

## **Comprehensive Male Wellness Panel**

### **WHO SHOULD GET THIS TEST?**

This panel is useful for men of all ages who want to evaluate their overall health.

### **WHY IS THIS TEST IMPORTANT?**

Routine lab testing is an essential step in managing your health. It can help you establish a baseline, so you and your healthcare provider can monitor these values and see how they may change over time.

The Comprehensive Male Wellness Panel includes 8 tests:

1. Complete Blood Count (CBC)- can detect anemia, infection, bleeding disorders, and more.
2. Comprehensive Metabolic Panel (CMP)- measures your blood glucose and provides valuable information about your kidney function, liver function, and electrolytes.
3. Lipid Panel- measures your LDL cholesterol, HDL cholesterol, and triglycerides.
4. Hemoglobin A1c (HbA1c)- measures your average blood glucose levels over the past 2-3 months.
5. TSH- Thyroid Stimulating Hormone (TSH) is produced by the pituitary gland. TSH stimulates the production of thyroid hormones (T3 and T4), which are important for maintaining essential processes in the body.
6. Testosterone (Free and Total)- Testosterone is produced in the testes and is the primary male sex hormone. It plays a role in reproduction and helps maintain bone and muscle strength.
7. DHEA-Sulfate- Dehydroepiandrosterone sulfate (DHEA-S) is a hormone produced by the adrenal glands. DHEA is used to make androgens and estrogens (male and female sex hormones).
8. Prostate Specific Antigen (PSA, Total)- PSA is a protein made in the prostate gland. PSA may be elevated due to various health conditions, certain medications, or urologic procedures.

## **OTHER RELEVANT TESTS**

If you're interested in this panel, you may also want to consider:

- Annual Check-Up Panel
- Heart Health Panel
- Weight Management Hormone Panel
- Basic Nutritional Panel

**Website test descriptions and all associated information are provided through Any Lab Test Now and the Product Management Team, in conjunction with the Medical Professionals Committee, and Ekan Essien, MD, Corporate Medical Director.**