




# Patient Assessment Panels





Patient Assessment Panels enable you to provide your Naturopathic Doctor with a complete picture of your health. Now you can access the blood work required to make informed decisions on how to be your healthiest you!

**Convenient**

**Comprehensive**

**Cost-effective**



# HEALTHY LIVING AND ENHANCED HEALTHY LIVING ASSESSMENT

The Healthy Living and Enhanced Healthy Living Assessment panels are great for establishing a baseline when beginning your health journey, and to monitor progress along your path to optimal health. They provide an overall view into the current status of your health: Liver, kidney, blood, electrolytes, heart and metabolic health. Your healthcare provider may also recommended these panels in the presence of elevated IgG to candida, abnormal cortisol levels, low DHEAS, low testosterone, suspected anemia or nutritional deficiency, low levels of essential elements, gastric or peptic ulcer, and/or general malaise.



# NUTRIENT ASSESSMENT

Are you getting the nutrients you need to be your healthiest you? Is your body able to absorb and utilize the nutrients optimally? Vitamins and minerals are considered essential nutrients—because acting in concert, they perform hundreds of roles in the body. They help shore up bones, heal wounds, and bolster your immune system. They also convert food into energy, and repair cellular damage. The Nutrient Assessment measures your levels of vitamins: A, B1, B6, B12, C, D and E; and minerals: calcium (the active ionized form), copper, magnesium and zinc.

A stylized illustration of a heart in shades of blue, positioned on the left side of the page. Above the heart, there is a small pink circle. The heart has several arteries and veins branching out from it.

# METABOLIC SYNDROME ASSESSMENT

Metabolic syndrome is a group of risk factors that increase the chance of developing heart disease, stroke, and diabetes. Lifestyle changes like losing weight, exercise, and dietary changes can help prevent or reverse metabolic syndrome. Your healthcare provider may recommend the Metabolic Syndrome Assessment if you have abdominal obesity, high blood sugar, elevated triglycerides, high blood pressure and low HDL levels. The Metabolic Syndrome Assessment may also be recommended in the presence of certain hormone patterns, including elevated cortisol, high androgen levels in women, and low androgen levels in men.



# INFLAMMATION ASSESSMENT

Inflammation occurs naturally in your body. But when it goes wrong or goes on too long, it can trigger disease processes. It can increase gut permeability, may interfere with hormone production and metabolism, promote obesity, be a risk factor in the development of cardiovascular disease and has been implicated in mood disorders, like depression. The Inflammation Assessment provides insight into a variety of markers of inflammation, and may be recommended if there are any clinical conditions present or suspected that may be exacerbated by inflammation.



# METHYLATION ASSESSMENT

Methylation is a vital metabolic process that happens in every cell and every organ of our body, more than a million times per second. It is crucial to our survival and well-being. Impaired methylation can lead to depression, anxiety, histamine intolerance, increased risk of cancer, hormone imbalance, poor detox capacity, infertility, birth defects, fatigue, and low energy. The Methylation Assessment provides insight into serum levels of vitamins required for methylation, as well as indicators of impaired methylation.



# HEMATOLOGY ASSESSMENT

The Hematology Assessment provides insight into common markers of blood health. The Complete Blood Count (CBC) reports on the health of red blood cells, white blood cells and platelets. Iron, vitamin B12 and folate biomarkers are included to assess for anemias. The Hematology Assessment may be recommended in the presence of suspected anemias, nutritional deficiencies or any conditions related to blood health (e.g. infections, leukemias, clotting disorders).





# VITAMIN ASSESSMENT

Vitamins allow your body to grow and develop. They also play important roles in bodily functions such as metabolism, immunity and digestion. The Vitamin Assessment provides insight into the serum levels of vitamins A, B1, B6, B12, C, D and E, and may be recommended when nutrient deficiencies are suspected, when there is evidence of malabsorption, or to get an overall picture of your current nutritional status before making dietary recommendations.



## MINERAL ASSESSMENT

Along with protein, carbohydrates, fats and vitamins, your body needs a variety of minerals to work properly. The Mineral Assessment provides insight into serum levels of common minerals including calcium (the active ionized form), copper, magnesium and zinc, so that your healthcare provider can recommend a well-balanced diet, fortified foods or mineral supplements to help prevent both mild and serious health consequences that result from a lack in your diet.





## LIPIDS ASSESSMENT

Lipid levels are standard tests for assessing risk of cardiovascular disease. The Lipid Assessment may be recommended in the presence of low DHEAS in men or women, when androgens are high in women, or whenever heart disease is a concern. The Lipid Assessment reports on cholesterol, triglycerides and the lipid transport proteins LDL and HDL.



# THYROID PANEL

The thyroid gland is a vital hormone gland, playing a major role in the metabolism, growth and development of the human body. When your thyroid levels are out of balance, so are you. The Thyroid Assessment may be recommended when hyper- or hypothyroidism is suspected or when hormone imbalances are present that affect, or are affected by, thyroid hormone function. In particular, high cortisol, low cortisol, elevated estrogens, and low DHEAS all have important interactions with thyroid hormones.



# AUTOIMMUNE ASSESSMENT

Your body's immune system protects you from disease and infection. But if you have an autoimmune disease, your immune system attacks healthy cells in your body by mistake. Some common diseases that are generally considered autoimmune include celiac disease, diabetes mellitus type 1, Graves' disease, inflammatory bowel disease, multiple sclerosis, psoriasis, rheumatoid arthritis, and systemic lupus erythematosus. Research shows that disease-specific antibodies rise steadily in the years prior to diagnosis of auto-immune disease. The Autoimmune Assessment provides insight into levels of a variety of these antibodies. Monitoring antibody levels may help to identify, prevent or treat potential auto-immune disorders.



## FATIGUE PANEL

Fatigue is a subjective feeling of tiredness, and can result from a range of causes. The Fatigue Assessment provides insight into common causes of fatigue, which include anemias, infections, mononucleosis, and hypothyroidism. The Fatigue Assessment informs on nutritional causes of anemias including iron, B12 and folate deficiency, thyroid function, and presence of antibodies to Epstein-Barr virus. The Fatigue Assessment may be recommended in the presence of low cortisol or when clinical signs and symptoms of general malaise are evident.



# FEMALE HORMONE ASSESSMENT

The Female Hormone Assessment provides a view into five major hormones. Interactions between these hormones are fundamental to overall health. Imbalances, if left untreated, may lead to more serious health concerns including polycystic ovarian syndrome, thyroid dysfunction, adrenal dysfunction, metabolic syndrome, mental health concerns or chronic illnesses such as lupus and rheumatoid arthritis. The Female Hormone Assessment may be recommended when hormone imbalance is suspected or for concerns with weight management, chronic fatigue, or mood disorders.



# FEMALE FERTILITY ASSESSMENT



Planning for a family? There are many factors that influence fertility. The Fertility Assessment provides insight into the most common hormone abnormalities that can affect fertility including elevated prolactin, thyroid disorders, progesterone insufficiency, low testosterone in men, and polycystic ovarian syndrome. Stress and other lifestyle choices can also affect fertility. Consideration may be given to ordering the Comprehensive Hormone Insights (CHI), an Adrenal Function Panel or a Month-Long Hormone Assessment for a view to cortisol production/patterns, sex hormone metabolism and hormone production throughout a women's menstrual cycle.





# MEN'S HEALTH ASSESSMENT

The Men's Health Assessment includes biomarkers most relevant to men, which provide insights into concerns such as prostate health, heart disease (including high blood pressure and high cholesterol), erectile dysfunction or testosterone levels, weight management, diabetes and stroke. The Men's Health Assessment may be recommended when androgens are low, estrogens are high or signs and symptoms related to sexual or cardiac health are noted.



## LIVER/DIGESTION ASSESSMENT

The liver's main job is to filter the blood coming from the digestive tract, before passing it to the rest of the body. The liver also detoxifies chemicals and metabolizes drugs, and makes proteins important for blood clotting and other functions. The Liver/Digestion Assessment tests a broad range of liver enzymes and total and direct bilirubin, to provide insight into liver and gallbladder function. The Liver/Digestion Assessment may be recommended when poor liver clearance is suspected, estrogens are high or toxicity is present.





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