

## Laboratory Results Terminology

<b>Blood Profile</b>	<b>Urine Profile</b>
<p><b>BUN (Blood Urea Nitrogen):</b> An end-product of metabolism. BUN levels are used to detect the presence of kidney diseases.</p> <p><b>Creatinine:</b> A waste product released from muscle tissue and excreted from the kidneys. Like BUN, creatinine measurements are also used to screen for kidney disorders.</p> <p><b>Alkaline Phosphatase:</b> An enzyme found primarily in the liver and bones. Elevated levels may indicate the presence of bone disorders as well as variety of liver and bile duct diseases.</p> <p><b>Bilirubin:</b> Levels that are abnormally high may occur in individuals with liver and gallbladder disease.</p> <p><b>AST (SGOT):</b> An enzyme found in the liver and cardiac and skeletal muscle. Elevated levels commonly occur with liver disease and are often proportional to the degree of disease.</p> <p><b>ALT (SGPT):</b> An enzyme found in muscle, cardiac and liver cells. Elevated levels commonly occur with liver disease.</p> <p><b>GGT:</b> Like other liver enzymes, it is present in various tissues, and may be elevated by conditions unrelated to the liver or bile ducts. It is a sensitive test for detecting early liver damage and/or heavy alcohol intake. Certain medications will cause elevation.</p> <p><b>Total Protein:</b> In serum includes two major components - albumin and globulin. Its measurement assesses the body's ability to maintain its chemical balance.</p> <p><b>Cholesterol:</b> Blood lipid (fat) which has a direct correlation with the chances of developing coronary heart disease. The leading cause of elevated cholesterol is excess dietary intake of cholesterol rich foods and saturated fats. Some people have high cholesterol due to hereditary factors.</p> <p><b>HDL Cholesterol:</b> High-density lipoproteins remove excess cholesterol from arteries, inhibiting the formation of atherosclerotic lesions. The higher the HDL, the lower the risk of coronary artery disease. HDL can be increased by regular exercise, weight loss, smoking cessation, and reduction of fat intake.</p> <p><b>Triglycerides:</b> A blood lipid (fat). Readings are extremely sensitive to diet, particularly excessive or recent carbohydrate intake and sweets.</p> <p><b>CHOL/HDL Cholesterol Ratio:</b> Cholesterol reading divided by the HDL reading. The best tool for gauging the risk of developing premature coronary disease. The lower the ratio, the lower the risk.</p> <p><b>Glucose:</b> Measures the blood sugar level. Test is extremely sensitive to food intake, so fasting 12 hours before test is helpful. Elevations are suggestive of diabetes, but not diagnostic.</p> <p><b>Glycosolated Hemoglobin (A1C):</b> Only checked when there is an elevation in the glucose because it relates to approximately three months of body metabolism.</p> <p><b>HIV:</b> AIDS test. Does not test for the AIDS virus itself, but for antibodies the body has developed to the virus.</p>	<p><b>Glucose:</b> Sugar in the urine. Presence is generally thought to be the result of diabetes.</p> <p><b>Protein:</b> Presence may indicate abnormality of the kidney or urinary tract.</p> <p><b>Protein/Creatinine Ratio:</b> Is more specific than isolated protein measurement. This ratio can help determine whether the protein is elevated due to possible disease or the urine concentration.</p> <p><b>Thiazide Diuretics:</b> Presence indicates a medication generally used as a control for high blood pressure. Over the counter diuretics used for weight control can affect the testing.</p> <p><b>White Blood Cells:</b> Sometimes present in the urine samples. The importance of detecting white blood cells is to check the presence of a urinary tract infection or inflammation of the urinary tract.</p> <p><b>Cocaine:</b> Test for the presence of cocaine in the urine.</p> <p><b>Cotinine (Nicotine):</b> Nicotine in the urine indicates tobacco use of some type. Non-tobacco users should not show more than .50 mg, even if around heavy smokers.</p> <p><b>Leukocyte Esterase:</b> Presence may indicate a bacterial infection.</p> <p><b>Blood:</b> Red blood cells in the urine. Presence can indicate diseases, structure abnormalities, or injury to the kidneys, ureter, bladder, prostate, or uretha.</p> <p><b>Casts:</b> Can be indicative of a disorder of the kidneys.</p>
	<h3 style="margin: 0;">Oral Fluid Profile</h3> <p><b>Cotinine (Nicotine):</b> Nicotine in the oral fluid indicates tobacco use of some type.</p> <p><b>Cocaine:</b> Test for the presence of cocaine in the oral fluid.</p> <p><b>HIV:</b> AIDS test. Does not test for the AIDS virus itself, but for antibodies the body has developed to the virus.</p>