

What is a CMP?

A Complete Metabolic Panel (CMP) is a simple blood test that provides essential insights into your overall health. It helps monitor vital organ function, electrolyte balance, and blood sugar levels, making it a crucial tool for maintaining well-being.



Why is a CMP Important?

A CMP can help detect and manage conditions such as:

- Diabetes
- Kidney disease
- Liver disease
- High blood pressure

By assessing key health markers, the CMP allows employees to stay proactive about their health and seek medical guidance when needed.



How Does a CMP Help?

- Early Detection – Identifies potential health issues before symptoms arise.
- Organ Function Monitoring – Checks the health of the liver and kidneys.
- Electrolyte & Fluid Balance – Ensures proper muscle and nerve function.
- Blood Sugar Regulation – Helps detect diabetes or prediabetes.
- Overall Well-being – Encourages preventive care and healthier lifestyle choices.





What does the CMP Test For?

The CMP provides a comprehensive overview of your health, serving as a valuable starting point for your healthcare provider to identify potential concerns and order more targeted tests for a precise diagnosis.

Components

The 14 tests that make up a comprehensive metabolic panel are as follows. These measures are useful to review together, rather than alone, as patterns of results can be more telling—which is why they are tested at the same time.

- **Proteins** · Albumin: A protein produced by the liver that helps transport vitamins and enzymes through your bloodstream. The test measures liver function.
- **Total protein:** Measures all the proteins in the blood
- **Electrolytes** ·
 - Sodium: Essential to basic, normal body function, including fluid maintenance, as well as muscle and nerve function. Elevated sodium levels may increase fluid retention and blood pressure.
 - Potassium: Helps maintain proper heart and muscle function. High or low potassium can be related to hypertension and kidney disease.
 - Carbon dioxide: Helps maintain your body's pH (acid/base) balance.
 - Chloride: Affects fluid and pH balance.

Kidney Tests

- BUN (blood urea nitrogen): The kidneys remove this waste product from the blood. High levels are a red flag for kidney function.
- Creatinine: A waste product created by muscle function. Elevated levels could indicate kidney problems.

Liver Tests

- ALP (alkaline phosphatase): A liver and bone enzyme that can indicate liver damage and bone disorders.
- ALT (alanine aminotransferase): A liver and kidney enzyme.
- AST (aspartate aminotransferase): A heart and liver enzyme.
- Bilirubin: A liver waste product.

Other

- Glucose: Also referred to as your blood sugar, this is your body's main source of energy. Elevated blood sugar can be a sign of prediabetes and diabetes.
- Calcium: This mineral is critical for proper muscle and heart function, as well as bone formation.