

Wellness Program



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Knapp Medical Center is pleased to offer the below lab services. Payment for such services can be made in the form of cash, check or credit card. To schedule an appointment, please call the Knapp Medical Center Laboratory at 969-5244 and mention the Knapp Medical Center Wellness Program. Lab services will be available between 8am and 6pm, Monday through Friday. Please bring a self-addressed stamped envelope and your social security number with you.

Basic Wellness Panel

Comprehensive Metabolic Panel, Lipid Panel, CBC (Complete Blood Count) \$20

Comprehensive Metabolic Panel \$10

Lipid Panel

Cholesterol, triglycerides, HDL, LDL \$10

Thyroid TSH Profile

Thyroid panel (T3 Uptake, T4, FTI), TSH (Thyroid Stimulating Hormone) \$15

TSH

Thyroid Stimulating Hormone \$10

Serum Iron

\$ 5

PSA

Prostate Specific Antigen \$10

PSA Profile

Free PSA and Total PSA \$30

Protime

Prothrombin Time \$10

Hgb A1C

Glycosylated hemoglobin \$10

HS-CRP

Highly sensitive C – reactive protein \$30

CA-125

\$25

Arthritis Panel

ESR, RA, ASO, ANA \$30

Anemia Panel

CBC, Retic, Iron, TIBC, Ferritin \$20

RPR

Rapid Plasma Reagin Test \$10

UA \$ 5

Occult Blood \$ 5

(See back for detail description of services)

The following is a brief description of the laboratory test that will be performed. Please keep in mind that only a doctor can evaluate the significance of the results as it relates to your health. If an abnormal result is found during the screen process, please refer to your physician of choice for further assessment.

Basic Wellness Panel:

- A. Comprehensive Metabolic Panel** - The Comprehensive Metabolic Panel (CMP) is used as a broad screening tool to evaluate organ function and check for conditions such as diabetes, liver disease, and kidney disease. The CMP may also be ordered to monitor known conditions, such as hypertension, and to monitor patients taking specific medications for any kidney- or liver-related side effects. The CMP is routinely ordered as part of a blood work-up. While the individual tests are sensitive, they do not usually tell your doctor specifically what is wrong. Abnormal test results or groups of test results are usually followed-up with other specific tests to confirm or rule out a suspected diagnosis. Fasting is required for 10-12 hours (no food or liquids other than water). Frequency: Annually.
- B. Lipid Panel** – Evaluates patients with a family history of high levels of cholesterol, triglycerides, HDL and LDL. The lipid profile is a group of tests that are often ordered together to determine risk of coronary heart disease. The tests that make up a lipid profile are tests that have been shown to be good indicators of whether someone is likely to have a heart attack or stroke caused by blockage of blood vessels (hardening of the arteries). High levels of LDL (ALDL) may also be associated with diabetes, alcoholism and other types of health conditions. Low levels may indicate a malabsorption problem and malnutrition or liver disease. Fasting is required for 10-12 hours. Frequency: Annually.
- C. CBC (Complete Blood Count)** - This test is ordered to screen a patient with possible anemia, leukemia, reactions to inflammations/infections, and management in chemotherapy decisions in cancer patients. Fasting is not required. Frequency: Annually.

Thyroid TSH Panel – Is useful to rule-out patients with thyroid dysfunction such as hypothyroidism or hyperthyroidism and to monitor patients that are receiving iodine therapy. Fasting is not required. Frequency: Annually.

TSH - This test is order to screen for and help diagnose thyroid disorders. This test will help to monitor treatment of hypothyroidism and hyperthyroidism. Fasting is not required. Frequency: As recommended by physician.

Serum Iron - Low iron levels can lead to anemia, in which the body does not have enough red blood cells. Other conditions can cause too much iron to accumulate in your body. This can produce damage to several organs, including the liver, heart, and pancreas. Fasting is not required. Frequency: Annually.

PSA - This test is ordered to screen asymptomatic and symptomatic men for prostate cancer, to help determine the necessity for a biopsy of the prostate, to monitor the effectiveness of treatment for prostate cancer, and to detect recurrence of prostate cancer. The frequency of PSA testing is an individual decision that should be determined through discussion with your physician. It is recommended for a man at the age of 50 and above to have the test performed at least annual. Fasting is not required. Frequency: Annually.

Protime (PT) - This test is ordered to check how well blood-thinning medications (anti-coagulation) are working to prevent blood clots and to help detect and diagnose a bleeding disorder. Fasting is not required. Frequency: As recommended by the physician.

Hgb A1C - This test is ordered to monitor a person's diabetes and to aid in the treatment decisions. Fasting is not required. Frequency: Two to four times per year.

HS-CRP- This test is ordered to help in assessing the risk of developing heart disease. Fasting is not required. Frequency: As recommended by the physician.

CA-125 - This test is ordered to screen for ovarian cancer or to monitor treatment for ovarian cancer. Fasting is not required. Frequency: Annually, if high risk.

Arthritis Panel - The arthritis panel is used to screen for arthritis and arthritis related diseases. Arthritis is a term used to describe more than 100 diseases that are characterized by damage to one or more joints that may be due to the body's response to an injury (such as a fracture), or an infection (viral, bacterial, or fungal), or it may be due to gradual wear and tear on the joints or due to an autoimmune disorder. A patient may have more than one type of arthritis. Symptoms include joint pain, swelling, stiffness, and redness that last more than two weeks. Fasting is not required. Frequency: Annually.

Anemia Panel - Anemia occurs when the amount of hemoglobin (found in the red blood cells) drops below normal. Hemoglobin is necessary for the transport and delivery of oxygen throughout the body. There are many different types of anemia, and the list of test such as CBC, retic, iron, TIBC and ferritin will help the physician determine the type of anemia. Fasting is not required. Frequency: Annually.

RPR - This test is to screen for syphilis infection.

UA (Urinalysis) - This test is to screen for metabolic and kidney disorders and for urinary tract infections. It is part of a routine physical, or when the patient has symptoms of a urinary tract infection, such as abdominal pain, back pain, frequent or painful urination, or blood in the urine. It is also done as part of a pregnancy checkup, a hospital admission, or a pre-surgical work-up. Fasting is not required. Frequency: Annually.

Occult Blood - This test is ordered to screen for gastrointestinal bleeding, which may be an indicator of colon cancer. Fasting is not required. Frequency: Annually after the age of 50.