

# WELL AWARE

YOUR WEEKLY WELLNESS RESOURCE

## CMP (Complete Metabolic Panel)

### Common Blood Tests: BMP and CMP

**CMP** – gives basic blood chem, plus information about liver and kidney function.

- Albumin – blood protein
- Alkaline Phosphatase – liver test
- ALT - liver test
- AST - liver test
- BUN – kidney function indicator
- Creatinine – kidney function test
- Calcium
- Chloride
- Carbon Dioxide
- Glucose
- Potassium
- Sodium
- Serum Bilirubin
- Total Protein

**BMP** – gives a basic picture of blood chem, plus kidney function.

- BUN – Blood Urea Nitrogen
- Creatinine
- CO2
- Glucose
- Chloride
- Potassium
- Sodium



**Do you know what blood tests your health care practitioner is ordering? Do you know why the tests are being ordered?**

This month, we will be giving you information about some common lab tests so you can better understand what the tests are all about.



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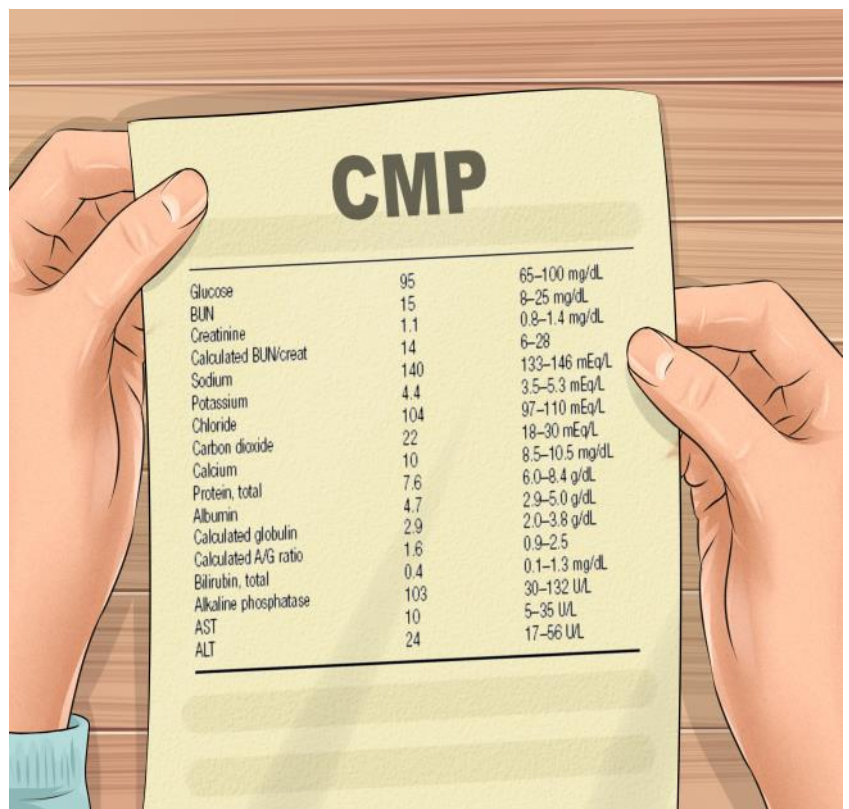
# What is a CMP?

A comprehensive metabolic panel is a blood test that measures your sugar (glucose) level, electrolyte and fluid balance, kidney function, and liver function.

**Glucose** is a type of sugar your body uses for energy. **Electrolytes** keep your body's fluids in balance. They also help keep your body working normally, including your heart rhythm, muscle contraction, and brain function. The **kidneys** help keep the right balance of water, salts, and minerals in the blood. They also filter out waste and other unneeded substances from the blood. The **liver** helps with digestion and produces some vitamins and other substances that the body needs. It also controls the amounts of glucose, protein, and fat in the blood and releases substances that keep your immune system healthy.

Your doctor may order a comprehensive metabolic panel as part of a regular health examination. Your doctor may use this test to check on a medical condition, such as high blood pressure, or to help diagnose a medical condition, such as diabetes.

<http://www.webmd.com/a-to-z-guides/tc/comprehensive-metabolic-panel-topic->



The image shows a pair of hands holding a yellow lab report titled "CMP". The report contains a table of test results with three columns: the test name, the patient's result, and the normal reference range.

CMP		
Glucose	95	65-100 mg/dL
BUN	15	8-25 mg/dL
Creatinine	1.1	0.8-1.4 mg/dL
Calculated BUN/creat	14	6-28
Sodium	140	133-146 mEq/L
Potassium	4.4	3.5-5.3 mEq/L
Chloride	104	97-110 mEq/L
Carbon dioxide	22	18-30 mEq/L
Calcium	10	8.5-10.5 mg/dL
Protein, total	7.6	6.0-8.4 g/dL
Albumin	4.7	2.9-5.0 g/dL
Calculated globulin	2.9	2.0-3.8 g/dL
Calculated A/G ratio	1.6	0.9-2.5
Bilirubin, total	0.4	0.1-1.3 mg/dL
Alkaline phosphatase	103	30-132 U/L
AST	10	5-35 U/L
ALT	24	17-56 U/L