

CottageHouseCall

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Common Lab Tests

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Having laboratory tests performed by your physician can sometimes be unsettling and cause concern. But lab tests are important instruments in evaluating the status of one's health. There are a few common tests that are performed on a regular basis:

- **Glucose** testing is the measure of the sugar level in the body. The normal glucose range is 60-109 mg/dl. A high value, which is anything more than 126, is associated with diabetes.
- **Complete Blood Count (CBC)** test is used as a broad screening to check for disorders such as anemia, infections and other diseases.
- **Urinalysis** exams are typically conducted with a reagent strip that is briefly dipped into a urine sample. A urinalysis may cover the following: **pH** measures the amount of acid in your urine; **Specific Gravity (SG)** measures how diluted the urine is with water; a positive reading of **Glucose** in urine is typically found in patients with diabetes; **Protein** in the urine may indicate kidney damage, blood in the urine or an infection; **Blood** in the urine can also indicate an infection, kidney stones, bleeding from the bladder or a kidney tumor.
- Everyone over the age of 20 should get their **cholesterol** levels checked at least once every five years. Lowering cholesterol levels that are too high lessens the risk for heart disease and a heart attack. The cholesterol test evaluates the following: **low density lipoprotein (LDL)** which is also known as "bad" cholesterol; **high density lipoprotein (HDL)** known as "good" cholesterol; **triglycerides**; and **total cholesterol levels**. If cholesterol levels are too high, various treatments may be recommended ranging from dietary and lifestyle changes to medication.

If you have questions or concerns regarding other laboratory test results consult your physician.



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