

# WISH

World Integrated Systems in Health  
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## **Blood Chemistry Request**

Prior to your consultation, please ask your primary care practitioner fax your recent blood chemistry results to our office at: Fax: (520) 743-4252. Historical records of blood chemistry are also helpful, please include any you may have from times when any diagnosis was made and/or when you were feeling well, such as from a previous physical.

### **Getting Blood Work:**

For all clients over 12 years old, if you have not had blood work done in the past year, please request your primary care physician's assistance in obtaining an order for these standard blood tests which we will use for your blood chemistry and dietary analysis. For clients under the age of 12, please call the office to discuss what if any blood chemistry would be appropriate for your child.

Note: Please do *not* take this paper to a lab and request a blood draw *unless you are willing to pay full retail lab prices* for your blood work (not recommended). If you do not have health insurance; your health insurance won't cover all the tests you would like run; or you don't have 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 10 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.**

<b>Everyone</b> (over the age of 12)	<b>Women</b> For women who are menstruating but not yet in menopause, if testing hormones please have blood drawn on day 18-21 of your cycle (Day 1 is 1 <sup>st</sup> day of menses).	<b>Men</b>
<ul style="list-style-type: none"><li>• CBC w/differential</li><li>• Lipid Profile (including VLDL)</li><li>• Comprehensive Metabolic Panel</li><li>• Magnesium</li><li>• Hemoglobin A1C</li><li>• Homocysteine</li><li>• hs-CRP</li><li>• 25-OH Vitamin D</li><li>• DHEA</li><li>• Urinalysis</li><li>• TSH</li></ul> <p>- Optional for those with thyroid concerns consider: Thyroid Panel with TSH, free T3, free T4, Total T3, Total T4, and rT3.</p> <p>-Optional for those with autoimmune thyroid concerns may wish to request: Anti-TG, and Anti-TPO.</p>	<p>Optional testing for women:</p> <ul style="list-style-type: none"><li>• Estradiol (for menstruating women)</li><li>• Total Estrogen (for menopausal women)</li><li>• Progesterone</li><li>• Total and Free Testosterone</li><li>• Prolactin, FSH, LH (for women having difficulty conceiving)</li><li>• CA 15-3; CA 125; and CEA (optional cancer markers. They're nice to have done once as a reference point.)</li></ul>	<p>Optional testing for men:</p> <ul style="list-style-type: none"><li>• PSA</li><li>• Total Testosterone</li><li>• Free Testosterone</li><li>• CEA</li><li>• CA 15-3</li></ul>
<b>For Individuals Under Stress</b> <ul style="list-style-type: none"><li>• Cortisol (or consider a 24-hour saliva cortisol test, please contact our office for additional info)</li></ul>		