

Men's Health Panel

The Men's Health Panel provides a comprehensive look at a man's overall health. From diabetes screening to testing for hormones, heart disease, thyroid and more – this panel covers screenings generally recommended at an annual health visit but at a much lower cost.

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.

IFOBT (Hemoccult) Checks for occult (hidden) blood in the stool. Helpful in the detection of colorectal cancer and polyps.

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.

Folate measures your folate level. Folate is important for making red blood cells, and for repairing cells and nerve tissue in your body.

Vitamin B12 measures your level of vitamin B12, an essential for making red blood cells, and maintaining a healthy nervous system.

Vitamin D A low blood level of 25-hydroxyvitamin D may mean that a person is not getting enough exposure to sunlight or enough dietary vitamin D to meet his or her body's demand or that there is a problem with its absorption from the intestines. There is some evidence that vitamin D deficiency may increase the risk of some cancers, immune diseases, and cardiovascular disease.

Thyroid Stimulating Hormone (TSH): This protein hormone is secreted by the pituitary gland and regulates the thyroid gland. A high level suggests the thyroid is under active and a low level suggests the thyroid is overactive.

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.

Testosterone Testosterone may be ordered when infertility is suspected or when a man has a decreased sex drive or erectile dysfunction. Low levels of total and bioavailable testosterone have also been associated with a greater presence of visceral fat (midriff or organ fat), insulin resistance, and increased risk of coronary artery disease.

PSA Prostate-Specific Antigen screening looks for signs of prostate cancer. This will be done per recommendation of the provider.

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.