

General Health Screenings

ABOUT OUR COMPREHENSIVE METABOLIC PANEL (CMP)

TMP Multi-Channel Wellness Corporation partners with licensed health professionals to administer the test. The test is administered by drawing a blood sample from the arm. The Comprehensive Metabolic Panel (CMP) measures the current status of a person's metabolism, including the health of the kidneys and liver, electrolyte and acid/base balance as well as levels of blood glucose and blood protein. Abnormal test results can indicate a problem that needs to be addressed. The test is especially important in helping to diagnose certain conditions like kidney and liver disease, hypertension, and diabetes.

There are 14 measurements in the CMP, which include:

- **Total protein**- A total serum protein test measures the total amount of protein in the blood. This measurement generally reflects the nutritional state of the body.
- **Sodium**- A sodium test checks how much sodium is in the blood. Sodium is both an electrolyte and mineral. High or low values of sodium can indicate kidney dysfunction or reflect dietary habits.
- **Potassium**- Potassium is both an electrolyte and a mineral. Potassium is also important in how your nerves and muscles work. Both high and low levels of potassium are indicators of concern. Low values often lead to muscle cramps and extremely high values can be fatal.
- **Creatinine**- This test is a measurement of how well your kidneys are working. A high value indicates chronic or acute kidney disease.
- **Glucose**- A blood glucose test measures the amount of a type of sugar, called glucose, in your blood. An abnormally high glucose level is indicative of diabetes but can also be caused by other disorders and diseases.
- **Chloride**- Chloride is one of the most important electrolytes in the blood. In kidney disease, abnormal levels are found.
- **Carbon dioxide (Bicarbonate)**- This test measures the level of bicarbonate in a sample of blood from the vein. Carbon dioxide keeps the pH of blood from becoming too acidic or too basic.
- **Calcium**- This measures the calcium level in the body that is not stored in the bones. Abnormally high values may result from disorders of the parathyroid glands or bone diseases.
- **Alkaline Phosphatase**- An alkaline phosphatase (ALP) test measures the amount of the enzyme ALP in the blood. High levels may indicate liver disease.
- **Blood urea nitrogen (BUN)**- A blood urea nitrogen (BUN) test measures the amount of nitrogen in your blood that comes from the waste product urea. High levels of BUN are found in severe dehydration and kidney failure.
- **Aspartate aminotransferase (AST)**- Low levels of AST are normally found in the blood. When body tissue or an organ such as the heart or liver is diseased or damaged, additional AST is released into the bloodstream.
- **Alanine aminotransferase (ALT)**- ALT is measured to see if the liver is damaged or diseased. Low levels of ALT are normally found in the blood.
- **Albumin**- A small protein produced in the liver; the major protein in serum. Levels of albumin correlate to the general nutritional state of the body.
- **Total bilirubin**- This test measures the amount of bilirubin in a blood sample. Bilirubin is a brownish yellow substance found in bile. It is produced when the liver breaks down old red blood cells and it gives stool its color.