

# GMC HEALTH FAIR TEST OPTIONS

## **Health Fair Panel—\$40**

Includes: Glucose, BUN, Creatinine, Calcium, Phos, Uric Acid, Total Bilirubin, Total Protein, Albumin, ALT, AST, Alk Phos, Cholesterol, Triglycerides, HDL and calc. LDL, TSH and a CBC.

## **PSA - \$20**

Prostate-specific antigen, or PSA, is a protein produced by cells of the prostate gland. The PSA test measures the level of PSA in a man's blood. The blood level of PSA is often elevated in men with prostate cancer, a number of benign (not cancerous) conditions can cause a man's PSA level to rise. A physician can determine if additional work-up is necessary after reviewing your PSA. It is important to know that prostatic carcinoma can be neither ruled in nor ruled out by measuring a PSA. An elevated result does not absolutely imply the presence of disease, nor does a normal result imply absence of disease.

## **Anemia Panel - \$40**

Includes: Iron, Total Iron Binding Capacity, calc. Transferrin (Reflex to Ferritin), Vitamin B12, Folate and new Vitamin D. The Ferritin, Iron and Total Iron Binding Capacity tests work together to indicate if you have an iron deficiency, which is the most common form of anemia.

It is estimated that approximately 3 million people in the United States suffer from anemia. Anemia is a lower than normal red blood cell count or the lack of hemoglobin in your red blood cells, resulting in a wide range of symptoms. Anemia can cause fatigue, headaches, shortness of breath, dizziness, rapid heartbeat, and a number of other symptoms. There are several different types of anemia, such as dietary deficiency anemia, pernicious anemia and megaloblastic anemia. It can also be caused by other conditions such as pregnancy, certain medications, alcohol abuse and intestinal diseases.

## **A1C - \$15**

The A1c test evaluates the average amount of glucose in the blood over the last 2 to 3 months by measuring the percentage of glycated (glycosylated) hemoglobin. The A1C test is a common blood test used to diagnose type 1 and type 2 diabetes and then to gauge how well you're managing your diabetes. The A1C test result reflects your average blood sugar level for the past two to three months.

# WHAT IS AN A1C TEST?

**A1C TEST** - Hemoglobin A1c, also called A1c or glycated hemoglobin, is hemoglobin with glucose attached. The A1c test evaluates the average amount of glucose in the blood over the last 2 to 3 months by measuring the percentage of glycated (glycosylated) hemoglobin.

The A1C test is a common blood test used to diagnose type 1 and type 2 diabetes and then to gauge how well you're managing your diabetes. The A1C test result reflects your average blood sugar level for the past two to three months. Specifically, the A1C test measures what percentage of your hemoglobin — a protein in red blood cells that carries oxygen — is coated with sugar (glycated). The higher your A1C level, the poorer your blood sugar control and the higher your risk of diabetes complications. Some of the most common symptoms are: *Screening and diagnosis*.

A1c may be ordered as part of a health checkup or when someone is suspected of having diabetes because of classical signs or symptoms of increased blood glucose levels (hyperglycemia) such as:

- Increased thirst and drinking fluids
- Increased urination
- Increased appetite
- Fatigue
- Blurred vision
- Slow-healing infections

The A1c test may also be considered in adults who are overweight with the following additional risk factors:

- Physical inactivity
- First-degree relative (sibling or parent) with diabetes
- High-risk race/ethnicity (e.g., African American, Latino, Native American, Asian American, Pacific Islander)
- High blood pressure (hypertension)
- Abnormal lipid profile (low HDL cholesterol and/or high triglycerides)
- Women with polycystic ovary syndrome
- History of cardiovascular diseases
- Other clinical conditions associated with insulin resistance

The American Diabetes Association (ADA) recommends to begin A1c testing at age 45 for overweight or obese people; if the result is normal, the testing should be repeated at a minimum of 3-year intervals, with consideration of more frequent testing depending on initial results and risk status. People who are not diagnosed with diabetes but are determined to be at increased risk for diabetes (prediabetes) should have A1c testing yearly.

# WHAT IS PROSTATE CANCER SCREENING?

Prostate cancer screening is a way in which doctors check the prostate gland for signs of cancer. In men, this gland sits below the bladder and in front of the rectum. It forms a ring around the urethra, the tube that carries urine out of the body. (Women do not have a prostate gland.)

The main test used to screen for prostate cancer is a blood test called a “PSA test.” Some men also have an exam called a rectal exam. Prostate cancer screening is done in men who have no symptoms of the disease.

**Who should be screened for prostate cancer?** — It is not clear whether getting screened for prostate cancer can extend a man’s life or help him avoid any symptoms or problems. For this reason, doctors do not know who – if anyone – should be screened for prostate cancer.

Most experts recommend that each man work with his doctor to decide whether screening is right for him. In most cases, men should start discussing prostate cancer screening around the age of 50. Most doctors recommend against screening for men age 70 or older, or for men with serious health problems.

**How do I decide if I should be screened?** — Work with your doctor or nurse to decide if screening is right for you. As you are deciding, think about how likely it is that you will get prostate cancer. Black men and men who have a brother or father with the disease are more likely than other men to get it. For men with a high risk of prostate cancer, screening might be a good idea.

**What is a PSA test?** — PSA stands for “prostate-specific antigen.” PSA is a protein made by the prostate. Levels of this protein go up when a man has prostate cancer. The protein also goes up for reasons that do NOT involve cancer. For example, PSA levels rise when a man:

- Has a condition called benign prostatic hyperplasia (BPH), sometimes called an enlarged prostate
- Has a prostate infection, also called prostatitis
- Hurts his prostate, for example while riding a bike
- Ejaculates (has an orgasm)

# WHAT IS AN ANEMIA PANEL?

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If your diet lacks iron, protein and vitamins (especially B12 and Vitamin D), you have an increased risk for anemia and other health issues.

## Symptoms of Anemia

- **Fatigue.** This is by far the most common anemia symptom. You may feel very tired or weak and unable to summon the energy for most daily activities.
- **Dizziness.** Dizziness is most likely to occur when you stand up from a sitting or resting position.
- **Shortness of breath**
- **Headaches**
- **Cold skin, especially the hands and feet**
- **Paleness.** Your gums and the base of your nails may be especially pale.
- **Chest pain.** Without enough oxygen-rich red blood cells, your heart has to work much harder to keep your body supplied with the nutrients it requires. You may feel pain and tightness in your chest when your heart muscle is not getting the oxygen it needs.
- **Arrhythmia.** Also known as dysrhythmia or an abnormal heart rhythm, an uneven or altered rate or pattern of heartbeats can also result from your heart working harder to circulate blood.