

Chronic Disease Lab Checklist

Labs to request and monitor for diabetes, thyroid, autoimmune & heart conditions — by Sonya M., CLS

■ This guide is for educational purposes only. Always consult your healthcare provider before making medical decisions.

Diabetes & Blood Sugar Monitoring

If you have diabetes or prediabetes, request these labs every 3–6 months:

- HbA1c — 3-month blood sugar average; target < 7% for most diabetics
- Fasting Glucose — daily monitoring goal 80–130 mg/dL
- Fasting Insulin — assesses insulin resistance
- Comprehensive Metabolic Panel (CMP) — kidney and liver health
- Lipid Panel — cardiovascular risk
- Microalbumin (urine) — early kidney damage detection
- eGFR — kidney filtration rate

Thyroid Disease Monitoring

For hypothyroidism or Hashimoto's, test every 6–12 months (or after medication changes):

- TSH — primary monitoring test
- Free T4 and Free T3 — especially if symptoms persist
- TPO Antibodies — to confirm Hashimoto's
- Vitamin D — often low in autoimmune thyroid disease
- Iron/Ferritin — iron deficiency can mimic thyroid symptoms
- B12 — often deficient in hypothyroid patients

Autoimmune Conditions

For lupus, rheumatoid arthritis, or suspected autoimmune disease:

- ANA (Antinuclear Antibody) — screening test
- Anti-dsDNA — specific for lupus
- RF (Rheumatoid Factor) — for RA
- Anti-CCP — more specific for RA
- ESR and CRP — inflammation markers
- CBC with differential — immune cell monitoring

- Complement C3/C4 — disease activity in lupus

Cardiovascular Health

For heart disease prevention and monitoring:

- Full Lipid Panel — LDL, HDL, triglycerides
- ApoB — better predictor of cardiovascular risk than LDL alone
- Lp(a) — genetic cardiovascular risk factor
- hsCRP — high-sensitivity inflammation marker
- Homocysteine — independent heart disease risk factor
- BNP or NT-proBNP — heart failure marker

General Wellness Panel

Recommended annual labs for everyone:

- CBC — overall blood health
- CMP — organ function
- Lipid panel — heart health
- TSH — thyroid screening
- Vitamin D — deficiency is very common
- B12 — nerve and energy health
- Iron/Ferritin — anemia screening
- HbA1c — diabetes screening
- Urinalysis — kidney and bladder health

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