

# WISH

World Integrated Systems in Health

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## **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 referring physician if you have not had blood taken during the past year. **This is not a requisition form. Please do not take this paper to a lab and request a blood draw unless you are willing to pay full lab prices for your blood work.** If you do not have insurance or a primary care physician to write the order for your blood tests please contact our office prior to having blood drawn for more cost effective options.

⇒ **Please be sure to fast for at least 12 hours prior to your blood draw (no food or drinks other than water).**

⇒ **Remember to drink plenty of water to stay hydrated during your fast.**

- CBC w/differential
- Lipid Profile (including VLDL)
- Comprehensive Metabolic Panel
- Magnesium
- Thyroid Panel with TSH, free T3, free T4, Total T3, Total T4, and rT3.  
(Those with autoimmune concerns may wish to request: Anti-TG, and Anti-TPO)
- Hemoglobin A1C
- Homocysteine
- hs-CRP
- 25-OH Vitamin D
- DHEA
- Urinalysis

**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 and Free Testosterone
- Prolactin, FSH, LH (for women having difficulty conceiving)
- CA 15-3; CA 125; and CEA

### **Men**

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

### **For Individuals Under Stress**

- Cortisol