

Alanine Aminotransferase (ALT, SGPT) is an enzyme found in the liver and may also rise in liver diseases, viral infections, and with reactions to drugs and alcohol.

Albumin is the largest portion of total serum protein. Decreased serum albumin can indicate many disorders, including poor nutrition, kidney disease, and advanced liver diseases.

Alkaline Phosphatase is an enzyme found primarily in the liver and bones. Elevated levels may indicate the presence of bone or liver disorders. The enzyme activity also increases following fractures and in growing children and pregnant women.

Apolipoproteins (Apo A-1 and Apo B) are additional tests for detecting coronary artery disease (CAD). Apo A-1 shares the same inverse relationship to coronary artery disease risk as its associated lipoprotein, HDL (i.e. higher levels of each indicate decreased risk of CAD). Conversely, Apo B is the predominant protein in LDL and is increased in CAD risk.

Aspartate Aminotransferase (AST, SGOT) is an enzyme found in the liver and in cardiac and skeletal muscle. AST may rise in liver, heart, and muscle disorders. It can also rise following strenuous, prolonged exercise and in the presence of specimen hemolysis.

Beta Adrenergic Blockers (BAB) are medications used by people with irregular heart rates, hypertension and other cardiovascular disorders.

Beta-2 Microglobulin is elevated in many patients with immunological disorders including HIV-1 infection. The test is used in jurisdictions where legislative restrictions prevent HIV-1 antibody testing for insurance purposes.

Blood Urea Nitrogen (BUN) is an end-product of protein metabolism. BUN levels may rise in kidney disease, dehydration, or urinary obstruction among other causes.

Carbohydrate-Deficient Transferrin (COT) is a test for excessive alcohol consumption. Drinking 50- 80 gm (4 or 5 drinks) per day for several weeks may elevate the COT in serum. COT may also rise in biliary cirrhosis among other causes.

Complete Blood Count (CBC) includes the white and red blood cell count, hematocrit, hemoglobin and platelets. CBC abnormalities may indicate anemia and/or several hematologic diseases.

Creatinine is a metabolic product released from muscle tissue and excreted by the kidneys, and may rise in kidney disease. In the urine, it may indicate concentration of the specimen. High urine creatinine values may indicate concentrated urine, while low values may indicate a dilute specimen.

Diuretic Agents (DIU) thiazide diuretics may be found in urine of an individual who is being treated with thiazides for high blood pressure or congestive heart failure.

Free PSA Test can be used as a follow-up to a PSA test which fell in the 4-10 ng/ml range. This test can help distinguish whether the cause of the elevated PSA has a greater potential of being a benign or malignant condition.

Fructosamine measures average blood sugar concentration over the past two to three weeks and may rise in uncontrolled diabetes.

Gamma Glutamyl Transpeptidase (GGT, GGTP) is primarily a biliary tract enzyme. It may rise with alcohol consumption, certain medications, and liver or biliary diseases.

Globulin is a major component of serum proteins. Abnormal levels, both elevated and decreased, may indicate infections, allergic states, immune disorders and other diseases.

Glucose, blood is the main source of energy for living organisms. Glucose rises after a meal. It may remain abnormally elevated in illnesses such as diabetes mellitus.

Granular Casts are protein masses that form in the kidney and are excreted through the urine. Granular casts are used in detecting inflammation or hemorrhaging.

Hemoglobin in the urine may indicate kidney and/or urinary tract disease, but may also occur in normal conditions such as during menstruation.

Hemoglobin A1c (Glycohemoglobin - HgbA1c) is a test to measure blood sugar levels over the past several weeks. It is used to monitor glucose control in diabetics and to assess elevated glucose levels in non-diabetics.

Hemoglobin-Associated Acetaldehyde (HAA) may rise with chronic alcohol consumption.

Hepatitis tests include a panel of various antibody and antigen tests for viral hepatitis A, B and C. Hepatitis B and C are of the most underwriting significance. The most common screening test performed for hepatitis B is the hepatitis B surface antigen test (HBsAg), which measures the actual presence of the hepatitis virus in blood serum. The most common screening test performed for hepatitis C is the HCV antibody enzyme immunoassay (HCVAb), which indicates exposure to the Hepatitis C virus. Exposure to the Hepatitis C virus may result in chronic infection which can cause liver damage.

High Density Lipoprotein (HDL) cholesterol at elevated levels may be associated with exercise, alcohol consumption and decreased risk of heart disease.

High Sensitivity C-Reactive Protein (hsCRP) is a test for inflammation. In individuals at risk for cardiovascular disease, the hsCRP may be slightly increased. Large increase in CRP (>15 mg/L) may indicate an infectious or inflammatory disorder such as gum disease or arthritis. Elevated hs-CRP (<15 mg/L) may indicate recent inflammation or trauma.

Human Immunodeficiency Virus Type 1 (HIV-1) antibody detects infection with the HIV-1 virus. The test may not become positive until several weeks after exposure to the virus. A positive test is suggestive of HIV exposure and should be confirmed.

Hyaline Casts may indicate kidney disease or dehydration.

LDL/HDL Ratio may be an indicator of heart disease risk. The lower the LDL/HDL ratio, the lower the risk.

Leukocyte Esterase is an enzyme in white blood cells. It may be elevated in infection or inflammation of the kidney or urinary tract, including the bladder.

Low-Density Lipoprotein (LDL) cholesterol elevations may be associated with an increased risk of heart disease. High levels of LDL may be reduced by diet and/or medication.

Triglycerides are fats (lipids) that provide a reserve of energy for the body. Triglycerides may rise with obesity, diabetes, alcohol consumption, and after a meal high in fat. High levels of triglyceride combined with low HDL may be linked to increase risk of atherosclerosis.

White Blood Cells present in urine samples may indicate a urinary tract infection or inflammation.

Microalbumin (Albumin), urine is not usually found in significant amounts in urine. It may indicate kidney disease.

Microalbumin/Creatinine Ratio helps further explain elevated microalbumin results because this ratio takes into consideration the effect of urine concentration on the albumin result.

NT Pro BNP is a marker for congestive heart failure and left ventricular dysfunction. Our internal studies have shown this to be elevated in a significant percentage of older aged applicants. Congestive heart failure carries 50% mortality at 5 years.

pH testing determines the acidity or alkalinity of a specimen. It is used as an adulterant screening test.

Phencyclidine (PCP) testing is included in our full drug panel. This test detects the use of PCP or angel dust. Positive screens are confirmed with gas chromatography/mass spectrometry.

Prostate-Specific Antigen (PSA) testing in males may be elevated in certain prostate abnormalities including cancer and benign prostatic hyperplasia. Elevations of PSA should be investigated by a clinical examination.

Protein, urine elevations may indicate the presence of kidney disease, but levels vary with urine concentration.

Protein/Creatinine Ratio may help determine whether urine protein is elevated due to kidney disease or urine concentration.

Red Blood Cells present in urine may indicate menstruation, kidney disease, bladder tumors, cystitis, or other illnesses.

Specific Gravity is an indication of urine concentration.

Total Bilirubin is a breakdown product of red blood cells. Abnormally high levels may occur in individuals with liver and gall bladder disease, sometimes producing jaundice.

Total Cholesterol is one of the major lipids or fats in the body. High levels may indicate an increased risk of heart disease. Levels can be controlled with diet, exercise and/or medication.

Total Cholesterol/HDL Ratio is another indicator of heart disease risk. A ratio of 5.0 or less may be associated with a lower risk of heart disease.

Total Protein in serum includes two major components- albumin and globulins. Protein levels may fall in chronic disease, malnutrition or cancer. Increases in protein can be seen in dehydration, blood dyscrasias, and chronic infections among other causes.