to carry on normal metabolism. Mild high and low values are usually not significant.

URIC ACID: A breakdown of protein. This is the cause of gout. High values can be diagnostic of gout and low values are not significant.

PROTEIN, TOTAL: Important substances used in the structure and function of the body. The total value is the sum of albumin and globulin.

ALBUMIN AND GLOBULIN: Proteins in the blood responsible for transporting other substances or fighting infection. High values may require further testing. Low values usually indicate malnutrition, liver disease, or chronic disease states.

A/G RATIO: Measure of protein status. Minor abnormalities are not significant.

BILIRUBIN TOTAL: A pigment in bile. Small amounts are normally present in the blood. Mild elevations are common with fasting blood tests and a benign inherited condition called Gilbert’s Syndrome. Very high values are consistent with jaundice and disorders of the liver and gallbladder.

BILIRUBIN DIRECT: That portion of the total bilirubin that has been transformed in the liver. This is the part excreted in the bile. It is elevated if there is obstructive jaundice caused by gallstones or tumor.

BILIRUBIN INDIRECT: That portion of the total bilirubin that has not been transformed in the liver. It may be elevated if there is liver or gallbladder disease.

ALKALINE PHOSPHATASE AND LDH: Enzymes from liver and bone. Mild elevations are normal in adolescents. In other age groups, further testing may be necessary.

GAMMA GT: Liver enzyme, particularly sensitive to alcohol. Often becomes abnormal sooner than other liver enzymes.

AST (SGOT), ALT (SGPT): Enzymes produced by liver and muscle. Mild elevations are usually of no consequence. High values indicate organ damage from excessive alcohol consumption, liver disease, trauma, or heart attack.

CPK: Muscle enzyme found in skeletal and cardiac muscle. Elevated values are common, usually the result of physical exertion or exercise. Also a test to help diagnose heart attacks.

CHOLESTEROL: Fatty substance in the blood. Found in foods of animal origin as well as made in the liver. High values often cause blocked arteries.

TRIGLYCERIDES: A fatty substance in the blood associated with the hardening of the arteries. High values are associated with obesity, excessive alcohol intake, diabetes, and in some individuals, and inherited tendency. May also be falsely high if insufficient fasting prior to phlebotomy.

PROSTATE SPECIFIC ANTIGEN (PSA): An important screening test for prostate cancer. High values may require consultation and possible biopsy. Low values are reassuring.

THYROID STIMULATING HORMONE (TSH): A pituitary hormone which reflects thyroid status. High values indicate a viral infection. High values usually indicate bacterial infection excessive hormone or medication replacement.

WHITE BLOOD CELL COUNT: The number of cells present which help fight infection. Isolated low values usually indicate a viral infection. High values usually indicate bacterial infection or metabolic stress.

NEUTROPHILS: A type of white blood cell involved in fighting infection. High values usually indicate bacterial infections.

RED BLOOD CELL COUNT: A measure of bone marrow production. High values may indicate overproduction; low values indicate anemia and may also be associated with other illnesses.

HEMOGLOBIN/HEMATOCRIT: Transport molecule for oxygen in the blood. Low values indicate anemia and high values are often associated with cigarette use or a condition called polycythemia.

MCV: Measure of the volume of red blood cells. High values may indicate vitamin B12 or folate anemias, or excessive alcohol consumption. Low values may indicate iron deficiency anemia or inherited conditions, such as sickle cell anemia or thalassemia.

MCH, MCHC, RDW-SD: These pertain to red blood cell size and shape, and the amount of hemoglobin that they contain.

PLATELET COUNT: Cell fragments involved in clot formation.

EOSINOPHILS: A type of white blood cell. High values indicate allergies.

LYMPHOCYTES: A type of white blood cell involved in fighting infections. Low values usually indicate a viral infection.

MONOCYTES AND BASOPHILS: A type of white blood cell. Mild high and low values are not significant.

URINALYSIS: Various tests which monitor metabolism and kidney function. Minor asymptomatic abnormalities are usually not significant.

HSCRIP: A new test that indicates inflammation of the coronary arteries and is an independent risk factor for stroke and heart attack.