RENEW

WELLNESS

Comprehensive Functional Medicine Lab Testing

ReNew Wellness Panel
Sample Report

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ReNew WELLNESS PANEL (blood draw)

Comprehensive Wellness Profile (CWP) + Thyroid Panel w/ TSH

Description:

The CWP is the #1 ordered test - year after year! Over 50 individual laboratory tests screen for cardiovascular risk, major organ function, anemia, diabetes, infection, blood disease and other indications of illness.

Lipids: This is a group of simple blood tests that reveal important information about the types, amount and distribution of the various types of fats (lipids) in the bloodstream. Includes Total Cholesterol, HDL (good) Cholesterol, LDL (bad) Cholesterol, Risk Ratio (good to total), and Triglycerides.

Complete Blood Count(CBC's): It is a blood test that checks hemoglobin, hematocrit, red blood cells (RBC), white blood cells (WBC), and platelets. Used as a broad screening test to check for such disorders as anemia, infection, and many other diseases. Changing levels of red or white blood cells can indicate disease or infection and are very helpful in a health screening.

Fluids and Electrolytes: Electrolytes are minerals in your body that have an electric charge. They are in your blood, urine and body fluids. Maintaining the right balance of electrolytes helps your body's blood chemistry, muscle action and other processes. Sodium, potassium, chlorine, and carbon dioxide are all electrolytes. You get them from the foods you eat and the fluids you drink.

Levels of electrolytes in your body can become too low or too high. That can happen when the amount of water in your body changes, causing dehydration or overhydration. Causes include some medicines, vomiting, diarrhea, sweating or kidney problems. Problems most often occur with levels of sodium, potassium or calcium. It includes: Chloride, Potassium, Sodium and Carbon Dioxide.

Thyroid Panel w/TSH: A Comprehensive evaluation of your thyroid hormone levels. Includes TSH, T4, T3 Uptake and Free Thyroxine Index.

Liver: The liver panel includes several blood tests measuring specific proteins and liver enzymes in the blood. This combination of blood tests is designed to give you a complete picture of the state of your liver and help detect liver disease and measure potential liver damage. Some of the blood tests are associated with the integrity of the liver cells (i.e. ALT), some with liver function (i.e. albumin) and some with disease linked to the biliary system (i.e. alkaline phosphatase). Includes: Albumin, Alkaline Phosphatase, Alanine Transaminase (ALT or SGPT), Aspartate Transaminase (AST or SGOT), Total Bilirubin, Total Protein, LDH, Total Globulin, Albumin/Globulin Ration and GGT.

Kidney: This basic metabolic panel is a group of blood tests that provides information about your body's metabolism. This test is done to evaluate kidney function, blood acid/base balance, blood sugar levels. It includes Blood Urea Nitrogen (BUN), Creatinine, BUN/Creatinine Ratio, eGFR, and Uric Acid.

Glucose: Changes in blood glucose are a good indicator of metabolic function and can help detect diseases like diabetes mellitus. Since diabetes is the most common cause of kidney disease in adults, it is important to monitor for this disorder when evaluating kidney function.

Mineral and Bone: In addition to its mechanical functions, the bone is a reservoir for minerals (a "metabolic" function). The bone stores 99% of the body's calcium and 85% of the phosphorus. It is very important to keep the blood level of calcium within a narrow range. If blood calcium gets too high or too low, the muscles and nerves will not function. In times of need, for example, during pregnancy, calcium can be removed from the bones. It includes: Total Iron, Calcium, and Phosphorus.

C-Reactive Protein, (CRP,hs) (Cardio CRP)

Description: C-reactive protein (CRP) is a non-specific acute-phase protein produced by the liver in response to tissue injury, infection, and inflammation. CRP, hs is a critical component of the immune system and can be predictive of future risk of heart attack, stroke, sudden cardiac death, and the development of peripheral arterial disease. CRP levels rise as much as 1,000-fold after an acute event, and these high levels can be used to diagnose and monitor acute inflammatory states. Levels within the normal, non-acute-phase range (=10 mg/L) can help assess cardiovascular risk. The high-sensitivity CRP (hs-CRP) test is used for this purpose because it can accurately determine CRP levels in the low range of 1-10 mg/L.

Alternative Name(s): Highly Sensitive CRP; CRP, High Sensitivity; C-Reactive Protein, Cardio, hs-CRP

Insulin

Description: Insulin is the hormone that enables cells to take in glucose. Without insulin, glucose can't get into the cells and it stays in the bloodstream. With too little insulin, blood sugar remains higher than normal (a condition known as hyperglycemia) and cells can't get the energy they need. With too much insulin, blood sugar decreases (hypoglycemia), causing symptoms such as sweating, trembling, lightheadedness, and in extreme cases, shock.

Alternate Name(s): Fasting Insulin

Hemoglobin A1c (HgbA1c) With eAG

Description: This non-fasting test, also known as A1c, HbA1c, or Glycated hemoglobin, indicates how well you have controlled your diabetes over the last few months. Even though you may have some very high or very low blood glucose values, Hemoglobin A1C will give you a picture of the average amount of glucose in your blood over that time period. While the Hemoglobin A1C is the standard tool to determine blood sugar control for patients with diabetes, it is not a substitute for daily, routine blood glucose testing.

Alternative Name(s): A1c with eAG, A1c, HA1c, Hgb A1c, HbA1c, Glycohemoglobin, Glycated Hemoglobin, Glycosylated Hemoglobin

Vitamin B12

Description: Essential component in making red blood cells, and is important for nerve cell function. Deficiency can lead to different forms of anemia, as well as impaired liver and kidney function. Vitamin B12 is decreased in pernicious anemia, total or partial gastrectomy, malabsorption and certain congenital and biochemical disorders.

Alternative Name(s): Cobalamin, Cyanocobalamin, B12