

These labs are incredibly helpful in optimizing fire fighter health and prevent CVD. These are preventative tools to help identify CVD risk, nutrient imbalances/deficiencies as well as how the body is handling the occupational stress.

LABS TO REQUEST FROM YOUR DR.:

CMP

CBC w/ diff.

Thyroid panel (TSH, Free T3, Free T4, Reverse T3, TPO & TG antibodies)

A1C, fasting insulin

Cholesterol, LDL, HDL, Triglycerides, ApoB, lipoprotein(a)

Iron & TIBC, iron % saturation

Ferritin

Transferrin

Copper

Zinc

Ceruloplasmin

Vitamin A (retinol)

RBC magnesium

Vitamin D 25(OH)

Vitamin D 1,25

Vitamin B-12

Hormone panel (DHEA, DHEA-S, free & total testosterone, AM cortisol)

Remember, the labs are only as good as the interpretation. If you need help with your next steps, what optimal ranges are, or want a plan based on your goals, symptoms and test results [book a call here](#).