



# Screening Tests

There are many different tests that may be ordered as part of your physical exam. Most tests are ordered based on national recommendations, age, health history, symptoms and family history. Some of the tests, like blood sugar and cholesterol are best tested when fasting, (usually this means not eating for 6-8 hours). Below are listed many of the tests that are commonly ordered.

## Tests Covered With Wellness Exams

### 1. Lipid Panel:

This measures cholesterol, triglycerides, HDL, and LDL levels. Cholesterol levels help to determine your risk of coronary artery disease.

### 2. Glucose:

This is a simple test to screen for diabetes.

### 3. Pap Smear: (Women Only)

Pap smears are a pathology test that evaluates the cells of the cervix for cancer or for changes that can become cancerous. Since cervical cancer is primarily related to the human papilloma virus (HPV), guidelines for screening vary by age and health history.

### 4. Mammogram: (Women Only)

A radiologic screening for breast cancer. Screenings traditionally begin at age 40, and occur every 1-2 years, with the frequency increasing to yearly at age 50. In high risk women, breast cancer screenings are adjusted based on specific risk factors.

### 5. Colonoscopy:

A test that screens for colon cancer, and precancerous/suspicious lesions in the large intestine. It is recommended for everyone at age 50 and repeated every 10 years unless otherwise indicated. In high risk individuals, screening may be started earlier than age 50.

### 6. Bone Density:

This test measures your bone density and can help evaluate your risk of fractures and complications. Current recommendations are every two years starting at menopause for women and men with risk factors. More or less frequent testing may be indicated depending on your health history.

## Other Diagnostic Tests

*These are optional tests that are not covered in a wellness exam*

### 1. Complete Metabolic Panel (CMP):

This is a chemistry profile that screens liver function, kidney function, electrolytes and a variety of other proteins and chemicals. It also checks for diabetes.

### 2. Complete Blood Count (CBC):

This screens for anemia, and various other blood abnormalities in red and white blood cells and platelets.

### 3. Thyroid Testing (TSH):

This measures the levels of thyroid hormone that help regulate your body's metabolism. Low levels can result in fatigue, weight gain, and other various symptoms. High levels can cause a rapid heart rate, diarrhea, weight loss, and other symptoms. Early symptoms of thyroid disease are often overlooked and not easily noticed and can be quite troublesome and serious if not detected early.

### 4. Urinalysis (UA):

This screens for kidney disease, infections, bladder and kidney cancer and diabetes.

### 5. Electrocardiogram (EKG):

This test records the electrical impulse that controls the heart beating. It is often done when one is young to establish a baseline so that in the future, if you do develop symptoms there is a record of your tracing before the symptoms. It may also need to be done on an occasional basis, depending on your age and risk factors for heart disease. Often an EKG alone is not adequate screening for heart disease and additional tests may be indicated.

### 6. Prostate Specific Antigen (PSA):

(Men Only) This is a test for men that screens for the presence of prostate cancer. Although high levels may indicate the presence of cancer, the test can also be high with normal enlargement of the prostate that occurs with age. Currently medical evidence is not clear that PSAs save lives. Talk with your provider about whether this test is recommended for you.

**Copay and deductibles may apply.**

## DOES MY INSURANCE COVER IT?

Most insurance cover preventative screenings, although individual policies vary in how and when these test are covered. It is always best to check with your insurance carrier to see which things are covered by your plan.