

Mobile Health Team Lab Definitions

Lab test	Definition	Typical Goals	Results
Total Cholesterol	Total blood cholesterol Soft, fat-like substance	<200 mg/dL	
HDL-C (High-Density Lipoproteins)	<i>“Good” cholesterol</i> Helps take cholesterol away from your arteries back to the liver for removal from the body	Men > 40 md/dL Women > 50md/dL	
LDL-C (Low-Density Lipoproteins)	<i>“Bad” cholesterol</i> Builds up in the inner walls of arteries & form plaques that narrow the arteries and reduces blood flow	Non-Coronary disease < 100mg/dL Coronary disease < 70	
Triglycerides	Most common type of fat in the body	< 150mg/dL	
Non-HDL cholesterol	Total Cholesterol minus HDL-C	Non-Coronary disease <130 Coronary disease <100	
LDL-p	Measurement of the particle number of the LDL using NMR	<1000 minimal <800 optimal	
Glucose (Blood sugar)	Used to determine diabetes & pre-diabetes	60-99	
HgbA1c (Hemoglobin A1c)	Average measurement of blood sugars for the past 3 months	<7.0 if diabetic on treatment > 6.4 = Diabetes 5.7-6.4 = Pre-Diabetes	
hs-CRP (high sensitivity C-Reactive Protein)	Predict inflammatory process in the coronary arteries	<0.1 Low Risk 0.1-0.3 Moderate Risk >0.3 High Risk	
Potassium	Electrolyte used in the body. Helps the heart muscle to contract & relax	3.6-5.1	
TSH (Thyroid Stimulating Hormone)	Levels too high or low can cause heart and other problems	0.34-5.60	
Creatinine	Kidney function	0.61-1.24	

CK (Creatinine kinase)	Released with muscle damage	49-397 IU/L	
Lipoprotein (a)	Type of LDL cholesterol associated with increased risk of coronary artery disease if elevated	0-30 = low risk 30-60 = indeterminate >60 = significantly increased risk of CAD	
ALT	Liver function screening test	17-63 IU/L	