



What tests will I receive?

Lab tests include complete blood count, chemistry panel, thyroid screen, cholesterol panel, and hemoglobin A1c for diabetes screening for \$35. A prostate-specific antigen, or PSA, test can be added for \$20.

New this Year - add a Vitamin D Deficiency Test for \$20. (Learn more on the back)

What does a chemistry panel tell me?

The chemistry panel will test liver function as indicated by liver enzymes ALT and AST; kidney function as indicated by creatinine; electrolytes (sodium, potassium, chloride, calcium and CO₂); and blood glucose.

Are iron and magnesium levels included in the results?

No. These are separate tests that are not included at the Health Fair; however, the complete blood count will indicate your hemoglobin level, which can indicate whether you have an iron deficiency.

Learn about the lab tests offered at our Health Fair

What does the thyroid screen measure?

The thyroid screen measures TSH, or thyroid stimulating hormone.

What does measuring PSA tell me?

A PSA test is one way to screen for prostate cancer in men.

Why do I need to fast before the test?

Fasting improves the accuracy of the tests because nutrients in food and beverages are absorbed into your bloodstream and could affect measurements.

How long will this take, and when will I get my results?

The blood draw will take only a few minutes, but wait times for walk-ins depends on volume. Calling to schedule will minimize the wait. Results will come via mail in about 2 weeks.



Community
HealthCare System
NE Kansas

www.chcsks.org



Why Get Tested for Vitamin D Deficiency?



What Is Vitamin D? - Vitamin D is a fat-soluble vitamin that helps your body:

- Absorb calcium for strong bones
- Support immune function
- Regulate mood and reduce depression
- Improve muscle strength

Who's at Risk for Deficiency? You might be low on Vitamin D if you:

- Spend little time outdoors
- Use sunscreen regularly
- Have darker skin
- Are over 65
- Have certain medical conditions (e.g., kidney disease, obesity)

General Symptoms if you are low on Vitamin D:

- Fatigue or low energy
- Depressed mood or seasonal affective disorder (SAD)
- Sleep disturbances or insomnia
- Difficulty concentrating ("brain fog")
- Bone pain or tenderness
- Muscle weakness or cramps
- Joint pain (especially knees, back, and hips)
- Frequent fractures or slow healing of broken bones
- Frequent infections (e.g., colds, flu)
- Slow wound healing
- Inflammation-related symptoms

In Children

- Rickets (soft, deformed bones)
- Delayed growth
- Dental issues (weak or brittle teeth)

Vitamin D Blood Levels (25-hydroxyvitamin D)

Category	ng/mL (nanograms/milliliter)	nmol/L (nanomoles/liter)
Deficient	Less than 20 ng/mL	Less than 50 nmol/L
Insufficient	20–29 ng/mL	50–74 nmol/L
Sufficient	30–50 ng/mL	75–125 nmol/L
Potentially High	Over 50 ng/mL	Over 125 nmol/L

Why It Matters for Patients

*Bone Health: Prevents osteoporosis and fractures *Immune Support: Helps fight infections

*Chronic Conditions: Linked to heart health, diabetes, and more