



Lab	What it Measures	Goal
Comprehensive Metabolic Panel (CMP)	<ul style="list-style-type: none"> • Fasting glucose: Reflection of blood sugar overnight • eGFR: Kidney health • AST/ALT: Liver function and liver health. Often an early indicator of fatty liver disease 	<ul style="list-style-type: none"> • Fasting glucose <100 mg/dL [<5.5 mmol/L] • eGFR >90 • ALT <ul style="list-style-type: none"> ◦ Female <25 U/L [<0.42 μkat/L] ◦ Male <33 U/L [0.55 μkat/L] • AST <30 U/L [<0.50 μkat/L]
Lipid Panel	<ul style="list-style-type: none"> • Triglycerides: Influenced by carbohydrate intake • HDL: Reflection of exercise • TG:HDL Ratio: Reflects balance of cholesterol in the body, health of arteries, small LDL particles, and insulin resistance 	<ul style="list-style-type: none"> • TG <100 mg/dL [<1.13 mmol/L] • HDL <ul style="list-style-type: none"> ◦ Female >50 mg/dL [>1.29 mmol/L] ◦ Male >40 mg/dL [>1.03 mmol/L] • TG:HDL <ul style="list-style-type: none"> ◦ Female <2 [<1.3 SI units] ◦ Male <3 [<1.0 SI units]
Hemoglobin A1c (HbA1c)	3-month average of your blood sugars throughout the day. Includes both fasting and after meals.	<5.7% [<38.8 mmol/mol]
Fasting Insulin	When someone's insulin levels are high, it reflects chronically elevated blood sugars and a loss of sensitivity to insulin at the cellular level. Used to indicate insulin resistance and poor metabolic health.	<6 mIU/mL [<41.67 pmol/L]
Uric Acid	Typically only measured in situations of gout or kidney stones, uric acid is a marker of systemic inflammation and has been correlated with arterial disease and arterial stiffening.	<6.8 mg/dL [<0.40 mmol/L]
Apolipoprotein B	Indirect measure of LDL and VLDL.	Male 1.66 -133 mg/dL [0.02 - 1.33 g/L] Female 2.60- 117 mg/dL [0.03 - 1.17 g/L]
CRP	Marker of inflammation	<10 mg/L <3 mg/L for high sensitivity CRP
Waist-to-height ratio	Marker of insulin resistance	<0.5



How To Talk To Your Doctor About Metabolic Health

“I’m interested in learning more about the current status of my metabolic health. I understand there might be additional markers available at our local lab that are easy to order. I’m willing to pay out of pocket if something is not covered. I would rather know now so I can do something about it than wait until it’s too late.”

Topics That You Can Discuss With Your Doctor

- Daily symptoms such as

Fatigue	Pain	Difficulty sleeping
Headaches	Acid reflux	Joint Pain
Low Mood	Constipation	Diarrhea

- Family history of conditions like type 2 diabetes cancer, heart attacks, stroke, Alzheimer’s Disease, autoimmune conditions
- “Diets” that you’ve tried and failed or weren’t able to stick with
- “After everything I’ve tried, I still don’t know what to eat. I tried following the Dietary Guidelines and am experiencing _____.”
- “I’d like to be able to come off some/all of my medications. When I take _____ I feel _____ or have _____ side effects.”
- “I’d really like to improve my energy level so that I can _____ (ex: play with grandkids).”
- “I’d really like to reduce my pain level so that I can _____.”
- “I want to reduce my inflammation”

What Not to Say To Your Doctor

- “I read that ...”
- “I heard that ...”
- “I looked on Google and saw that ...”
- “My friend does this and ...”
- “I watched a YouTube video and ...”
- “I saw a social media post about ...”

Information
thesmhp.org



Certified Providers
thesmhp.org/directory



Clinical Guidelines
thesmhp.org/clinical-guidelines



Journal of Metabolic Health
journalofmetabolichealth.org/index.php/jmh

