



## CARDIAC (HEART) HEALTH SCREEN

### About This Test

The Cardiac (Heart) Health Screen, also known as a Lipid Panel, is a group of tests used to detect your risk of coronary artery disease, heart attack, or stroke.

Lipids are fats and fat-like substances found in the bloodstream and stored in body tissues. The screen measures:

- Total Cholesterol
- LDL ("bad" cholesterol)
- HDL ("good" cholesterol)
- VLDL cholesterol
- Triglycerides

### What Should I Do With My Results?

It is always recommended that you meet with a doctor to determine what your laboratory test results mean to you. Your doctor will review all of your test results and, combined with your health history, will be able to provide an accurate picture of your health status.

**If any of your results were abnormal or out-of-range:** You could be at increased risk for coronary artery disease. As with any abnormal results, it's important that you discuss their implications with your physician.

**If your results were within normal range:** If all of your cardiac health screen test components were within normal range, you should follow the screening guidelines for your age and health status. The American Heart Association recommends that, beginning at age 20, your doctor should assess your risk for coronary artery disease. If your physician has assessed your risks of heart disease and your risks are not elevated, it is recommended that you be screened every five years.

### How Do I Obtain My Results?

Results are available through our online patient portal, My Labs Now<sup>SM</sup>. Visit [www.compunetlab.com](http://www.compunetlab.com) to sign in or setup an account. Or text MYLABS to 66349. Follow The signup link in the text message you receive.

Please be sure your name exactly matches the name on your lab test order. Contact [help@luminatehealth.com](mailto:help@luminatehealth.com) if you need assistance. CompuNet is unable to provide verbal results to patients.

### I Do Not Have a Regular Doctor. Where Can I Find One?

If you do not have a doctor, we recommend the following resources to locate one:

**Premier Health Find a Doctor**  
(937) 684-4155 or 1-855-PREMIER  
[www.premierhealth.com/findadoc](http://www.premierhealth.com/findadoc)

**WebMD Care**  
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Because tests have not been ordered by a physician, third-party entities, including Medicare and Medicaid, will not reimburse for these tests.



## DIABETES SCREEN

### About This Test

The Diabetes screen is a blood glucose test performed to detect diabetes or a pre-diabetic condition. Diabetes is a leading cause of death worldwide, particularly in developed countries. It is estimated that nearly one-third of all people with diabetes in the U.S. are not even aware they have the disease. Diabetes is caused by the body's inability to properly process glucose, a form of sugar found in your bloodstream, into energy.

### What Should I Do With My Results?

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**If any of your results were abnormal or out-of-range:** Your abnormally high results may indicate that you have impaired fasting glucose (prediabetes) or diabetes. Abnormally low results can indicate hypoglycemia. As with any abnormal results, it's important that you discuss their implications with your physician.

**If your results were within normal range:** If your diabetes screen test result was within normal range, you should follow the screening guidelines as suggested by your physician for your age and health status. The American Diabetes Association recommends the following: (1) If you are at risk for Type 2 diabetes – begin at age 30 with fasting glucose test. Risk factors include: obesity, family history, ethnicity – African American, Hispanic American, Native American, or Asian American, gestational diabetes during pregnancy, high blood pressure, high triglycerides, high cholesterol, or low HDL. (2) If you are not at risk for Type 2 diabetes – begin testing by age 45 with fasting glucose, followed by tests every three years thereafter. (3) If you are pregnant, you should be screened for diabetes between your 24th and 28th week of pregnancy.

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## HEPATIC (LIVER) FUNCTION

### About This Test

Hepatic (Liver) Function Panel – This panel includes a number of tests that provide a gauge for liver health. The panel includes tests for:

**Total protein** – proteins are important for cells, tissues, and overall health.

**Albumin** – a decreased level of albumin may be associated with malnutrition, liver disease, or kidney disease.

**Globulin** – a group of proteins that act as carriers of small molecules. They also include enzymes, antibodies, and more than 500 other proteins.

**A/G Ratio** – the ratio represents the relative amount of albumin and globulins.

**Bilirubin** – abnormally high levels of bilirubin may indicate a liver function problem, bile duct blockage, or excessive destruction of red blood cells.

**AST (Aspartate aminotransferase)** - an enzyme found mostly in the heart and liver. An abnormally high level can indicate liver damage.

**ALT (Alanine Aminotransferase)**- an enzyme found mostly in the liver. ALT is released into the bloodstream when there is liver damage.

**Alkaline Phosphatase** – a protein enzyme that helps cells work. When cells are destroyed, enzymes leak into the bloodstream. The levels of enzymes in the bloodstream rise in proportion to disease affecting the liver.

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### Hepatic (Liver) Function Panel

Abnormally high or abnormally low results could mean that liver damage or disease is present. As with any abnormal results, it's important that you discuss their implications with your physician.

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## RENAL (KIDNEY) FUNCTION

### About This Test

Renal (Kidney) Function Panel – Healthy kidneys remove wastes and excess fluid from the blood and they play a major role in maintaining the right amount of bodily water and salts. Blood tests can show whether the kidneys are failing to remove wastes. Abnormally high or abnormally low levels can suggest kidney problems. The panel includes tests for:

**Electrolytes (sodium, potassium, chloride, carbon dioxide)** – minerals that help maintain a healthy water balance and stable pH level.

**Waste products** - BUN is a waste product excreted by the kidneys. A high result may indicate kidneys are not functioning properly. High levels of creatinine come from muscle breakdown and can also indicate kidney problems.

**Minerals** – Calcium gives us bone strength and plays an important role in muscle contraction, blood clotting, and nerve function. Calcium is bound to albumin so a low albumin level will cause the total calcium level to drop. Your doctor can determine whether or not this is significant for you. Phosphorus is a mineral vital to energy production. It helps build bone, form cell membranes and genetic material.

**Estimated Glomerular Filtration Rate (eGFR)** – the rate refers to the amount of blood that is filtered per minute. This is only an estimate and it's important to speak to a doctor about your result to determine if more tests are needed.

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It is always recommended that you meet with a doctor to determine what your laboratory results mean to you. Your doctor will review all of your test results and, combined with your health history, he or she will be able to provide an accurate picture of your health status.

### Renal (Kidney) Function Panel

Abnormal kidney function can be an early sign of disease, and the Renal Function Panel may help in the early detection and prevention of disease. As with any abnormal results, it's important that you discuss their implications with your physician.

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