

# Glossary of Key Terms

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

- Calcium
- Phosphate
- Magnesium
- Uric Acid
- Vitamin D 25-Hydroxy

**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)