

## SICKLE CELL

This tests for the genetic trait which may lead to sickle cell anemia.

## OSTEOPOROSIS SCREENING

This uses ultrasound to screen people for low bone density or osteoporosis and is completed by painlessly scanning the heel. Because osteoporosis rarely causes signs or symptoms until it's advanced, the National Osteoporosis Foundation recommends a bone density test if you are:

- A woman older than age 65 or a man older than age 70
- A postmenopausal woman with at least one risk factor for osteoporosis
- A man between age 50 and 70 who has at least one osteoporosis risk factor
- Older than age 50 with a history of a broken bone
- Taking medications, such as prednisone, aromatase inhibitors or anti-seizure drugs, that are associated with osteoporosis
- A postmenopausal woman who has recently stopped taking hormone therapy
- A woman who experienced early menopause

The results of this test will indicate if you have or are at risk for osteoporosis. If so, your doctor can offer treatment.

## BREATHING TEST

This measures airflow and lung volume which are used to determine if there is upper airway restriction or obstruction from pulmonary disorders.

Community Screening results will be mailed to the address on file in the Marion Health electronic medical record system within one week of the completed screening. The results will also be available online through the Marion Health Patient Portal. It is your responsibility to share your results with your healthcare provider. If you do not have a primary care provider, call **Marion Health Access** at **(765) 660-6444**.



Wellness Panel.....\$20  
Fasting Required

*Includes screening for glucose, electrolytes, kidney, liver and thyroid, plus complete blood count and lipid profile*

Diabetic Screening (A1c).....\$5

Sickle Cell.....\$6

PSA (Prostate Screening).....\$8

Colon Cancer Screening.....\$5

\*Osteoporosis Screening.....Free

\*Breathing Test.....Free

*\*Check for availability*

For times and locations of community screenings, visit our Calendar of Events at [www.marionhealth.com](http://www.marionhealth.com) or call the Community Outreach Department at **(765) 660-7200**. Community Screening vouchers purchased at community events may be redeemed at the main campus Laboratory (441 N Wabash Ave).

# EXPLANATION OF TESTS

## WELLNESS PANEL (CBC, CMP, TSH, LIPID PROFILE)

\*Requires 12-hour fast\*

This provides an overview of general health, which includes complete blood count, glucose, liver function, kidney function, anemia, thyroid, and lipids.

### Explanation of tests in Wellness Panel:

- **Complete Blood Count (CBC)**  
(White Cells, Red Cells, Hemoglobin, Hematocrit, Platelets, etc.)  
Determines your general health status; screens, diagnoses, or monitors a variety of diseases and conditions that affect blood cells.
- **Complete Metabolic Panel (CMP)** \*Requires 12-hour fast\*  
This measures several major systems in the body, including blood sugar (glucose), electrolytes, kidney screening, and liver screening.
- **Glucose** \*Requires 8-hour fast\*  
Fasting Blood Sugar (FBS) measures the amount of glucose circulating in the blood stream.
- **Liver Screening (AST, ALK, AP)**  
Elevated liver enzymes may indicate inflammation or damage to cells in the liver. This includes Total Bilirubin, Total Protein and Albumin.
- **Kidney Screen (BUN, Creatinine)**  
Indicates ability of the kidney to filter toxins and waste from the blood.
- **Electrolytes (Sodium, Potassium, CO2 and Chloride)**  
Part of routine health screening, may include the acid-base balance or imbalance of sodium or potassium.
- **TSH (thyroid stimulating hormone)**  
Tests for thyroid disorders.

- **Lipid Profile** \*Requires 12-hour fast\*

*Includes the following:*

- **Total Cholesterol**  
The liver produces cholesterol naturally. While heredity plays a large role in how much the liver produces, dietary intake has minimal impact on the total amount. Exercise has a greater impact. Total cholesterol is monitored in diabetics, those at high risk for heart disease and those who have heart disease.
- **High Density Lipoprotein (HDL)**  
This is sometimes called the “good cholesterol.” It is a portion of total cholesterol.
- **Low Density Lipoprotein (LDL)**  
Sometimes called “bad cholesterol.” It is also a portion of the total cholesterol and the opposite of HDL. The lower the value, the better.
- **VLDL**  
VLDL is a division of LDL and should also be as low as possible.

## PROSTATIC SPECIFIC ANTIGEN (PSA)

This is used to screen for prostate cancer, and also to monitor prostate cancer. All men over the age of 45 are recommended to get this at least every 2 years. This test may have false-positives (i.e. smoking can cause a false high level).

## COLON CANCER SCREENING (OCCULT BLOOD TEST )

This uses chemical indicators on stool samples to detect the presence of blood not otherwise visible. By age 50, men and women need a yearly fecal occult blood test and a physical examination.

## DIABETIC SCREENING (A1C / GLYCATED HEMOGLOBIN)

This measures average glucose levels over a prolonged period of time.

See back for more.