TEST RESULT INTERPRETATION

General Terms:

^ = high/elevated
abn = abnormal
c/w = consistent with
decr = decrease
fx = fracture
L = left
neg = negative (usually normal – don't have the condition tested for)
nl = normal or not significantly abnormal
NS = nonspecific
o/w = otherwise
pos = positive (usually abnormal – you do have the condition tested for)
R = right
rx = prescription
sl = slightly
TLC = therapeutic lifestyle changes
ULN = upper limit of normal

Imaging (pictures):

CXR = Chest X-Ray
DEXA = DEXAscan bone density test. TS = T-score. ZS = Z score. The more negative the score, the worse the bones are.
IMT = Intima Media Thickness. CA = chronologic age (your usual age). VA = vascular age (how old your blood vessels are).
Mammo = mammogram. Dx = diagnostic (more detailed than typical screening version)
Sono = ultrasound. GB = gallbladder. Abd = abdomen

Labs (blood/urine):

BMP = Basic Metabolic Panel – measures glucose (sugar), electrolytes (salts) and kidney function
CBC = Complete Blood Count – measures bone marrow's production of blood cells looking for anemia, leukemia, etc.
>   WBC = white blood cells – fight infection
>   Hg/Hct = hemoglobin/hematocrit – transports oxygen, low in anemia
>   PLT = platelets – used for clotting
CMP = Comprehensive Metabolic Panel – measures glucose (sugar), kidney and liver function, electrolytes (salts).
>   Gluc = glucose (sugar)
>   K = potassium
>   Na = sodium
>   Cr = creatinine (kidney function)
>   LFTs = liver function tests
GC/Chlamydia = gonorrhea and chlamydia
HPV = Human PapillomaVirus – family of viral STDs that cause cervical cancer and genital warts. This test is only for the ones that cause cervical cancer.
LFTs = Liver Function Tests

NTX = N-Telopeptide Crosslinks – urine test that measures bone loss.

Pap smears: ASCUS = Atypical Squamous Cells of Undetermined Significance. This can be a step toward cervical cancer (if you are HPV positive) or just a reaction to something and not pose any problem.

PSA = Prostate Specific Antigen - > 4.0 raises suspicion for prostate cancer.

TSH = Thyroid Stimulating Hormone – when low, indicates too much thyroid hormone; when high, indicates too little thyroid hormone.

UA = Urinalysis – looks at urine glucose (sugar), protein, blood, and white blood cells.

UM = Urine Microalbumin – microscopic protein measured for kidney function/damage.

VAP = Vertical Auto Profile – measures cholesterol components, including:

> HDL = high density lipoprotein (good cholesterol). Goal >40 (M) >50 (F)
>
> HDL Subtypes: more (HDL2) and less protective (HDL3) forms.
>
> LDL = low density lipoprotein (bad cholesterol). Goal <100, or <70 for high risk
>
> LDL Subtypes: more (pattern B) and less (pattern A) damaging forms.

Trig = Triglycerides

Lpa = lipoprotein a, 'the widow maker' genetic factor for premature heart attack/stroke.

TC = total cholesterol

Other:

EKG/ECG = Electrocardiogram. TWI = T-wave inversion. AFib = atrial fibrillation. PVC = premature ventricular contraction. PAC = premature atrial contraction

Echo = Echocardiogram.

> LVH = left ventricular hypertrophy (muscle too thick)
>
> DD = diastolic dysfunction (muscle too stiff)
>
> LAE = left atrial enlargement
>
> AR = aortic valve regurgitation (backflow)
>
> MR = mitral valve regurgitation
>
> TR = tricuspid valve regurgitation

PFTs = Pulmonary Function Testing. BD = bronchodilator (like albuterol)