



**PERSONAL
HEALTH
PARTNERS**

**806-778-2928
918-510-5383**

**Preparing for
Your Lab Test**

- ◇ **Fast at least 4 hrs, preferably 6-8 hrs, before your test**
- ◇ **You may drink water, in fact it is preferred**
- ◇ **You may drink black tea or coffee**
- ◇ **You may take your medications**

Did you know.....

- **The further you live from the equator, the longer it takes your body to produce Vitamin D from sunlight.**
- **Chronic Vitamin D deficiency is often misdiagnosed as fibromyalgia because the symptoms are so similar: muscle weakness, aches & pains.**
- **40% of the U.S. population & 32% of doctors & med students are Vitamin D deficient**

Partner's Health Page

Special Issue * 2022

Eat-Rite Health Promotion Center

Eat-Rite Lab Testing Event

Monday April 25th & Tuesday April 26th 7:30—10 am

2425 W I-40, Amarillo, TX 79109

To sign up call: (806) 353-7476

Testing will be performed by **Personal Health Partners**. Results will be delivered directly to you to share with your health care provider; or for your personal use.

The Role of Vitamin D in Good Health

Vitamin D plays a major role in keeping our bones healthy, especially in the young and in our later years. Several studies also indicate that low levels of Vitamin D affect our immune system as well as being associated with multiple sclerosis and some forms of cancer. While lack of Vitamin D does not actually cause these diseases it can leave the body unable to fight them off.

Your body relies primarily on sunlight to convert Vitamin D to something called "calcidiol" in the liver. This is what is measured in blood serum to test Vitamin D status. Calcidiol is converted to "calcitriol" which regulates calcium and phosphate to promote proper bone health.

Low blood levels of Vitamin D are associated with increased mortality, especially in older women. They are also closely linked to diseases related to immune system deficiencies such as influenza viruses, tuberculosis and possibly even HIV. Diseases linked directly to vitamin D deficiency include rickets in children as well as osteomalacia and osteoporosis in adults. This causes softening, low density and small holes in the bones, making them more susceptible to injury.

In recent years many people have avoided exposure to the sun and have increased the use of sunscreen in an effort to prevent skin

cancer. This has contributed to an increase in Vitamin D deficiency. As there are not a lot of foods that contain Vitamin D naturally, many foods are now being fortified with it and there has been an increase in the use of supplements. However, there are large numbers of people who are unaware that they have a deficiency and they run the risk of serious disease, and injuries such as hip fractures, as they get older.

What Can You Do?

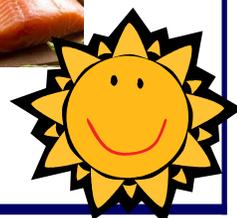
Don't avoid the sunlight all the time - it is still the primary source of Vitamin D. A sunscreen with a SPF of 8 can block absorption of Vitamin D by 95% and taking supplements will not work properly without some sun exposure. As little as 30 minutes of sun exposure can produce large amounts of Vitamin D.

Eat foods that contain Vitamin D such as mushrooms (portabella & shitake), alfalfa, fish liver oil, fatty fishes (catfish, salmon, sardines, tuna), eggs and beef liver. Drink fortified milk exposed to UV light.

Know your Vitamin D level and check it periodically. The normal level for some reference labs is 30.0-100.0 ng/ml. For some older people it should be higher than that to prevent brittle bones.

If advised by a physician, naturopath or nutritionist; take the proper supplements recommended for your age and gender. However, supplements are not always easily absorbed by mouth.

Like many vitamins, it is possible to take too much of a good thing. Taking large amounts of supplements may seem to be the way to stay healthy but Vitamin D can cause issues if taken in large quantities. By visiting with a nutritionist or Naturopath (ND), you can get the advice you need to set you on the right path to making sure you have the balance of vitamins that is right for your age and gender. They will also advise you on the testing you may need as a baseline. Getting the lab test on a regular basis, so you can track your levels and measure your success, is also a good idea.





Last Name		First Name		MI	
SS# X X X - X X - _ _ _ _ _		Birthdate _ _ _ - _ _ _ - _ _ _		Phone (_ _ _) _ _ _ - _ _ _ _ _	
Mailing Address		City		State / ZIP	
Male <input type="checkbox"/> Female <input type="checkbox"/>		Are You Fasting?		Yes <input type="checkbox"/> No <input type="checkbox"/>	
Check if you have any of these conditions Diabetes <input type="checkbox"/> Cancer <input type="checkbox"/> Thyroid Problems <input type="checkbox"/> Elevated PSA <input type="checkbox"/>					
Test		Price		Test	
Basic Health Profile: Homocysteine, Lipid Panel, CMP14		\$85		Health Profile: Homocysteine, Lipid Panel, CMP14, TSH, HgbA1C	
Comprehensive Health Profile: Homocysteine, Lipid Panel, CMP14, GGT, TSH, Thyroid Panel, HgbA1C, Uric Acid, Magnesium, hsCRP, Ferritin		\$160		Women's Health Profile: Health Profile + CA-125	
Men's Health Profile: Health Profile + PSA		\$130		COVID Antibody Test:	
Inflammation Profile: ANA, Rheumatoid Factor, Sedimentation Rate		\$65		Hormone Profile: Estradiol, Progesterone, Testosterone	
Vitamin B12		\$45		NMR: Expanded Lipid Profile See information handout	
				Vitamin D, 25-Hydroxy	
				\$125	
				\$100	
				\$125	
				\$125	
				\$90	

Waiver / Release of Liability

In consideration of my desire to participate in the Personal Health Partners program, I hereby consent to the drawing of a blood sample necessary for any test procedure that I request.

I hereby release Personal Health Partners, other participating organizations, their directors, officers, employees (salaried or temporarily hired), successors & assigners of any & all liability arising from, or in any way connected with any of the testing procedures, collection thereof or from the information derived from such.

I understand that, although all testing will be done by professionally qualified & licensed Oklahoma medical laboratories & personnel, the tests I may choose are not meant to be diagnostic or to replace any test ordered by a physician; & does not constitute a complete medical examination or a diagnosis of a medical problem.

I also understand that I should take my results, whether positive or negative, to be reviewed by and acted upon by a physician or other health care provider of my choice.

Signature: _____

Date: _____

Indicate Any Additional Tests Requested

- HsCRP- \$35 () CA-125- \$55 () Ferritin- \$35 () Free T3- \$65 () Free T4- \$35 () TPO - \$35 () ABO/RH Type - \$25 ()
- PSA- \$35 () TSH- \$35 () Homocysteine- \$65 () Total Testosterone- \$55 () Free Testosterone- \$125 () CMP14- \$30 ()
- HgbA1C- \$35 () CBC- \$20 () Lipid Panel- \$30 () ANA- \$35 () T3 & T4 \$25 () Magnesium \$25 () CPK \$35 () Iron - \$25 ()
- Uric Acid - \$20 () **ADD: CBC to any profile - \$10 ()**

Notes/Other Tests: _____