

Any Lab Test Now

MAGNESIUM TEST

DESCRIPTION

Magnesium is a critical electrolyte that is necessary for proper muscle, nerve and enzyme function and is necessary for the body to make and use energy. It also assists in the movement of other electrolytes, such as sodium and potassium, into and out of cells. Low levels of magnesium are associated with cardiac arrhythmia.

The majority of magnesium in the body is found in bones and inside cells so the amount of magnesium in the blood is normally very small. Magnesium levels can be easily increased through supplements or diet. Foods that contain magnesium include whole grain products, leafy green vegetables, nuts and beans. Some studies have also found that consuming foods rich in magnesium reduces the risk of stroke.

WHY DO I NEED THIS TEST?

Low levels of magnesium can cause several health issues including nerve and muscle problems, low blood pressure, nausea, vomiting, diarrhea, slurred speech and even seizures. Most importantly, low levels can cause life threatening heart rhythm problems. People with existing cardiovascular disease should have their magnesium checked to ensure they are getting enough to prevent cardiac arrhythmia.

Magnesium and calcium levels in the body are closely linked so the test can be used to determine underlying causes of chronic, unexplained low calcium or potassium levels that are not improving with supplements.

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. You are not required to fast for this test.

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.

FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567

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