

Suggested Biomarkers for Comprehensive FBCA Testing

The following are the biomarkers I would put on my basic panel. The software will be able to do a good job with these biomarkers. The following indices may under-report because important biomarkers are missing: Cardiovascular risk, sex hormone, thyroid function, prostate index

Glucose
BUN
Creatinine
E GFR
Sodium
Potassium
Chloride
CO2
Anion gap
Uric Acid
Protein, total
Albumin
Calcium
Phosphorus
Magnesium
Alk Phos
AST (SGOT)
ALT (SGPT)
LDH
Bilirubin - Total
Bilirubin - Direct
Bilirubin - Indirect
GGT
Globulin, total
Albumin/Globulin Ratio
BUN/Creatinine Ratio
Iron - Serum
Ferritin
Vitamin D (25-OH)
Cholesterol - Total
Triglycerides
LDL Cholesterol
HDL Cholesterol
Cholesterol/HDL Ratio
TSH
Total WBCs

RBC Count
Hemoglobin
Hematocrit
MCV
MCH
MCHC
Platelets
RDW
Neutrophils
Lymphocytes
Monocytes
Eosinophils
Basophils

Add the following if concerned about blood sugar issues:

Hemoglobin A1C
Insulin - Fasting
DHEA-S

Add the following to create a comprehensive “anti-aging” panel or a panel to run on all patients above the age of 35:

Hs CRP
Homocysteine
Fibrinogen
DHEA-S,
Testosterone, Total
Testosterone, Free
Estradiol,
PSA (obviously male only!)

Add the following to make a comprehensive panel to help rule out iron deficiency or anemia issues:

TIBC
% Transferrin saturation

Add the following to patients that you want a comprehensive look at thyroid function:

Free T3
Total T3
Free T4
Total T4
T-3 Uptake
Reverse T3

This would be my ultimate “all biomarker” comprehensive cover-all-my-bases panel:

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Creatinine
E GFR
Sodium
Potassium
Chloride
CO2
Anion gap
Uric Acid
Protein, total
Albumin
Calcium
Phosphorus
Magnesium
Alk Phos
AST (SGOT)
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LDH
Bilirubin - Total
Bilirubin - Direct
Bilirubin - Indirect
GGT
Globulin, total
Albumin/Globulin Ratio
BUN/Creatinine Ratio

Iron - Serum
Ferritin
Vitamin D (25-OH)
Cholesterol - Total
Triglycerides
LDL Cholesterol
HDL Cholesterol
Cholesterol/HDL Ratio
TSH
Total WBCs
RBC Count
Hemoglobin
Hematocrit
MCV
MCH
MCHC
Platelets
RDW
Neutrophils
Lymphocytes
Monocytes
Eosinophils
Basophils
Hemoglobin A1C
Insulin - Fasting
Free T3
Total T3
Free T4
Total T4
T-3 Uptake
Reverse T3
TIBC
% Transferrin saturation
Hs CRP
Homocysteine
Fibrinogen
DHEA-S,
Testosterone, Total
Testosterone, Free
Estradiol,
PSA (obviously male only!)