

## ERYTHROCYTE SEDIMENTATION RATE (ESR)

### **DESCRIPTION**

Erythrocyte sedimentation rate (ESR or sed rate) is a test that indirectly measures the degree of inflammation. Inflammation is part of the body's immune response. It can be acute, which can show an increase in value after trauma, injury or infection. If the ESR is elevated for a long period of time then it could be seen in conditions like autoimmune disease or cancer. The ESR is used as a screening test and not diagnostic, it provides general information about possible presence of an inflammatory condition. The ESR test has also been good indicator for diagnosis and monitoring of the following diseases, temporal arteritis, polymyaglia rheumatica, and systemic vaculitis.

### **FAQ's:**

#### **AM I REQUIRED TO FAST?**

No, fasting is not required. There are no dietary or medicinal restrictions to take this test.

#### **WHAT IS THE SAMPLE REQUIRED?**

A simple venous blood draw

#### **IS A DOCTOR'S ORDER REQUIRED?**

No. You do not need to provide a doctor's order to get lab testing done at Any Lab Test Now.

#### **WHEN WILL I GET MY TEST RESULTS?**

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

#### **DO I NEED TO MAKE AN APPOINTMENT?**

No. You can walk in for same day testing. We make it easy for you by offering work-friendly hours.

#### **IF I HAVE QUESTIONS ABOUT MY TESTS RESULTS WHO SHOULD I CONTACT?**

We recommend you share your results with your primary care physician or with your Rheumatologist.

#### **WRITTEN BY: EKAN ESSIEN, MD, MPH MEDICAL DIRECTOR**

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.