

# Glossary of Key Terms

**Bone, Joint & Muscle Screen** (*Provides information about your nutritional status for bone & muscle function*)

- Calcium
- Phosphate
- Magnesium
- Uric Acid
- Rheumatoid Factor

**Blood Building Panel** (*Assess risk of anaemia or iron overload through measurement of iron and protein in blood*)

- Iron Panel
  - Iron
  - Ferritin
  - Transferrin
  - Total Iron Binding Capacity
- Folate/Vitamin B12

**Cervical Cancer Screen** (*Provides screening for cervical cancer*)

- Pap Smear (for women aged 30 and below)
- Human Papillomavirus (HPV) Test (for women aged above 30)

**Full Blood Count** (*Provides information about a range of conditions, e.g. anaemia, bleeding or clotting problems, vitamin or mineral deficiencies, etc.*)

- White Blood Count
- Red Blood Count
- Haemoglobin
- Hematocrit (HCT)
- Mean Corpuscular Volume (MCV)
- Mean Corpuscular Haemoglobin (MCH)
- Mean Corpuscular Haemoglobin Concentration (MCHC)
- Platelet Count
- Red Blood Cell Distribution Width – Coefficient of Variation (RDW-CV)
- Mean Platelet Volume (MPV)
- Differential Count
- Peripheral Blood Film

**Gamma Glutamyl Transferase (GGT)** (*Provides information about liver exposure to alcohol*)

**Glucose Screen** (*Assess risk of diabetes through the measurement of the level of blood glucose*)

- Fasting Blood Glucose
- HBA1c

**Hepatitis A, B, C Screens** (*Assess your immunity against the common hepatitis infections*)

**High Sensitive C-Reactive Protein** (*Assess acute phase reaction in inflammatory, infective and neoplastic disorder, and inflammatory arthritis*)

**Kidney Function** (*Assess kidney function through the measurement of minerals and proteins in blood*)

- Sodium
- Potassium
- Urea
- Creatinine
- Estimated Glomerular Filtration Rate (eGFR)
- Albuminuria Screen

**Lipid Profile** (*Assess risk of cardiovascular diseases through the measurement of cholesterol and fat levels*)

- Total Cholesterol
- High-Density Lipoprotein (HDL) Cholesterol
- Total/HDL Cholesterol Ratio
- Low-Density Lipoprotein (LDL) Cholesterol
- Triglycerides

**Liver Function** (*Assess liver function through the measurement of the level of blood proteins and liver enzymes*)

- Bilirubin
- Albumin
- Globulin
- Albumin/Globulin Ratio
- Alanine Transaminase (ALT) (also known as Serum Glutamic Pyruvic Transaminase) (SGPT)
- Aspartate Transaminase (AST) (also known as Serum Glutamic-Oxaloacetic Transaminase) (SGOT)
- Alkaline Phosphatase

**Prostate Specific Antigen** (*Provides screening for prostate cancer*)

## Radiology Tests

- Bone Mineral Density Scan (assess risk of osteoporosis)
- Ultrasound Abdomen (assess upper abdomen organs, e.g. fatty liver, gall stones, kidney cysts)
- Ultrasound Renal System (Kidneys & Bladder) (assess for kidney abnormalities and urinary stones)
- Ultrasound Prostate (assess prostate abnormalities)
- Ultrasound Pelvis (assess women's reproductive organs)
- Mammogram (assess breast abnormalities)

**Stool Occult Blood** (*Provides insights for blood in stool sample*)

**Thyroid Function** (*Assess risk of hyperthyroidism or hypothyroidism through the measurement of hormones produced by thyroid*)

- Thyroxine, Free (FT4)
- Thyroid Stimulating Hormone (TSH)

**Urine Analysis** (*Assess risk of urinary tract infection and kidney disease through examination of urine content*)

- Appearance
- Colour
- pH
- Specific Gravity
- Blood
- Glucose
- Protein
- Ketones
- Leukocytes
- Urobilinogen
- Nitrite
- Bilirubin

**Uric Acid** (*Assess risk of gout*)