

## *WHAT ARE HEALTH SCREENING TESTS?*

As referenced here, health screening tests are chemical evaluations conducted on a sample of your blood. They are designed to evaluate specific elements within your blood in order to identify or monitor certain diseases and conditions. These are common blood tests that your health care practitioner has most likely ordered for you in the past.

## *WHAT IS INVOLVED IN THESE TESTS? WHAT CAN THEY TELL ME ABOUT MY OVERALL HEALTH?*

Test Direct offers three types of health screening tests: a general health screen, women's health screen and men's health screen. All are performed on samples of blood drawn from a vein in the individual's arm.

A General Health Screen consists of a comprehensive metabolic profile and a lipid profile. The metabolic profile is a broad screening tool that actually consists of 14 different chemical evaluations. In general, these evaluations:

- Check for conditions such as diabetes, liver disease and kidney disease
- Monitor known problems, such as hypertension
- Monitor drug regimens, such as cholesterol-lowering drugs

The lipid profile evaluates the risk for coronary artery disease by measuring four key elements in the blood.

The Women's Health Screen consists of a comprehensive metabolic profile and lipid profile, as well as a thyroid panel, complete blood count (CBC), and iron plus total iron binding capacity (TIBC) tests. The thyroid panel is a series of tests that determine if the body's metabolism is functioning at an appropriate pace. The CBC evaluates the kinds and numbers of red blood cells, white blood cells and platelets in the blood. Abnormalities in any of these types of cells can be an indication of potentially serious medical disorders, including anemia, infection and exposure to toxic substances. The iron plus TIBC tests evaluate the iron level in blood and the body's capacity to absorb iron.

The Men's Health Screen consists of the comprehensive metabolic profile, lipid profile, thyroid profile and CBC, as well as a PSA test. The PSA measures the amount of PSA (prostate-specific antigen) in the blood, an important first step in identifying prostate cancer.

*For more information regarding the services provided by the Pathology Center,  
call (402) 354-4541 or (888) 432-8980.*

Test Direct is a program of the Methodist Hospital Pathology Center, an accredited member of the College of American Pathologists and the American Association of Blood Banks. The Methodist Hospital Pathology Center is also licensed by the Centers for Medicare and Medicaid Services under CLIA.

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