



KNOW YOUR NUMBERS

5 LAB TESTS & HEALTH NUMBERS EVERYONE SHOULD KNOW



COMPLETE BLOOD COUNT (CBC)

- # of Red blood cells
- # of White blood cells
- Total amount of hemoglobin and amount per red blood cell
- Fraction of hematocrit
- Total number of platelets



COMPREHENSIVE METABOLIC PANEL (CMP)

- Kidney and liver function
- Blood sugar
- Calcium levels
- Sodium, potassium and chloride levels (electrolytes)
- Protein levels



LIPID PANEL (CHOLESTEROL TEST)

- Total cholesterol
- LDL (bad) cholesterol
- HDL (good) cholesterol
- Triglycerides



BODY MASS INDEX (BMI)

Body Mass Index (BMI) is a person's weight in pounds divided by the square of height in feet).

- Waistline
- Weight
- Height



HORMONE PANEL & SCREENINGS

- Thyroid function
- Testosterone
- PSA (prostate)
- Estrogen
- Progesterone
- Colonoscopy
- Mammogram
- Cortisol