

## COMPLETE BLOOD COUNT (CBC) TEST

### **DESCRIPTION**

A CBC is a great test to take to give you a “snapshot” of your health. This test gives important information about the kind and the number of cells in your blood. Physicians use this information to evaluate symptoms, help diagnose conditions and treat certain illnesses (like infections).

### **WHY DO I NEED THIS TEST?**

Knowing your CBC can provide you and your doctor with vital health information. You should consider taking a CBC if you:

- Feel fatigued.
- Think you have an infection.
- Experience difficulty recovering from infection or injury.
- Experience excessive bleeding or blood clot formation.

Having a CBC is also a good idea if you have a personal or family history of inflammation, bruising, blood disorders or leukemia.

### **HOW LONG WILL IT TAKE TO GET MY LAB TEST RESULTS?**

Test results generally take between 24 to 72 business hours after your specimen is collected.

### **AM I REQUIRED TO FAST FOR THIS LAB TEST?**

No.

### **OTHER RELEVANT LAB TESTS**

Customers who purchase a CBC typically purchase a Annual Check-Up Panel. The CBC is also a part of the Comprehensive Male Panel, Comprehensive Female Panel, Diabetes Maintenance Panel, Heartburn Panel, Fatigue Panel, Anemia Panel, Cardiac Risk Panel, Cancer Screening Panel, Nutritional Panel, Inflammation Marker Panel, Menopause Panel, Fibromyalgia Screening Panel and either the Male or Female Complete Health Profile

### **WRITTEN BY:**

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Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.