

Understanding Your Health Markers

Regularly testing key health markers and tracking their changes over time can provide valuable information to your healthcare team. Read more to learn about common healthcare markers and what they can tell you about your health.

WHY MONITOR HEALTH MARKERS?

- Early detection of diseases
- Prevention of worsening conditions
- Potential life-saving interventions

Key Health Markers to Track



TOTAL CHOLESTEROL

WHAT IS IT?

A waxy, fat-like substance that is essential for cell membranes and certain hormone production.

HOW IS IT TRACKED?

High levels increase the risk of heart disease and stroke due to plaque buildup in the arteries.

WHY TRACK IT?

Guides dietary and medicinal interventions to maintain healthy levels.



BLOOD SUGAR (GLUCOSE)

WHAT IS IT?

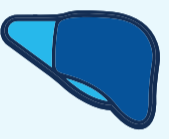
Indicates risk for, or management of, diabetes.

HOW IS IT TRACKED?

Measured via fasting glucose or A1C.

WHY TRACK IT?

Early detection and management through diet, exercise, and medication can prevent complications like nerve damage, kidney disease, and vision problems.



LIVER FUNCTION

WHAT IS IT?

Your liver helps detoxify your blood, metabolize drugs, and produce important proteins.

HOW IS IT TRACKED?

Enzymes indicate liver health.

WHY TRACK IT?

Abnormal levels can signal liver damage or liver disease before symptoms appear.



KIDNEY FUNCTION

WHAT IS IT?

Your kidneys filter waste and excess fluids from your blood, which are then excreted in your urine.

HOW IS IT TRACKED?

Estimated glomerular filtration rate (eGFR) estimates how well your kidneys are filtering.

Creatinine levels measure kidney efficiency. It is a waste product that builds up in your blood if your kidneys are not functioning properly.

WHY TRACK IT?

Early detection of kidney disease can prevent deterioration.



HEMOGLOBIN & CBC

WHAT IS IT?

Hemoglobin measures oxygen transport in the blood.

HOW IS IT TRACKED?

A complete blood count (CBC) assesses overall blood health (hemoglobin, white blood cells, and platelets).

WHY TRACK IT?

Hemoglobin detects anemia, infections, and other disorders.

CBC can also help detect infections, immune system disorders, and blood cancers.



C-REACTIVE PROTEIN (CRP)

WHAT IS IT?

C-reactive protein is a substance produced by the liver in response to inflammation in the body.

HOW IS IT TRACKED?

CRP testing is often used in conjunction with other tests to assess your risk of cardiovascular problems and to monitor inflammatory conditions.

WHY TRACK IT?

Elevated levels may suggest cardiovascular risks or chronic diseases, which can be improved with lifestyle changes or medication to reduce inflammation.



THYROID HEALTH (TSH, FT3, FT4)

WHAT IS IT?

Regulates metabolism, energy levels, and hormonal balance.

HOW IS IT TRACKED?

Thyroid function tests measure Thyroid-Stimulating Hormone (TSH), Triiodothyronine (T3), and Thyroxine (T4) levels.

WHY TRACK IT?

It can uncover disorders such as hypothyroidism (underactive thyroid) and hyperthyroidism (overactive thyroid).

Early detection and treatment can prevent complications like weight fluctuations, fatigue, and mood disorders.



VITAMIN B12

WHAT IS IT?

Essential for nerve function, brain health, and red blood cell production.

HOW IS IT TRACKED?

Blood test for a B12 deficiency.

WHY TRACK IT?

Deficiency can lead to fatigue, weakness, memory loss, and neurological issues.

Important for those at higher risk: older adults, vegetarians, and those with certain digestive disorders or surgeries.

Low levels of B12 can be improved with dietary changes or supplementation.



VITAMIN D

WHAT IS IT?

Crucial for bone health and immune function.

HOW IS IT TRACKED?

Regular vitamin D blood tests.

WHY TRACK IT?

Low levels are linked to bone fractures, osteoporosis, and chronic conditions (such as cardiovascular disease and diabetes). Areas with limited sun exposure make you more at risk. Diet, supplementation, or safe sun exposure can help maintain healthy levels.

Why Choose HNL Lab Medicine?

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