

WISH

World Integrated Systems in Health

Dr. Sandra J. Bevacqua

Blood Work Request

Prior to your consultation, have your primary care provider fax your recent blood work results to our office: Fax: (520) 743-4252.

Getting Blood Work

For all clients over 12 years old, please request the following blood work from your primary care physician if you have not had blood taken during the past year:

- CBC
- Lipid Profile (including VLDL)
- Comprehensive Metabolic Panel
- Magnesium
- Thyroid Panel with TSH, free T3, and free T4. (Those having trouble with thyroid may want to request a complete thyroid panel which would include these additional tests: Total T3, Total T4, rT3, Anti-TG, and Anti-TPO)
- Hemoglobin A1C
- Homocysteine
- hs-CRP
- 25-OH Vitamin D
- DHEA
- Urinalysis

⇒ Make sure you **fast** (at least 12hrs) before giving blood for the above tests, but remember to drink plenty of water to stay hydrated during the fast.

Women

If you are still menstruating, please get your blood drawn on day 18-22 of your cycle.

- Estradiol (for menstruating women)
- Total Estrogen (for non-menstruating women)
- Progesterone
- Total Testosterone
- Free Testosterone
- Prolactin, FSH, LH (for women having difficulty conceiving)
- CA 15-3
- CA 125
- CEA

Men

- PSA
- Total Testosterone
- Free Testosterone
- CEA
- CA 15-3

For Individuals Under Stress

- Cortisol