

Annual Blood Work Markers

This is my typical recommendation for a more comprehensive annual blood test:

If you do not have an MD, you can hop on the Babylon app/Telus Healthcare app and have an MD order an annual blood panel for you. Please do not ask them to run exactly these tests, whatever is not run by them, you can pay out of pocket with myself or any ND or use your extended insurance.

Blood cells and Iron:

- CBC & differential (Hematology panel)
- Total Iron panel (should include ferritin)

Pre-Diabetes Check:

- Hemoglobin A1c
- Fasting Blood sugar
- Fasting Insulin

Liver testing:

- AST, ALT, GGT, LDH, ALP, Bilirubin (total and direct), albumin

Kidney:

- Serum Creatinine
- BUN
- eGFR
- Electrolytes

Lipid panel:

- Non fasting, (fasting if on cholesterol lowering meds)
- Non-fasting blood samples are routinely used to assess plasma lipid profiles except in patients with severe hypertriglyceridemia according to the previous consensus. However, the impact of statin use on non-fasting plasma lipid measurements has not been thoroughly evaluated. This is why if you are on cholesterol lowering medications you must be fasting.
- Total Cholesterol
- HDL
- LDL
- Total Cholesterol to HDL ratio
- Triglycerides

Other:

- ANA- Autoimmune disease check
- CRP- global body inflammatory marker

Hormones:

- TSH with Reflex to FT4 (depending on history, FT4, FT3, RT3 and autoantibodies such as Anti-TPO and anti-thyroglobulin)
- AM Cortisol
- Total Testosterone

ANNUAL BLOOD WORK
Suggestions by Dr. Bahareh Moshtagh ND



Other:

Other hormone testing must be carried out by an ND.

Allergy load if experiencing hives for example:

- Total IgE