



**PERSONAL
HEALTH
PARTNERS**

918-872-9499

Preparing for Your Lab Test

- ◇ Fast at least 4 hrs, preferably 6-8 hrs, before your test
- ◇ You may drink water, in fact it is preferred
- ◇ You may drink black tea or coffee
- ◇ You may take your medications

Did you know.....

- Chronic Vitamin D deficiency is often misdiagnosed as fibromyalgia because the symptoms are so similar: muscle weakness, aches & pains.
- 40% of the U.S. population & 32% of doctors & med students are Vitamin D deficient
- Vitamin B12 deficiency may cause infertility or recurrent spontaneous miscarriage.

Partner's Health Page

Special Issue *

Fall 2019

Amarillo, TX



Eat Rite Testing Event

Monday October 7th & Tuesday October 8th

7:30—10 am

2425 W I-40, Amarillo, TX 79109

To sign up call: (806) 353-7476

Testing will be performed by **Personal Health Partners**. Results will be delivered directly to you to share with your health care provider; or for your personal use.

Vitamin B12—Does It Really Boost Energy?

For years, many people have promoted the use of Vitamin B12 shots to boost energy. Some say that the feeling they get from a dose of B12 helps them to deal with the rigors of everyday life, as well as difficult times. Others get it in injectable form because they don't absorb vitamins from traditional forms such as food or oral supplements.

Whatever the reason for increasing foods rich in B12, taking B12 supplements or getting B12 injections; increasing B12 is a positive step in improving & maintaining good health. Determining how to get enough for you depends on understanding about how it works, or doesn't work, in each situation.

Vitamin B12 (cobalamin) helps the body:

- ⇒ convert food into glucose
- ⇒ maintain healthy nerve cells
- ⇒ produce nucleic acid (e.g. DNA)
- ⇒ regulate the formation of

- red blood cells (along with B6)
- ⇒ control blood levels of homocysteine (along with B6 & B9)
- ⇒ reduce fatigue
- ⇒ normalize the immune system

A deficiency of B12 may contribute to risk of heart disease, birth defects, Alzheimer's & depression. Heart disease risk may be increased because a deficiency increases blood levels of homocysteine (see article on page 2).

It is not uncommon for 10-15% of the population over 60 years of age to have B12 deficiency. This may either be because of a poor diet or decreasing levels of stomach acid; necessary for absorption of B12 from foods. For these people,

changes in diet may be all that is needed. Because vitamins, including B12, are absorbed in the intestinal tract, people with conditions affecting those organs may have a deficiency that cannot be corrected with oral supplements. This necessitates treatment with B12 or B Complex injections. The serious condition, pernicious anemia, occurs when the protein needed to absorb B12 is missing. High doses of B12 are often used to treat it.

Vitamin B12

Natural sources of vitamin B12:

Eggs, meat, poultry, shellfish, milk and milk products

B12 is also added to fortified grain products, such as cereals



ADAM.



Last Name		First Name		MI			
SS# X X X - X X - _ _ _ _ _		Birthdate _ _ _ - _ _ _ - _ _ _		Phone (_ _ _) _ _ _ - _ _ _ _ _			
Mailing Address		City		State / ZIP			
Male <input type="checkbox"/> Female <input type="checkbox"/>		Are You Fasting?		Yes <input type="checkbox"/> No <input type="checkbox"/>			
Check if you have any of these conditions Diabetes <input type="checkbox"/> Cancer <input type="checkbox"/> Thyroid Problems <input type="checkbox"/> Elevated PSA <input type="checkbox"/>							
Test		Price		Test		Price	
Basic Health Profile: Homocysteine, Lipid Panel, CMP14		\$65		Health Profile: Homocysteine, Lipid Panel, CMP14, TSH, HgbA1C		\$100	
Comprehensive Health Profile: Homocysteine, Lipid Panel, CMP14, GGT, TSH, Thyroid Panel, HgbA1C, Uric Acid, Magnesium, hsCRP, Ferritin		\$160		Women's Health Profile: Health Profile + CA-125		\$135	
Men's Health Profile: Health Profile + PSA		\$115		Hormone Profile: Estradiol, Progesterone, Testosterone		\$125	
Inflammation Profile: ANA, Rheumatoid Factor, Sedimentation Rate		\$65		NMR: Expanded Lipid Profile See information handout		\$125	
Vitamin B12		\$45		Vitamin D, 25-Hydroxy		\$90	

Waiver / Release of Liability

In consideration of my desire to participate in the Personal Health Partners program, I hereby consent to the drawing of a blood sample necessary for any test procedure that I request.

I hereby release Personal Health Partners, other participating organizations, their directors, officers, employees (salaried or temporarily hired), successors & assigners of any & all liability arising from, or in any way connected with any of the testing procedures, collection thereof or from the information derived from such.

I understand that, although all testing will be done by professionally qualified & licensed Oklahoma medical laboratories & personnel, the tests I may choose are not meant to be diagnostic or to replace any test ordered by a physician; & does not constitute a complete medical examination or a diagnosis of a medical problem.

I also understand that I should take my results, whether positive or negative, to be reviewed by and acted upon by a physician or other health care provider of my choice.

Signature: _____

Date: _____

Indicate Any Additional Tests Requested

HsCRP- \$35 () CA-125- \$55 () Ferritin- \$35 () Free T3- \$65 () Free T4- \$35 () TPO - \$35 () ABO/RH Type - \$25 ()
 PSA- \$35 () TSH- \$35 () Homocysteine- \$65 () Total Testosterone- \$55 () Free Testosterone- \$125 () CMP14- \$30 ()
 HgbA1C- \$35 () CBC- \$20 () Lipid Panel- \$30 () ANA- \$35 () T3 & T4 \$25 () Magnesium \$25 () CPK \$35 () Iron - \$25 ()
 Uric Acid - \$20 () **ADD: CBC to any profile - \$10 ()**

Notes/Other Tests: _____