
22. Ask Your Doctor for Lab Tests Using Worksheet 4

Worksheet 4. My Objective Mito-Audit: Lab Ranges and Clues (Appendix A) uses six laboratory tests to provide clues about biological processes that affect mitochondrial health. Use this worksheet to ask that the tests be included in your laboratory work.

Six Objective Mito-Audit Tests

Safekeepers

1. **hs-CRP** can provide a clue about persistent inflammation.
2. **Fasting insulin** can show how hard my body is working to control blood sugar.

Optimizers

1. **Fasting glucose** measures my blood sugar after an overnight fast.
2. **HbA1c** estimates my average blood sugar during the past two to three months
3. **TSH, with Free T4 if indicated**, can provide clues about thyroid function and energy regulation.

Builders

1. **Hemoglobin** can show how well my blood is carrying oxygen to my cells.

My Request

"I would like these six tests included in my laboratory work. If any are already included in my routine tests, please add the others. I am willing to pay costs that are not covered by my health insurance."

Additional Tests I May Want to Ask About

- ☐ **Vitamin D** measures my vitamin D status.
- ☐ **ApoB** provides information about cardiovascular risk.

Questions I Want to Ask

- ☐ Do I need to fast or follow other instructions before testing?
- ☐ If fasting glucose and fasting insulin are tested together, can my results be used to calculate HOMA-IR?
- ☐ How and when will the results be reviewed with me?
- ☐ Something else: _____

Tests My Doctor Ordered

*From: **The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity**
A full-sized, printable copy of this resource is available at:
IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.*
