

# Health Screenings Capitol Complex



Methodist • Lutheran • Blank



<b>Body-Fat Composition Analysis</b>	<i>Bioelectrical Impedance method. Measures: Weight, Body Mass Index (BMI), Fat %, Fat mass, Fat free mass, Total body water, Basal metabolic rate, Desirable ranges. Interpretation of results by health professional.</i>
<b>Blood Profile</b>	<i>Venous draw from arm, includes Total Cholesterol, HDL, LDL, Triglycerides, Chol/HDL ratio, Glucose, Sodium, Potassium, Chloride, CO<sub>2</sub>, BUN, Creatinine, Uric Acid, Total protein, Albumen, Globulin, A/G Ratio, Total Bili, Calcium, Phosphorus, Iron, LDH, AST/SGOT, Alk Phos, GGTP.</i> <b><i>To ensure accurate results, please remember:</i></b> <ul style="list-style-type: none"> <li>✓ 12-hour fast - NO FOOD OR BEVERAGE, EXCEPT WATER, IS ALLOWED</li> <li>✓ Take all prescription medications as normal</li> </ul>
<b>TSH (Thyroid-Stimulating Hormone &amp; Free T4)</b>	<i>Used to screen adults for thyroid disorders. T4 aids in the diagnosis of hypothyroidism or hyperthyroidism.</i>
<b>PSA (Prostate Specific Antigen)</b>	<i>Helps detect prostate cancer. Approved along with a digital rectal exam in men age 50 and older.</i>
<b>Hs C-Reactive Protein</b>	<i>CRP is an inflammatory marker. CRP is widely reported as a possible key indicator of heart health &amp; may help physicians predict a patient's long-term risk of a cardiovascular event. Do not participate if you have tissue injury, infection or general inflammation. Individuals with Arthritis should not have this measured.</i>
<b>Hemoglobin A1C (HbA1C)</b>	<i>Indicates how well you have controlled your diabetes over the past 2-3 months. A1C gives a picture of the average amount of glucose in the blood over that time period.</i>
<b>ALT &amp; AST</b>	<i>Sensitive indicators of liver damage from different types of disease &amp; from medications, such as cholesterol-lowering drugs. Cardiovascular drugs, anti-seizure medications, pain relief medications, antibiotics, and anti-depressant drugs. Tests are repeated 2 to 12 times per year based on the medications currently prescribed by your doctor.</i>
<b>Complete Blood Count (CBC)</b>	<i>The CBC is a group of tests used to screen for a wide variety of diseases. WBC (white blood cells), RBC (red blood cells), Hgb (hemoglobin), Hct (hematocrit), Platelets, MCV (mean cell volume), MCH (mean cell hemoglobin), MCHC (mean cell hemoglobin concentration), Neutrophils, Lymphocytes, Monocytes, Eosinophils and Basophils</i>

**To register, call Iowa Health Systems  
“My Nurse” at 877-242-8899**

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