



Basic Health Info

Test Results Summary Sheet

By Chet Zelasko, PhD

Blood Tests

Cholesterol Panel

Total Cholesterol	Less than 200 mg/dl
LDL	Less than 100 mg/dl
HDL	Greater than 60, and more is better
Triglycerides	100 mg/dl or lower

HbA1c 6% or less

hs-CRP Less than 2.0 mg/L and under 1.0 is best

Protein Specific Antigen (PSA) < 4.0 ng/ml for most men

Serum Insulin 11 mm/L or less

Serum 25-Hydroxyvitamin D Test (Vitamin D Test) 30 ng/ml (closer to 60 is better) or greater than 75 nanomoles per liter

Thyroid Stimulating Hormone (TSH) 0.4 to 4.0 mIU/L

Thyroxine (T4) 4.5 to 11.2 mcg/dL

Physical Tests

Blood Pressure 110 to 120 systolic over 70 to 80 diastolic
Too high: systolic 140+ and/or diastolic 90+

Digital Rectal Exam Every year

Maximal Graded Exercise Test (Stress Test or Treadmill Test) Starting at age 40

A Reminder:

If any number on a blood test is out of range, *don't panic!* The first thing to do is have the test repeated in a week or a month—maybe the analysis machine or its operator was having an off day. It happens. If the number is still out of whack, have the test repeated once more but using a different laboratory. The measurement error can be significant and depends on how often a lab calibrates their equipment. Certainly before any treatment plan is decided upon, you should have your blood work redone the way I described even if you have to pay for it yourself. I don't make the recommendation lightly, but it's more important to get this right than to just go along and not make waves and end up taking a medication you don't need—that can be dangerous as well as expensive.



Dr. Chet Zelasko is dedicated to helping men and women get healthy and fit. As a health and fitness consultant with a PhD in Exercise Physiology and Health Education from Michigan State University, he provides health information based on the most recent research and delivers it in a way that's easy to understand. Whether in person during seminars, in audio recordings, or in the written word, he makes sense out of the health news people hear so they can make better health choices and achieve optimal health. He's conducted research and been published in peer-reviewed journals. He is certified by the American College of Sports Medicine as a Health and Fitness Specialist and has taught in ACSM certification workshops throughout the United States; he also belongs to the American Society of Nutrition. Although Grand Rapids, Michigan, is home, he has presented seminars on health to groups all over North America, Mexico, and the Caribbean and has written extensively on the health benefits of a good diet, regular exercise, and targeted supplementation.

The health information in this Basic Health Info is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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