

## Commonly Ordered Lab Tests

**GLUCOSE:** Glucose is a sugar that is the main energy source for the body. An elevated glucose may be associated with diabetes. A low glucose on life insurance blood work is often due to the extra time needed to transport the blood to a central lab facility and is usually of no concern.

### HGB A1C (Hemoglobin A1c)

Hemoglobin A1c is hemoglobin that is attached to a sugar molecule. It provides an indication of blood sugar levels over the past 6-8 weeks. An elevated hemoglobin A1c may be found in diabetes.

### BILIRUBIN

Bilirubin is a product of red blood cell breakdown and is the predominant pigment in bile. Elevated levels in adults may be caused by hemolytic diseases. Or gall bladder, pancreatic or liver problems.

### BUN (Blood Urea Nitrogen)

BUN is a breakdown product of protein. Kidney and urinary tract disease, congestive heart failure, and gastrointestinal bleeding are among the causes of elevated BUN levels.

### CREATININE

Creatinine is a breakdown product of muscle tissue. Elevated serum creatinine levels may be found in kidney disease.

### ALK. PHOS. (Alkaline Phosphatase)

Alkaline Phosphatase is an enzyme found mostly in the intestines, kidney, bone and liver. Disease of the liver or bone are the main causes of an elevated alkaline phosphatase.

### SGOT (AST) Serum Glutamic Oxalacetic Transaminase or Aspartate Aminotransferase

SGOT is an enzyme found mainly in the heart, liver, muscle, and red blood cells. Disease of any of these may cause an elevated SGOT.

### SGPT (ALT) Serum Glutamic Pyruvic Transaminase or Alanine Aminotransferase

SGPT is an enzyme found mainly in the liver, kidney, liver, and muscles. The largest amounts are found in the liver. Primarily diseases of the liver may cause an elevated SGPT.

### HEPATITIS B SURFACE ANTIGEN

Hepatitis B surface antigen is a protein produced by the Hepatitis B virus. The presence of this protein indicates current infection with this virus.

### HEPATITIS C ANTIBODY

Hepatitis C antibody is a protein produced by the body in response to infection with the Hepatitis C virus. The presence of this antibody usually indicates current infection with the virus but occasionally may be present in individuals who have recovered from the virus.

### GGT (GGTP) (Gamma Glutamyltranspeptidase)

GGTP is an enzyme found mainly in the liver. Diseases of the liver, pancreas, and bile duct system may cause an elevated GGTP.

### TOTAL PROTEIN

Total protein consists mainly of albumin and globulin. Abnormal protein levels may be found in diseases of the liver, connective tissue, kidney, and intestines and may also be associated with malnutrition or tumors.

### CHOLESTEROL

Cholesterol is made of fatty substances known as lipids and includes both high and low-density lipoproteins (HDL and LDL). The body's cholesterol comes from dietary sources and production by the liver. Elevated cholesterol levels are associated with an increased risk of coronary artery and blood vessel disease.

#### HDL CHOLESTEROL (High-Density Lipoprotein Cholesterol)

HDL is a combination of a lipid (fat) and protein and is considered to be the "good cholesterol." It helps to clear excess cholesterol from the body. High HDL levels are associated with a lower risk of coronary artery disease. Exercise is thought to help raise the HDL level.

#### CHOL/HDL CHOL RATIO

This ratio is a simple calculation of the total cholesterol divided by the HDL. It is used to assess the risk of coronary artery disease. Lower ratio values are associated with a lower risk of coronary artery disease.

#### TRIGLYCERIDES

Triglycerides are fats stored in the cells of our bodies. Elevated triglyceride levels may be found in disorders of liver, thyroid, kidneys, and lipids, and in diabetes.

#### PSA (Prostate Specific Antigen)

PSA is present in prostate tissue. Elevated PSA levels may be found in prostate cancer, benign prostatic hypertrophy, and prostatitis.

#### URINALYSIS

Urinalysis is a routine evaluation of the urine to screen for abnormalities of the urine.

Abnormalities of urine may be associated with kidney diseases, urinary tract infections, urinary tract tumors, and systemic diseases

Note: Not every test is performed on every individual.