

Any Lab Test Now

POTASSIUM TEST

DESCRIPTION

Potassium is a simple mineral that is important for the regulation of our heartbeat. It, along with other electrolytes like sodium and chloride, helps to maintain the proper fluid and electrolyte balance, stimulates muscle contraction, and helps to regulate the acid and base balance in the body. Each heart muscle needs the right balance of potassium to beat in a coordinated way with all the other heart muscles. If you have high blood pressure, heart arrhythmias or have had heart failure it is especially important to get enough potassium.

Potassium can easily be found in our food and eating a healthy diet of fruits and vegetables will almost always ensure enough potassium in the body. The USDA recommends that adults consume 4,700 mg of potassium per day. Potassium-rich foods include potatoes, tomatoes, avocados, bananas, oranges, strawberries, spinach, peas and beans, and nuts and seeds. Increasing your intake of fruits and vegetables will also lead to other benefits such as lower blood pressure and cholesterol levels. Although the link between hypertension and cholesterol isn't direct, many diets that lower cholesterol and blood pressure are also high in potassium. Research has also shown that increasing potassium intake reduces the risk of stroke.

WHY DO I NEED THIS TEST?

For those with high blood pressure or irregular heartbeat getting enough potassium and monitoring potassium levels is critical for maintain heart rhythms. Potassium levels are normally checked during an annual physical, especially if you are being monitored for heart disease or are taking heart medications. A potassium test may be needed during any serious illness or whenever a diagnosis or evaluation for high blood pressure or kidney disease is being done.

Potassium levels also provide valuable information for patients on dialysis or diuretic therapy needs to be monitored. Because potassium is lost quickly through the kidney during these therapies it is important to ensure that enough potassium is being taken in to replace it and to maintain healthy heart rhythms.

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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