



Direct Access Lab Testing

Basic Metabolic Profile (BMP) – The BMP is a group of tests that give important information about the status of your kidneys, electrolyte balance, blood sugar, and calcium levels.

CLINICS:

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Blood Type – Determines your ABO/RH type and can be useful when you are considering giving blood. While blood donations of all kinds are always welcome, sometimes blood centers have a shortage of a specific blood type.

Comprehensive Metabolic Profile – This is a blood test with 14 different measurements. It is often used to evaluate liver and kidney function, as well as nutrient levels.

Glucose – Fasting blood sugar is used to screen or monitor how well your body is processing sugar.

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Hemoglobin A1C – This test can help approximately determine blood glucose levels over a period of the previous three months. It is used to monitor a person's diabetes treatment.

Hemoglobin – This test is a good indicator of your body's ability to carry oxygen from the lungs throughout the body. Oxygen is necessary for healthy organs and gives blood its red color. It is often used to screen and/or monitor anemia.

Hemogram (CBC) – This profile includes tests such as white blood cell count, red blood cell count, hemoglobin, hematocrit, and platelets. This is a broad screening test to check general health or to detect disorders such as infection, anemia, and other diseases that affect blood cell production.

Lipid Screening – The lipid screen includes cholesterol, HDL (good cholesterol), LDL (bad cholesterol), and triglyceride levels. Cholesterol and triglycerides are important for good health, but elevated numbers are predictors of coronary heart disease.

- **Cholesterol** is a waxy substance that helps the cells in your body function properly. However, the buildup of certain types of cholesterol in your arteries can heighten the risk of heart disease, stroke, heart attacks, and other health problems. The desired level is <200 mg/dL.
- **HDL** (high-density lipoprotein) is believed to carry cholesterol away from your arteries and therefore lower your risk for heart disease. Low HDL levels put you at a higher risk for heart disease.
- **LDL** (low-density lipoprotein) carries about 60-80% of the cholesterol in your blood. High levels of LDL can slowly build on the walls of your arteries causing them to harden and become narrowed. The desired level is <100 mg/dL.
- **Triglycerides** are the most common type of fat in the body that comes from food and is also produced by our bodies. The desired level is 50-150 mg/dL.



Liver Profile (including ALT and AST) – The liver profile or components of the panel such as AST and ALT are used to screen for or monitor liver damage in persons with certain disease or in persons taking medications that may affect the liver.

Microalbumin (Urine) – This test is used to detect early kidney damage in patients with diabetes or high blood pressure.

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Pregnancy Test (Urine) – Human Chorionic Gonadotropin (HCG) is produced in the placenta of a pregnant woman. This test detects the presence of HCG and can confirm pregnancy as early as ten days after conception.

Prostate Specific Antigen (PSA) – PSA is a protein produced primarily in the cells of the prostate. Although it is not diagnostic of cancer, it is used to screen and monitor cancer.

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Thyroid Stimulating Hormone (TSH) – TSH is used for evaluation of thyroid function and/or symptoms of hyperthyroidism or hypothyroidism.

Thyroxine Free (Free T4) – Free T4 helps diagnose thyroid conditions. It is a thyroid hormone, and too much or too little of it can indicate an issue with your thyroid..

Urinalysis – This profile test is a general screening test to check for early signs of disease. It may also be used to monitor diabetes, kidney disease or to check for a urinary tract infection.

Vitamin B12 – This test is used to determine vitamin B12 deficiency.

Vitamin D – This test is used to determine vitamin D deficiency or if your vitamin D supplementation is appropriate.

Your results have been sent directly to you. Astera Health Laboratory supports the sharing of information with your healthcare provider. Results will not be available through the electronic medical record or MyChart and will not be automatically sent to your provider. This is the responsibility of the consumer. If you do not have a healthcare provider and wish to seek medical consultation, please contact a clinic of your choice to become established as a patient.

This testing is not a substitute for the regular medical care from your physician.