

**The WPA WOMEN'S PANEL includes:**

**Comprehensive Metabolic Panel (14 tests):**

**Glucose:** The glucose test identifies blood sugar levels, the most direct way to not only discover diabetes, but to evaluate options for controlling the disease as well.

**Kidney Profile**

**BUN or Urea Nitrogen:** Indicates kidney function by measuring the by-product of protein metabolism eliminated through the kidneys.

**Creatinine, Serum:** Indicates kidney function.

**BUN/Creatinine Ratio:** Provides assessment of kidney function by dividing the BUN by the Creatinine.

**Glomerular Filtration (eGFR):** Provides an assessment of the kidney's filtering capacity.

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

**Liver panel**

**Protein, Total:** When paired with albumin, measures the body's state of nutrition.

**Albumin Serum:** One of the major proteins in the blood. It reflects the body's general state of nutrition.

**Globulin, Total:** Another major group of proteins in the blood, comprising the infection fighting antibodies.

**Albumin/Globulin Ratio:** This ratio is calculated by dividing the albumin by the globulin.

**Bilirubin, Total:** A chemical involved with liver functions. Elevated concentrations may lead to jaundice.

**Alkaline Phosphatase:** A body protein important in identifying proper liver and bone functionality.

**Aspartate Aminotransferase (AST or SGOT):** An enzyme found in liver, heart muscle, skeletal and other organs. Abnormalities in concentration levels may indicate liver disease.

**Alanine Aminotransferase (ALT or SGPT):** An enzyme found mainly in the liver. Abnormalities may indicate liver disease.

**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 bloodstream.

**GGT:** Also known as Gamma-glutamyl transpeptidase, GGTP Formal name: Gamma-glutamyl transferase 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.

**Fluids & Electrolytes**

**Sodium, Serum:** Sodium is one of the most important salts in the body fluid, critical to helping maintain the body's water balance and the electrical activity of muscles and nerves.

**Potassium:** Helps control the muscles and nerves.

**Chloride Serum:**Helps ensure electrolyte balance in the body, similar to sodium.

**Carbon Dioxide, Total:** Ordered as part of an electrolyte panel. The electrolyte panel is used to help detect, diagnose and monitor electrolyte imbalances.

**Lipid Panel With Total Cholesterol:HDL Ratio:**

**Cholesterol, Total:** A sterol in the blood used to assess heart health. Knowing your cholesterol level is just as essential as knowing your blood pressure. High cholesterol levels often indicate an increased risk of coronary heart disease.

**Triglycerides:** Fat in the blood, responsible for providing energy to the body's cells. Triglycerides should remain less than 400 mg/dl even when the body is in a non-fasting state.

**HDL Cholesterol:** High-density lipoproteins, or "good" cholesterol, take cholesterol away from the cells and transport it back to the liver for removal or processing. Low HDL can result from a lack of exercise and smoking, while people with high levels of HDL may have lower chances of heart disease.

**LDL Cholesterol:** Low-density lipoproteins, or "bad" cholesterol, contain the highest percentage of cholesterol and are thought of as responsible for depositing cholesterol on the artery walls.

**Total Cholesterol/HDL Ratio:** This ratio is calculated by dividing the total cholesterol by the HDL cholesterol, and is used by healthcare professionals to determine your relative risk for developing heart disease.

**Thyroid Panel with Thyroid-Stimulating Hormone (TSH):**

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 including weight control, energy level and heart rate. This comprehensive test helps to evaluate thyroid hormones that control the body's metabolic rate and includes: Total T-4 (Thyroxine), T-3 uptake, Free—Thyroxine Index (FTI), T-7 and Thyroid-Stimulating Hormone (TSH).

**Complete Blood Count (CBC) With Differential and Platelets:**

A complete blood count (CBC) provides critical information about the numbers and kinds of cells in the blood, especially platelets, white blood cells and red blood cells. A CBC helps physicians identify the cause of such symptoms as bruising, weakness, or fatigue. Further, a CBC also helps diagnose infections, anemia, and many other conditions and disorders. The CBC provides information on your:

**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 bloodstream 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.

#### **Mineral 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 that a temporary drop in phosphorus level can be seen after a meal.

**Urinalysis, Complete with Microscopic Examination** - this test is useful in the evaluation of conditions such as urinary tract infection (UTI), dehydration, and kidney stones.

Detects abnormalities of urine and urinary tract infection (UTI); diagnoses and manages renal diseases, urinary tract infection, urinary tract neoplasms, systemic diseases, and inflammatory or neoplastic diseases adjacent to the urinary tract.

Test includes: Color, appearance, specific gravity, pH, protein, glucose, occult blood, ketones, leukocyte esterase, nitrite, bilirubin, urobilinogen, and microscopic examination of urine sediment.