

Duneland YMCA Wellness Screenings

Wellness Panel	This test is an excellent tool for determining general health. It includes a full blood chemistry (including glucose, kidney/liver function), full lipid workup (cholesterol, HDL, LDL, and triglycerides), and a complete blood count.	\$36.00
OPTIONAL LAB TESTS		
Blood Type	This information is useful when a blood transfusion becomes necessary or if you wish to donate blood.	\$10.00
C-Reactive Protein <i>(Included in Cardiac Profile)</i>	This test measures CRP produced in liver and muscle cells within the coronary arteries. Elevated CRP may increase the risk of heart attack, stroke, rheumatoid arthritis, cancer and lupus.	\$20.00
Hemoglobin A1C	This test measures average blood sugar levels for the past 3 months.	\$20.00
Lipoprotein A <i>(Included in Cardiac Profile)</i>	Studies show that individuals with high lipoprotein levels are prone to early heart disease. Lipoproteins are believed to contribute to the formation of blood clots.	\$25.00
PSA	This test in combination with a doctor's digital rectal examination is useful in alerting men to the possible presence of prostate cancer and other prostate abnormalities.	\$20.00
TSH <i>(Included in Thyroid Profile)</i>	This test detects several thyroid gland disorders which may cause weight gain, depression, forgetfulness, fatigue, vision problems, enlarged thyroid glands, and other health problems.	\$20.00
Vitamin B12	This test measures the level of vitamin B12 which is necessary for proper function and development of the brain, nerves, blood cells, and many other parts of the body. Deficiencies can cause several symptoms including fatigue, shortness of breath, neuropathy, anemia, confusion, and irritability.	\$30.00
Vitamin D	This screening measures the 25 vitamin D levels. Deficiency can be associated with increased risk of cardiovascular disease, diabetes, and hypertension.	\$25.00
PACKAGE OPTIONS		
Anemia Profile	These tests screen for iron deficiency anemia resulting from low hemoglobin levels. Iron deficiency anemia is the most common type of anemia. Includes reticulocyte count and iron with TIBC (binding capacity).	\$20.00
Arthritis Profile	These tests screen for arthritis which is the most common cause of joint stiffness. Testing may be able to distinguish between inflammatory or rheumatoid arthritis and non-inflammatory or osteoarthritis. Includes anti-nuclear antibody (ANA), rheumatoid arthritis, and c-reactive protein (non-cardiac).	\$60.00
Cardiac Profile	These tests are used to screen for health factors that may increase your risk of cardiovascular disease. Includes c-reactive protein (high-sensitivity) and lipoprotein A.	\$40.00
Thyroid Profile	These tests detect several thyroid gland disorders. Includes TSH, T3 total, and T4 total.	\$38.00
NON LAB-BASED TESTING		
Flu Shot	Influenza is a serious disease and the flu vaccine is the best way to reduce the risk of contracting the flu and spreading it to others. The CDC recommends all persons age 6 months and older receive the vaccine, especially those at higher risk for influenza-related complications such as pneumonia or persons who are in close contact with such individuals.	\$30.00
Vitamin B12 Shot	Vitamin B12 is used for treating and preventing vitamin B12 deficiency. It is also used for boosting mood, energy, concentration and the immune system, slowing aging, treating sleep disorders, depression and several other diseases.	\$15.00