

TSH (Thyroid Stimulating Hormone) TSH, secreted by the pituitary gland stimulates the thyroid to produce thyroxine (T4). This test is used to detect thyroid disease.

Triglycerides Triglycerides are fats (lipids) that provide a reserve of energy. Increases in triglycerides combined with low HDL cholesterol and increased small particle LDL may indicate heart disease risk. Triglycerides may rise with obesity, diabetes, alcohol consumption, and after a meal high in fat.

Additional Testing Available

Hemoglobin A1C | \$15

Hemoglobin A1c (Also known as “A1c”) helps to monitor the effectiveness of diabetes therapy. In diabetes, the glucose level has greater variation with elevated levels compared to individuals without diabetes. The excess glucose binds onto proteins including the most abundant protein in the red blood cells, hemoglobin. The combination is known as hemoglobin A1c and results are reported as percent of the hemoglobin that has bound glucose.

PSA | \$20

PSA Prostate-Specific Antigen (PSA) test in males can be elevated in certain prostate abnormalities including cancer and benign prostatic hyperplasia.

Vitamin D | \$30

Vitamin D Vitamin D is essential in maintaining the right levels of calcium and preserving bone strength. Individuals who are deficient in Vitamin D are at increased risk of weakening of the bones and bone fractures, muscle weakness, high blood pressure, cancer and several forms of autoimmune disorders.

Sponsored by
HaysMed Volunteers
2220 Canterbury Drive
Hays, KS 67601
855-429-7633
haysmed.com

Testing is performed by
Quest Diagnostic
2220 Canterbury Drive
Hays, KS 67601
800-332-0033

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HAYSMED

Health Fair Test Guide



We appreciate the opportunity to provide quality laboratory testing at an economical price through community sponsored health fairs. Laboratory professionals test your blood specimen and compare your results to a reference range, often referred to as the “normal range.” Please discuss any concerns or questions about your test results with your healthcare provider.

Test Name and Definition

Profile | \$30 Albumin

Albumin is the most abundant serum protein. Decreased blood may indicate many disorders including poor nutrition, kidney disease, and advanced liver disease.

Alkaline phosphatase Alkaline phosphatase is an enzyme found primarily in the liver and bones. Elevated serum levels may indicate the presence of bone or liver disorders. The enzyme activity also increases following fractures and in growing children and pregnant women.

ALT Alanine aminotransferase (ALT) is an enzyme found in the liver. It may rise with liver diseases, viral infections, and reactions to drug and alcohol. AST Aspartate aminotransferase (AST) is an enzyme found in the liver, cardiac and skeletal muscle. AST may rise in liver, heart and muscle disorders. It can also rise following strenuous, prolonged exercise.

Bilirubin, Total Bilirubin is a breakdown product of hemoglobin. Abnormally high bilirubin levels may occur in individuals with liver and gallbladder disease, causing jaundice.

BUN Blood urea nitrogen (BUN) is an end product of protein metabolism. BUN level may rise in kidney diseases, dehydration or urinary obstruction among other causes.

BUN/Creatinine Ratio The BUN to creatinine ratio is a calculated value that may indicate an abnormality that is not obvious by reviewing the individual test results.

Calcium Calcium is one of the most important minerals in the body. This may be used to diagnose and monitor several conditions relating to the bones, heart, nerves, kidneys, and teeth.

Chloride Chloride is an electrolyte, important in maintaining electroneutrality in the body.

Cholesterol Cholesterol is one of the major fats (lipids) in the body. High levels may indicate an increased risk of heart disease. Levels can be controlled with diet, exercise, and/or medications.

Cholesterol/HDL Ratio The ratio of total cholesterol to HDL cholesterol is another indicator of heart disease risk. A ratio of 5.0 or less may be associated with a lower risk of heart disease.

Creatinine Creatinine is a metabolic product released from muscle tissue and excreted by the kidneys, and may rise in kidney disease.

eGFR Creatinine is not sensitive to early renal damage since it varies with age, gender, and ethnic background. The impact of these variables can be reduced by an estimation of the Glomerular Filtration Rate (eGFR) using an equation that includes serum creatine, age, and gender.

Globulin Globulin is a major component of blood proteins. Abnormal levels, both elevated and decreased, may indicate infections, allergic states, immune disorders and other diseases.

Glucose Glucose is the main source of energy for living organisms. Glucose rises after a meal. It may remain abnormally elevated in some illnesses such as diabetes mellitus.

Hemogram A hemogram (also known as complete blood count) is used as a screening test for various disease states including anemia, leukemia and inflammatory processes.

HDL Cholesterol Elevated high density lipoprotein (HDL) cholesterol may be associated with decreased risk of heart disease.

LDL/HDL cholesterol LDL to HDL cholesterol ratio is an indicator of heart disease risk. The lower the ratio, the lower the risk.

LDL Cholesterol Elevations of low density lipoprotein (LDL) cholesterol may be associated with an increased risk of heart disease. High levels of LDL may be reduced by diet and/or medication.

Potassium Potassium is present in all body fluids, however, it is mainly found within cells. It is routinely ordered by physicians to evaluate a wide variety of conditions.

Protein, Total Protein in the blood includes two major components, albumin and globulin. Protein levels may fall in chronic disease, malnutrition or cancer. Increases in protein can be seen in dehydrations, blood dyscrasias, and chronic infections, among other causes.

Sodium Sodium is an electrolyte which is present in all body fluids. Sodium is used to detect the cause and to help monitor treatment of dehydration edema, and a variety of other symptoms.