




Patient Assessment Panels

Available in British Columbia





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 ASSESSMENTS

The Healthy Living and Enhanced Healthy Living Assessments 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 recommend these assessments 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.



METABOLIC ASSESSMENT (FASTING)



Metabolic syndrome is a group of risk factors that increase the chance of developing heart disease, stroke, and diabetes. Lifestyle choices like maintaining a healthy weight, exercise, and dietary changes can help prevent or reverse metabolic syndrome. Your healthcare provider may recommend the Metabolic Assessment (Fasting) if you have abdominal obesity, high blood sugar, elevated triglycerides, high blood pressure, and low HDL levels. The Metabolic 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.



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 and vitamin B12 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, blood clotting disorders).



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 (FASTING PREFERRED)

Testing lipid levels is a standard way to assess the risk of cardiovascular disease. The Lipids 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 Lipids Assessment reports on cholesterol, triglycerides and the lipid transport proteins LDL and HDL.



BASIC AND ENHANCED THYROID ASSESSMENTS

The thyroid gland is a vital hormone gland that plays a major role in the metabolism, growth and development of the human body. When your thyroid levels are out of balance, so are you. One of the Thyroid Assessments 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 autoimmune 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 autoimmune disorders.



FATIGUE ASSESSMENT

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 and vitamin B12 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 ovary 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 Female Fertility Assessment provides insight into the most common hormone abnormalities that can affect fertility including elevated prolactin, thyroid disorders, progesterone insufficiency, and polycystic ovary syndrome. Stress and other lifestyle influences can also affect fertility. Consideration may be given to ordering a Comprehensive Hormone Insights™ (CHI) test for a view to cortisol production/patterns and sex hormone metabolism, or a saliva hormone test like Rhythm™ for hormone production throughout the menstrual cycle.





Visit [LifeLabs.com/Patient-Assessment-Panels](https://www.lifelabs.com/Patient-Assessment-Panels)

Learn more

Book an appointment

Find a location



LifeLabs®

The logo features a stylized white figure with a red dot above its head, positioned to the left of the text "LifeLabs". The text is in a white, sans-serif font, with a registered trademark symbol (®) at the end.