



Creighton
MEDICAL LABORATORIES

“It’s Up 2U” to Take Control of Your Health

At Creighton University’s Annual Benefit Fair

October 12, 2009 Creighton University Medical Center
October 13, 2009 Harper Center, 602 N 20th St, Ballroom 4th Floor

Take control of your health by coming to CML’s booth and request any of the tests listed below See back for more information. It’s simple, easy and very affordable.

Test results are completely confidential and will be mailed to your home. Prices are valid only on the day of the benefits fair.

Only cash or check (made out to Creighton Medical Laboratories) will be accepted. No credit or debit cards. Please note that because you choose to have testing done without your health care provider’s order, CML cannot bill your insurance.

Test *	Special Creighton Employee Price
Total Cholesterol: Cholesterol only	\$ 5.00
Diabetes Screen: Glucose, Hemoglobin A1C	\$15.00
Heart Risk Panel: Total Cholesterol, HDL, LDL, Triglycerides	\$15.00
General Health Panel (Urinalysis Not Included): Anemia Screening Panel, Electrolyte Panel, Heart Risk Panel, Liver Health Panel, Thyroid Health Screen	\$45.00
PSA (Prostate Specific Antigen)	\$15.00

Some of these tests are best interpreted using blood collected before eating breakfast or at least 8 hours after a meal.

*Tests also available Monday-Friday, 8am-5pm and on Saturdays an appointment is recommended, at lab located on the 1st floor of Creighton University Medical Center at higher but still very affordable prices.

Two General Health Panels will be given away as door prizes.



EXPLANATION OF TESTS:

- **CHOLESTEROL AND TRIGLYCERIDES** – cholesterol and heart risk panel - are fatty substances in the blood necessary for a healthy body. High levels are associated with an increased risk of heart attack and stroke. For best results do not eat for 12 hours prior to testing unless you have a medical condition which does not allow this.
- **HDL AND LDL – cholesterol and heart risk panel** - The ratio of Total-cholesterol to HDL- (good cholesterol) is a way of determining your risk of having coronary heart disease. Higher levels of LDL - “Bad cholesterol” indicate higher risks of heart disease. Triglyceride values may be affected by when and what you ate prior to having your blood specimen collected. For best results do not eat for 12 hours prior to testing unless you have a medical condition which does not allow this.
- **GLUCOSE – diabetes screen** - is a measurement of your blood sugar. A high glucose result is generally considered an indication that further testing for diabetes is in order. Glucose values may be affected by when and what you ate prior to having your blood specimen collected. For best results you may have this test before you eat or 2 hours after you have eaten.
- **HEMOGLOBIN A1C (HGB A1C) – diabetes screen** - This test is also known as glycosolated hemoglobin. This test reflects the average glucose values in the blood over a period of time.
- **COMPLETE BLOOD COUNT (CBC) – anemia screen** - is a group of tests that include: WBC (white blood cell count), RBC (red cell count), hemoglobin and hematocrit, platelet count, MCV (mean corpuscular volume), MCH (mean corpuscular hemoglobin) and MCHC (mean corpuscular hemoglobin concentration). A CBC studies cells in the blood which carry oxygen to the body tissues and help to fight infections.
- **IRON – anemia screen** - is necessary to make hemoglobin in red blood cells for the transport of oxygen. The Iron test measures the amount of iron available to make hemoglobin.
- **TIBC (TOTAL IRON-BINDING CAPACITY) – anemia screen** - indicates the body’s capability to absorb iron.
- **SODIUM, POTASSIUM, CHLORIDE AND CARBON DIOXIDE – electrolytes** - are mineral elements in the blood also called electrolytes. Potassium is an important regulator of muscle (including the heart) and nerve function. The concentration of electrolytes in the blood is primarily controlled by the kidneys.
- **ALT AND AST – liver health panel** - are enzymes. ALT is primarily found in the liver. AST is also found in the liver as well as in heart and skeletal muscle tissue. When these tissues are injured, the enzymes escape into the blood causing abnormally high test results.
- **BILIRUBIN – liver health panel** - is a breakdown product of hemoglobin processed by the liver. Increases may be seen when there is increased red blood cell break down or when liver function is decreased.
- **ALKALINE PHOSPHATASE – liver health panel** - is an enzyme found in bone, liver, intestines and placenta. Increase alkaline phosphatase levels in conjunction with other elevated enzymes can indicate liver disorders.
- **TSH AND FREE T4 – thyroid screen** - Thyroid hormones regulate energy production in the body. ‘Free T4’ measures the amount of thyroid hormone in the blood. TSH is a hormone that is increased when the thyroid gland is not producing enough thyroid hormone and is decreased when the thyroid gland is producing too much thyroid hormone.
- **PSA (prostate specific antigen)** - is a blood test that measures the amount of a protein produced by the prostate gland. Infection or cancer of the prostate can cause significant elevation of PSA values.

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