

Diabetes Prevention & Management Panel

The Diabetes Prevention & Management Panel This panel is helpful for both detecting and managing diabetes. It evaluates the sugars in your body along with other common screenings including cholesterol, lipids, electrolytes, and liver and kidney function.

This panel includes:

Complete Blood Count (CBC) gives important information about the kinds and numbers of cells in the blood, mainly red blood cells, white blood cells, and platelets. A CBC helps check for symptoms like weakness, fatigue, or bruising, and helps diagnose conditions, such as anemia, infection, and other disorders.

Comprehensive Metabolic Panel is a group of tests that give information about kidneys, heart, blood sugar, electrolytes, and other disorders. The CMP includes:

- **Glucose:** This is a measure of the sugar level in the blood. High values are associated with eating before the test and possible diabetes. Lower glucose levels can indicate an under active thyroid or pituitary gland, liver disease, malnutrition, or a problem that prevents the intestines from absorbing the nutrients in food.
- **Electrolytes:** Includes potassium, sodium, CO₂ levels, and chloride.
- **Potassium** is controlled by the kidneys. It is important for the proper functioning of the nerves and muscles, particularly the heart. If your value is outside the expected range you should contact your doctor especially if you are taking a diuretic (water pill) or heart pill (Digitalis, Lanoxin, etc.).
- **Sodium** is regulated by the kidneys and adrenal glands. There are numerous causes of high and low sodium levels, but the most common causes are diuretic usage, diabetes drugs and excessive water intake in patients with heart or liver disease.
- **CO₂** reflects the acid status of the blood. Low levels can be related to either increased acidity from uncontrolled diabetes, kidney disease, metabolic disorders, or chronic hyperventilation.
- **Chloride** helps keep the amount of fluid inside and outside of cells in balance. It also aids in maintaining proper blood volume, blood pressure and balance of body fluids. Most of the chloride in the body comes from table salt.
- **Estimated GFR** measures how well your kidneys are working.

Micro albumin/creatinine ratio used to assess nutritional status and is important for tissue growth and healing. It is produced mainly in the liver and keeps blood from leaking out of the vessels. When levels drop fluid may collect in the ankles, lungs or abdomen.

Hemoglobin A1C: Primarily for those at high risk for developing diabetes or those who have already been diagnosed with the disease. This test will tell you about your average blood glucose level for the past 2-3 months.

Lipid Panel A lipid panel monitors and screens for your risk of cardiovascular disease. The panel includes three measurements of your cholesterol levels and a measurement of your triglycerides.

Directions

Fasting: 10-12 hours fasting preferred, but not required

Results: Average lab processing time 2-3 days. Note: Turnaround times are an estimate and are not guaranteed. Turnaround times may be effected by weather, holidays, confirmation/repeat testing, or equipment maintenance.

Results: A copy of your results will be mailed to you.

Abnormal Results: A Davis Medical Center Health Coach will contact you to discuss any abnormal results.