



Comprehensive Wellness Profile

The CWP is a panel of over 50 different tests that offers a broad overview of your overall health.

Complete Blood Count

WBC—White blood cells are the body's primary defense against disease. White blood cells help fight infection.

RBC—Red blood cells are responsible for carrying oxygen to and carbon dioxide away from all cells. Iron deficiency will lower RBC.

Hemoglobin—A chemical compound inside red cells that transports oxygen through the blood stream to all cells of the body. Oxygen is needed for healthy organs. Hemoglobin gives the red color to blood.

Hematocrit—Hematocrit measures the amount of space red blood cells take up in the blood. It is reported as a percentage.

Lymphocytes—The results of this and basophils, eosinophils, monocytes and neutrophils deal with white blood cell function. Important to the body's defense against infection. Also important in the assessment of nutritional status.

Monocytes—The results of this and basophils, eosinophils, lymphocytes, and neutrophils deal with white blood cell function. Important to the body's defense against infection. Also important in the assessment of nutritional status.

MCH Mean—Corpuscular Hemoglobin is one way to measure the average hemoglobin concentration within red blood cells, which varies from normal with different diseases.

MCHC Mean—Corpuscular hemoglobin concentration.

MCV Mean—Corpuscular volume measures red blood cell volume.

Neutrophils—The results of this and basophils, eosinophils, lymphocytes, and monocytes deal with white blood cell function. Important to the body's defense against infection and also important in the assessment of nutritional status.

Platelets—Blood cell particles involved with the forming of blood clots.

RDW—Red cell distribution width (RDW) is a calculation of the variation in the size of your RBC's. In some anemias, such as pernicious anemia, the amount of variation (anisocytosis) in RBC size (along with variation in shape – poikilocytosis) causes an increase in the RDW.

Thyroid

The thyroid gland synthesizes, stores, and releases hormones. The hormones secreted are iodine-containing amino acids, thyroxine (T4) and triiodo-thyronine (T3). The thyroid hormones influence a diversity of metabolic processes. These tests help to evaluate thyroid hormones that control the body's metabolic rate.

Total T-4 (Thyroxine)

T-3 uptake

Free—Thyroxine Index (FTI) T-7

TSH

Lipid

Cholesterol, Total—A sterol in the blood. Knowing your cholesterol may be as important as knowing your blood pressure. Elevated cholesterol is associated with an increasing risk of coronary heart disease.

HDL—Cholesterol High-density lipoproteins are believed to take cholesterol away from cells and transport it back to the liver for processing or removal. They have become known as the "good" cholesterol as persons with high levels of HDL may have less heart disease. Low HDL could be the result of smoking and lack of exercise.

LDL—Cholesterol Low-density lipoproteins contain the greatest percentage of cholesterol and may be responsible for depositing cholesterol on the artery walls. For that reason, they are known as the "bad" cholesterol.

Cholesterol/HDL Ratio—Calculated by dividing the total cholesterol by the HDL cholesterol. Ratio used by physicians in determining your relative risk for developing cardiovascular disease.

Triglycerides—Triglycerides are fat in the blood responsible for providing energy to the cells of the body. Triglycerides should be less than 400 mg/dl even in a non-fasting state.

Liver

Alanine Aminotransferase (ALT or SGPT)—An enzyme found primarily in the liver. Abnormalities may represent liver disease.

Albumin Serum—One of the major proteins in the blood and a reflection of the general state of nutrition.

Albumin/Globulin Ratio—Calculated by dividing the albumin by the globulin.

Alkaline Phosphatase—A body protein important in diagnosing proper bone and liver functions.

Aspartate Aminotransferase (AST or SGOT)—An enzyme found in skeletal and heart muscle, liver and other organs. Abnormalities may represent liver disease.

Bilirubin, Total—A chemical involved with liver functions. High concentrations may result in jaundice.

Globulin, Total—A major group of proteins in the blood comprising the infection fighting antibodies

Lactate Dehydrogenase (LDH)—An enzyme found mostly in the heart, muscles, liver, kidney, brain, and red blood cells. When an organ of the body is damaged, LDH is released in greater quantity into the blood stream.

Protein, Total—Together with albumin, it is a measure of the state of nutrition in the body.

GGT—Also known as Gamma-glutamyl transpeptidase, GGTP helps to detect liver and bile duct injury. Some doctors use it in all people they suspect of having liver disease, others use it only to help explain the cause of other changes or if they suspect alcohol abuse.

Kidney

Urea Nitrogen (BUN)—Another by-product of protein metabolism eliminated through the kidneys. BUN is an indicator of kidney function.

Creatinine, Serum—An indicator of kidney function.

Uric Acid—Another by-product of protein metabolism eliminated through the kidneys. Uric acid is an indicator of kidney function.

BUN/Creatinine—Ratio calculated by dividing the BUN by the Creatinine.

Glomerular Filtration (eGFR)—Provides an assessment of the filtering capacity of the kidney.

Minerals and Bone

Iron, Total—An abnormally low test result may indicate iron deficiency anemia.

Calcium—A mineral essential for development and maintenance of healthy bones and teeth. It is important also for the normal function of muscles, nerves and blood clotting.

Phosphorus—Together with calcium, it is essential for healthy development of bones and teeth. Associated with hormone imbalance, bone disease and kidney disease. It is found mainly in bones and teeth. NOTE: a temporary drop in phosphorus level can be seen after a meal.

Fluids & Electrolytes

Chloride, Serum—Similar to sodium, it helps to maintain the body's electrolyte balance.

Potassium—Helps to control the nerves and muscles.

Sodium, Serum—One of the major salts in the body fluid, sodium is important in the body's water balance and the electrical activity of nerves and muscles.

Carbon Dioxide—Ordered as part of an electrolyte panel. The electrolyte panel is used to detect, evaluate, and monitor electrolyte imbalances.

Diabetes

Glucose— Blood sugar level, the most direct single test to uncover diabetes, may be used not only to identify diabetes, but also to evaluate how one controls the disease.