

Understanding Your Lab Results

This brochure is designed to help you review your Wellness Blood Screening results.

Results outside "normal" limits are indicated by "H" for high and "L" for low (located next to the results). The expected normal range (REF-RANGE) is listed in the right-hand column. Don't worry about what is "normal." Most lab tests have a range of normal values for blood tests that is based on a "bell curve," a visual representation of the results of many patients. In this process, usually about 95% of normal patients will fall within the reference range, but 5% of normal patients will fall outside of the range. A value outside of the reference range does not necessarily reflect a problem, but may warrant further investigation.

All testing is performed by St. John's Clinical Laboratory, which is accredited by the College of American Pathologists.

Wellness Blood Screenings

St. John's Community Health Fair

Join us the first Saturday of May at the Teton County/Jackson Rec Center.
Offerings include:



Interpretations of your blood screening results



Free vision, hearing, and other health screenings



Interactive and educational health information booths

StJohn's HEALTH

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www.stjohns.health

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StJohn's HEALTH

What did my wellness panel test?

Blood Chemistry

Glucose is the measure of sugar in the blood. High results can be a sign of diabetes or having eaten before the test. In addition to speaking with your physician, call St. John's Health Diabetes & Nutrition at 307.733.7222 for more information about classes, training, and support.

BUN & CR (Creatinine) are waste products that the kidneys normally remove from the blood and excrete. Elevated levels may indicate kidney disease, dehydration, or other issues.

eGFR is a calculation based on creatinine levels and several other factors to give physicians additional information on how well the kidneys are functioning. Lower levels are associated with reduced kidney function.

Total Protein measures the albumin and globulin in your blood as a general index to overall health and nutrition. Abnormal levels are seen in liver disease, kidney disease, and poor nutrition.

ALKPhos (Alkaline Phosphatase) is an enzyme in the blood. High levels may result when damage to the bones or liver has occurred, as well as during growth periods in children and pregnancy.

ALT (Alanine Aminotransferase) is an enzyme present in the liver, skeletal muscle, heart, and kidney. When these cells are damaged, they release ALT into the blood stream, making it a useful test for detecting liver damage.

AST (Aspartate Aminotransferase) is an enzyme produced in the liver. Elevated results may indicate liver disease.

Cholesterol & Triglycerides are measurements of fats in the blood. Elevated levels may be the result of heavy alcohol consumption, eating before the test, or a variety of hereditary and non-hereditary conditions. Lifestyle changes can help. Call St. John's Health Nutrition Counseling at 307.739.7634.

HDL Cholesterol (High Density Lipoprotein), the so-called "good" cholesterol, is a blood fat and transports cholesterol. An increased level of HDL cholesterol may actually reduce the level of risk for coronary heart disease.

LDL (Low Density Lipoprotein) and VLDL (Very Low Density Lipoprotein) are often referred to as "bad" cholesterol. An excess of LDL is associated with hardening of the arteries (atherosclerosis) that may cause heart disease, kidney disease, stroke, and other circulation disorders.

Non-HDL Cholesterol is your total cholesterol minus your HDL "good cholesterol." For example, if your total cholesterol is 190 and your HDL cholesterol is 40, your non-HDL cholesterol is 150.

CHOL/HDL is the ratio between total cholesterol and HDL, which may provide a "rule of thumb" guide in predicting increased risk to coronary heart disease.

TSH (Thyroid Stimulating Hormone) is produced by the pituitary gland and regulates the thyroid gland, which produces several hormones that influence the body's metabolism. An increased TSH may indicate hypothyroidism, while a decreased TSH may indicate hyperthyroidism.

Complete Blood Count

This test screens for a variety of diseases and conditions that affect blood cells, such as anemia, infection, inflammation, and bleeding disorders.

Vitamin D - 25 Hydroxy

This test screens people at high risk of deficiency, as recommended by the National Osteoporosis Foundation, the Institute of Medicine, and the Endocrine Society. The Endocrine Society defines vitamin D deficiency as a level below 20ng/ml and vitamin D insufficiency as a level between 21-29 ng/ml. The U.S. Institute of Medicine has concluded that levels greater than 30ng/ml do not offer significantly better effects.

Hemoglobin A1C (Glycohemoglobin)

This test shows two numbers: the Hemoglobin A1c and the Estimated Average Glucose (eAG). Both reflect your average blood sugar level for the past two to three months and can indicate prediabetes or diabetes. A hemoglobin A1c value of 5.7% or higher (eAG of 117 or higher) indicates prediabetes. An A1c of 6.5% or higher (eAG of 140 and above) is indicative of diabetes. Please consult your healthcare provider to discuss any results of 5.7% and above, and call St. John's Health Diabetes & Nutrition at 307.733.7222 for more information about classes, training, and support.

For questions, please contact your primary care provider. If you don't have one, call the Wellness Department at **307.739.7399** or visit www.stjohns.health