

HEALTHY BRAIN PROGRAM

Preventive Lab Test List

by Nancy Lonsdorf, MD

How and Where: Go to your local hospital or laboratory, or drawing center (Quest, LabCorp, etc.---for this you'll need your local licensed health care practitioner to write you an order. Or do under Dr. Lonsdorf's supervision in her Healthy Brain Consultation program: www.drlonsdorf.com.)

OR Order tests online. Most of the tests below are available for self-pay without a doctor's order at www.directlabs.com, or www.lifeextension.com (click on "Blood Testing") or www.requestatest.com.

OR Sign up for ReCODE program at www.Apollohealthco.com. You may then get lab tests drawn through their system (including an option to have their contracted service come to your home or office to draw the blood.)

NOTE ON FASTING: You'll need to fast (water only) from 8 PM the night before and best to go in the morning by 9 AM for most accurate results. Go ahead and drink water before you go to the lab in the morning. It will make your blood draw easier (your veins will be more accessible.)

Date:

Ordering Physician Information:

Physician Name:

Dr. Signature:

Fax Results to:

NPI #:

Phone Number:

License #:

Office Address:

Patient Name:

Birthdate:

Address:

Phone:

Insurance:

ICD 10 Diagnosis Codes: (see codes provided at end of this document)

ATTENTION LAB TECHNICIAN: Please do Only Tests Checked below:

	Critical Tests	Test those checked below	Suggested Optimal Values for Brain health
Inflammation and Protection			
<i>ApoE4 is a marker for increased tendency for inflammation and for Alzheimer's disease if not addressed with a comprehensive preventive approach.</i>	Apo E genetics (alleles)		No increased risk is ApoE3,3
<i>Measure of inflammation, cardiovascular risk factor</i>	hs-CRP		< 0.9
<i>Builds up when B vitamins are inadequate; toxic to bones, brain and arteries if in excess</i>	Homocysteine		< 10

<i>Albumin is a nutritive protein made by the liver. Globulin refers to antibodies. Elevated antibodies may indicate an over-active, inflamed immune system, autoimmunity or hidden infections among others.</i>	Note: A/G ratio (albumin/globulin)- is included in CMP test- Comprehensive, Metabolic Panel- listed below	No need to do in addition to “CMP” below	Ratio: > or = 1.8 >4.5 (albumin)
<i>Essential vitamin for nerve health. Needed for myelin production and repair (the protective coating on the nerve processes.)</i>	Vitamin B12		500-1500
<i>Essential for metabolism, DNA synthesis, keeping homocysteine in check.</i>	Folate		10-25
<i>Important bone trophic (growth) hormone.</i>	Vitamin D-25-OH		50-80
<i>One of the most important metabolic factor in preventing and treating cognitive decline.</i>	Fasting insulin		< or = 4.5
<i>The standard screening test for pre-diabetes and insulin sensitivity.</i>	Fasting Glucose- is included in CMP test- Comprehensive, Metabolic Panel- listed below	No need to do in addition to “CMP” below	70-90
<i>A measure of average blood glucose over 2 months. Very important to know as glucose can be normal fasting, but have unhealthy spikes after meals, for ex. Even healthy people should check this, though insurance may not pay unless diabetic.</i>	Hg A1c		<5.6
<i>Cholesterol profile: an important marker for atherosclerosis risk.</i>	Total Cholesterol		>150 for all; < 200 in most individuals
<i>The “good” cholesterol that carries cholesterol back to the liver and out of the body.</i>	HDL		>50
<i>Increase atherosclerosis risk— often tied to excess sugar and carb intake. Can be high by heredity.</i>	Triglycerides		<150
<i>Alcohol users should check this. Essential for nerve function and depleted by alcohol. No need if you do not drink alcohol.</i>	RBC Thiamine (B1) pyrophosphate		100-150
<i>Adequate omega 3 is important for brain health and keeping inflammation in check. Very important to know and correct if needed.</i>	Omega 6: Omega 3 ratio		0.5- 3.0
TROPIC Factors			
<i>A measure of iron stores in the body. Low iron is associated with reduced cognition.</i>	Ferritin		> 30
<i>Direct growth effects on brain cells, reduces cell death, promotes new cell formation, reduces inflammation. Value is</i>	Estradiol (E2)		35-50 (female)

<i>for women. Men have no optimal minimum value and should avoid excess due to negative effects in males.</i>			
<i>Bioidentical progesterone has neuroprotective effects and is associated with improvement in working memory.</i>	Progesterone (P)		1-9
<i>The “grandmother” hormone from provides “raw material” to make our reproductive hormones, DHEA, progesterone and cortisol. Key hormone as so many others depend upon it. Has direct growth-promoting effects on the brain</i>	Pregnenolone		50-80
<i>Our “Stress Hormone”- unhealthy for brain if too high or too low</i>	Cortisol morning, fasting, ideally 7-9 AM		10-18
<i>Important adrenal hormone for rejuvenation.</i>	DHEA-sulfate		150-200
<i>Generally is the most sensitive measure of thyroid function. For ex., can increase due to a “sluggish” thyroid even when thyroid hormone levels are still normal.</i>	TSH		<2.0
<i>The usual screen for Lyme exposure. Can be positive for life after Lyme exposure, even if you have never been sick with Lyme. Arguably, can be negative even if a person has active Lyme in the body.</i>	Lyme ab Screen		negative
Minerals			
<i>Important for the brain, calming, nourishing and deficiencies are very common.</i>	RBC-magnesium		5-2-6.5
<i>Toxic to brain in high amounts. Should be in balance with equal amount of Zinc</i>	Serum Copper		90-110
<i>Important for immunity and balance with Copper.</i>	Serum Zinc		90-110
<i>Heavy metal screen (hair analysis or provoked urine test is more sensitive, but start here)</i>	Whole blood mercury, lead, arsenic and cadmium		< 5 , <2, <7, <2.5 respectively
Standard			
<i>Checks for anemia and the opposite, too many red blood cells (can indicate apnea or smoking--- lack of oxygen to the brain)</i>	CBC- Complete Blood Count		
<i>Measures overall kidney, liver function, electrolytes.</i>	CMP (comprehensive metabolic panel)		
<i>Rule out hidden urinary tract infections that can compromise immunity and increase</i>	Urinalysis with reflex C and S		negative

<i>inflammation. Also will detect kidney disease.</i>			
Hidden Inflammation- Can represent hidden viral infection, Lyme, mold exposure, heavy metals, etc	Interleuken-6		normal range per lab
<i>Regulates immune cells. Can cause unhealthy changes in lungs and other tissues and autoimmunity, shortness of breath with exercise or other respiratory symptoms.</i>	TGF-Beta1 – Transforming Growth Factor-Beta1		< 2380

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