

# Men's Health Profile

The men's health profile is a group of five tests, a **complete blood count (CBC)**, a **urinalysis**, a **comprehensive metabolic panel**, a **cardiac screen**, also known as a lipid panel, and a **prostate-specific antigen (PSA)**. Each of these tests and panels examine a variety of functions in your body.

## Why should I have a men's health profile?

By having a men's health profile completed, you will receive an overall picture of your general health status. Each test is designed to inspect key parts of your body and how they are functioning. Knowing the status of each of these components can provide peace of mind or the need to improve your overall health since abnormal results, and especially combinations of abnormal results, can indicate a problem that needs to be addressed.

## FASTING REQUIRED

Fasting is required for a basic health profile and early morning collection is preferred. Please **DO NOT** eat or drink anything except water for 8-12 hours before your test. **DO NOT** stop taking your prescription medications. If your healthcare provider advised you to take your medication with food, consult with your health care provider before fasting.

## Comprehensive Metabolic Panel

The comprehensive metabolic panel is a group of 14 tests that gives important information about the current status of your kidneys and liver, electrolyte and acid/base balance, as well as levels of blood glucose and blood proteins.

### What tests are included in a comprehensive metabolic panel?

- Glucose - an energy source for the body; can determine your risk for diabetes or a pre-diabetic condition
- Calcium - one of the most important minerals in the body; essential for the proper functioning of muscles, nerves, and the heart. It is required for blood clotting and the formation of bones

#### Proteins

- Albumin - a small protein produced in the liver; the major protein in serum
- Total Protein - measures albumin as well as all other proteins in serum

#### Electrolytes

- Sodium - vital to normal body processes, including nerve and muscle function
- Potassium - vital to cell metabolism and muscle function
- CO<sup>2</sup> (carbon dioxide, bicarbonate) - helps to maintain the body's acid-base balance (pH)
- Chloride - helps to regulate the amount of fluid in the body and maintain the acid-base balance

#### Kidney Tests

- BUN (blood urea nitrogen) - waste product filtered out of the blood by the kidneys; conditions that affect the kidneys have the potential to affect the amount of urea in the blood
- Creatinine - waste product produced in the muscles; filtered out of the blood by the kidneys so blood levels are a good indication of how well the kidneys are working

#### Liver Tests

- ALP (alkaline phosphatase) - enzyme found in the liver and other tissues, bone; elevated levels of ALP in the blood are most commonly caused by liver disease or bone disorders
- ALT (alanine aminotransferase, also called SGPT) - enzyme found mostly in the cells of the liver and kidneys; a useful test for detecting liver damage
- AST (aspartate aminotransferase, also called SGOT) - enzyme found especially in cells in the heart and liver; also a useful test for detecting liver damage
- Bilirubin - waste product produced by the liver as it breaks down and recycles aged red blood cells

## Urinalysis

A urinalysis is a screening and/or diagnostic tool that can provide a wide range of information. This simple test screens for metabolic and kidney disorders by detecting substances such as protein or glucose in the urine. The test can also identify a urinary tract infection (UTI).

*See other side for more information on the Basic Health Profile testing.*

## Cardiac Screen (Lipid Panel)

A cardiac screen, also known as a lipid panel, is a group of tests to detect the risk of coronary artery disease, heart attack or stroke. It is also used to monitor treatment for someone already diagnosed with cardiac issues. Lipids are fats and fat-like substances found in the bloodstream and stored in body tissues. Monitoring healthy levels of these lipids is very important to maintaining a good level of health.

A lipid panel measures the following:

- Total cholesterol
- High-density Lipoprotein cholesterol (HDL; “good” cholesterol)
- Triglycerides
- Low-density Lipoprotein cholesterol (LDL; “bad” cholesterol)

## Complete Blood Count (CBC) with Differential

A CBC is a panel of tests that evaluates three types of cells that circulate in the blood, including the following:

**Red blood cells:** A CBC provides an evaluation of red blood cells, which transport oxygen throughout the body.

- Red blood cell count by counting the actual number of red blood cells in a person’s body
- Hemoglobin measures the oxygen-carrying protein in the blood
- Hematocrit measures the percentage of a person’s total blood volume that consists of red blood cells

**White blood cells:** A CBC provides an evaluation of white blood cells, which are part of the body’s defense system to fight off infections and reduce inflammation.

- White blood cell count by counting the actual number of white blood cells in a person’s body
- White blood cell differential identifies and counts the number of the five types of white blood cells

**Platelets:** A CBC provides an evaluation of platelets, which are cell fragments that are vital for blood clotting.

- Platelet count by counting the actual number of platelets in a person’s body
- Mean platelet volume (MPV) calculates the average size of platelets
- Platelet distribution width (PDW) reflects how uniform platelets are in size

## Prostate Specific Antigen (PSA)

PSA (prostate-specific antigen) is a protein made by the cells of the prostate. The routine PSA test measures the amount of prostate-specific antigen in the blood. Rising or changing levels of PSA may be a sign of a prostate problem, perhaps as serious as cancer.

## Test Results

### What should I do if my results are abnormal or out of range?

It is always recommended you meet with a healthcare provider to determine what your laboratory test results mean to you. Your healthcare provider will review all of your test results and, combined with your health history, will be able to provide an accurate picture of your health status.

**If any of your results were out of range:** If you have one or more tests that are out of range, you should share your results with your healthcare provider. These tests are typically evaluated as a group to look for patterns and only your healthcare provider can fully assess your results to determine if further testing or treatment is needed.

**If your results were within normal range:** If all of your health screen test components were within normal range, you should follow the screening guidelines for your age and health status. Your physician is best suited to advise you on a timetable for all screening tests.

### What other resources are available to learn more about my health and laboratory tests?

- American Heart Association: [heart.org](http://heart.org)
- Lab Tests Online: [labtestsonline.org](http://labtestsonline.org)
- WebMD: [webmd.com](http://webmd.com)

*DLO Direct offers direct access to laboratory testing for informational purposes. A DLO Direct lab test result is not a medical diagnosis and is not intended as medical advice. Only a healthcare provider can interpret lab results and diagnose a medical condition or disease.*

*Because tests have not been ordered by a healthcare provider, third party entities, including Medicare and Medicaid, will not reimburse for these tests.*



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