

Platelets

The tiny cells whose functions are to assist in blood clotting and to help maintain damaged blood vessels. A platelet count of less than 50,000 (50×10^3) or greater than 500,000 (500×10^3) should be reported to your doctor.

Differential

A numerical indicator of the type of white cells that are present in blood. There are usually more neutrophils than any other cell type.

- Neutrophils assist the body in fighting bacterial infections.
- Lymphocytes are the second most common type of white blood cell. They help the body make antibodies and fight viral infections.
- Monocytes help the body produce antibodies. They also assist neutrophils and lymphocytes in carrying out their functions.
- Eosinophils and Basophils are usually present in small number and are not clinically significant unless extremely elevated.

For questions or if you would like more information, call the Nebraska Heart Institute:

(402) 328-3110 or
(800) NHI-DOCS

Nebraska Heart Locations

Medical Office Building
7440 South 91st Street
Lincoln, NE 68526
(402) 489-6555

Saint Elizabeth Hospital Campus
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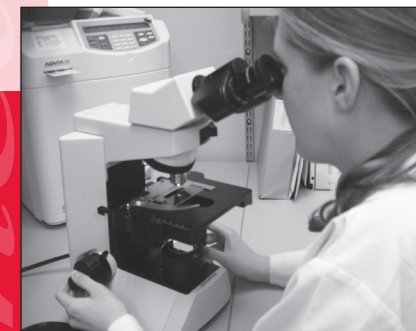
Mary Lanning Hospital Campus
715 North Kansas Avenue, Suite 200
Hastings, NE 68901
(402) 461-5064

Great Plains Regional Medical Center Campus
1307 South Oak Street
North Platte, NE 69101
(308) 532-5522

Nebraska Heart Institute Heart Hospital

7500 South 91st Street
Lincoln, NE 68526
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Explanation of Blood Tests



we're all heart

This information is to help you understand your blood test results. Values that are outside expected ranges are in bold type followed by an “H” or “L” on your report form. Abnormal values may be the result of several factors and do not always indicate the presence of any disease. Some of the factors are:

1. You may have eaten during the overnight fast
2. Medications you are taking (if any) are interfering with the blood test
3. You are normally not within standard ranges, or
4. There was a delay in processing your sample

Consult your doctor with any questions regarding results of any lab test. Your physician may want you to schedule an appointment for further evaluation.



It is not possible to diagnose or treat any disease or problem with blood tests alone. These tests can help you learn more about your body and help detect potential problems in early stages when treatment or lifestyle changes can be most effective.

Non-prescription drugs (aspirin, cold medication, vitamins), prescription drugs and alcohol intake often affect test results. Your doctor must have a complete and honest picture of your use of medications in order to effectively interpret the results of your blood tests. Please inform your physician of these factors in the initial visit.

Testing results will be falsely elevated if individual has not fasted at least 8 hours.

Glucose Test

A measure of sugar levels in the blood. High values may be due to recent food intake or diabetes. If your value is over 200, even if you had recently eaten, consult your doctor. If you know you have diabetes, it is important to report an elevated sugar level to your doctor.

Cholesterol and Triglyceride

The two fats in the blood that have been associated with heart disease in some people. Triglyceride values are significantly affected by recent ingestion of food. However, even if you just ate and your cholesterol is over 330 or your triglyceride result is higher than 500, consult your doctor. Low values for these fats are not important in the screening situation. The American Heart Association recommends cholesterol levels be below 200 for individuals of all ages.

HDL and LDL

The abbreviations for lipoproteins. These lipoproteins help predict the risk of developing coronary heart disease (CHD). High levels of HDL may be protective against CHD.

TSH (Thyroid Stimulating Hormone)

Stimulates the thyroid gland to synthesize and secrete thyroid hormones, T3, and T4. In primary hyperthyroidism the TSH will be low. In primary hypothyroidism TSH will be elevated.

PSA (Prostate Specific Antigen)

A glycoprotein produced by the prostate gland, the lining of the urethra, and the bulbourethral gland. Normally very little PSA is secreted

into the blood. Increases in glandular size and tissue damage caused by benign prostatic hypertrophy, prostatitis, and/or prostate cancer may increase circulating PSA levels.

WBC (White Blood Cells)

Also called leukocytes. Their function is to assist the body in overcoming infections. A white count of less than 3,000 (3.0×10^3) or greater than 12,000 (12.0×10^3) may be significant and should be reported to your doctor.

RBC (Red Blood Cells)

Also known as erythrocytes, carry hemoglobin. The red blood cell count is an actual count of the number of red cells per cubic millimeter of blood.

Hemoglobin

The main constituent of red blood cells. It carries oxygen to every cell of the body and returns carbon dioxide to the lungs. Low hemoglobin may indicate anemia. High hemoglobin may also be significant and should be reported to your doctor.

Hematocrit

A number that tells the percent of red cells as compared to the volume of plasma in a milliliter of blood.



MCV, MCH, MCHC, and RDW-SD

Mathematical calculations of red cells that measure the volume of the red cells, the weight of hemoglobin in a red cell, the average hemoglobin concentration in red cells and the size distribution of the red cells.