

Peak Health Lab Test Guide

This list suggests possible causes for any abnormal lab value and is not intended to be specific to you.

Chemistries

Albumin: Elevated in dehydration and inflammatory diseases. Low in chronic disease, low intake and malnutrition.

Alkaline Phosphatase: Elevated in liver, bone and gallbladder diseases.

ALT: Elevated in liver disease.

AST: Elevated in liver and muscle diseases and drug and alcohol intake.

Bilirubin, Total: Elevated in liver and gallbladder disease, prolonged fasting, or may be insignificant without additional lab abnormalities.

BUN: elevated in kidney diseases and dehydration.

Calcium: Elevated in lung diseases, dehydration, immobilization, some drugs. Low in laxative use, pregnancy, Vit. D deficiency.

Chloride: elevated in dehydration.

Creatinine: Elevated in kidney disease. High protein intake.

GGT: Elevated in liver disease and intake of drugs and alcohol.

Globulin: Abnormal levels may indicate infections, allergic states, immune disorders and other diseases. Low in dehydration and chronic diseases.

Glucose: (blood sugar). Elevated in diabetes, other illnesses and some drugs.

LDH: Elevated in muscle damage, nonspecific. Low in dehydration.

Phosphorus: Elevated in liver, bone, alcoholism, exercise, youth, dehydration or use of enemas. Low in Vit. D deficiency, excessive antacid use or malnutrition.

Potassium: Elevated with diet high in potassium or some diuretic drugs.

Protein, Total: Elevated in dehydration and inflammatory diseases. Low in chronic disease, low intake and malnutrition.

Sodium: Elevated in diabetes. Low in dehydration or water intoxication

Uric Acid: Elevated in gout, dehydration, drug and alcohol use.

LIPIDS

Cholesterol Total: (blood fats) High level may predict heart disease.

HDL cholesterol: (good cholesterol). Elevation is associated with protection against heart disease.

LDL cholesterol: (bad cholesterol). Elevated levels associated with an increased risk of heart disease.

T. Chol/HDL ratio: Elevated ratio associated with increased risk of heart disease.

Triglycerides: Elevated levels associated with an increased risk of heart disease and diabetes.

THYROID

TSH: Used to diagnosis thyroid diseases.

T4: Elevated in estrogen use, pregnancy, and thyroid diseases.

T3: elevated in pregnancy, estrogen use, and thyroid diseases.

CBC

RBC, Hemoglobin, and Hematocrit: Elevated in chronic diseases, lung disease, and dehydration. Low in anemia's and hemorrhage.

WBC: Abnormal in infections, stress, strenuous exercise and leukemia. Only useful if abnormal differential counts.

Polys, Lymphs, Monocytes, EOS, and Basos : (Differential counts) Helps to identify the stage and severity of disease and is only important if abnormal total WBC.

Platelets: Elevated in hemorrhage and severe exercise and stress. Low in anemia, some drugs, premenstruation, and Leukemia.

MCH, MCV, MCHC and RDW: Classifies anemias.