

Chronic Disease Lab Checklist

Labs to monitor for diabetes, thyroid disease, heart disease, kidney & autoimmune conditions

DIABETES & BLOOD SUGAR MONITORING

Test every 3 months if managing diabetes; every 6–12 months for prevention:

- HbA1c — Target: <7.0% (diabetes) or <5.7% (prevention)
- Fasting Glucose — Target: 70–99 mg/dL
- Fasting Insulin — Optimal: 2–5 µIU/mL
- eGFR — Kidney function; diabetes can affect kidneys over time
- Urine microalbumin/creatinine ratio — Early kidney involvement
- Lipid panel — Diabetes raises cardiovascular risk
- Blood pressure at every visit

THYROID DISEASE MONITORING

Test every 6–12 months when stable; more often when adjusting medication:

- TSH — Primary monitoring test for both hypo- and hyperthyroidism
- Free T4 — Confirm active hormone levels alongside TSH
- Free T3 — Add when symptoms don't match TSH
- TPO Antibodies — Track autoimmune activity (Hashimoto's)
- Thyroglobulin Antibodies — Additional autoimmune marker

HEART DISEASE & CARDIOVASCULAR RISK

Test annually or as directed by your cardiologist:

- Lipid panel (fasting): LDL, HDL, triglycerides, total cholesterol
- hsCRP (high-sensitivity CRP) — Inflammation marker for heart risk
- Homocysteine — Elevated levels increase cardiovascular risk
- Lipoprotein(a) — Genetic risk factor; test once in adulthood
- BNP or NT-proBNP — Heart failure marker if symptoms present
- Blood pressure at every visit

KIDNEY DISEASE MONITORING

Test every 3–6 months if CKD is confirmed; annually for screening:

- eGFR (estimated glomerular filtration rate) — Primary kidney function marker
- Creatinine & BUN — Kidney waste clearance
- Urine protein/creatinine ratio — Detect protein leakage early
- Electrolytes (sodium, potassium, bicarbonate) — Kidney regulation
- Phosphorus & PTH — Mineral balance affected by chronic kidney disease
- Hemoglobin — CKD can cause anemia through reduced erythropoietin

AUTOIMMUNE CONDITIONS

Test frequency varies by condition and disease activity:

- ANA (antinuclear antibodies) — Screening test for autoimmune conditions
- Anti-dsDNA — Specific to lupus; tracks disease activity
- Complement C3/C4 — Low levels may indicate active lupus

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- **RF (rheumatoid factor) & anti-CCP — Rheumatoid arthritis markers**
- **ESR & hsCRP — Inflammation markers used to track flares**
- **CBC — Monitor for immune-related blood count changes**
- **Liver panel — Some autoimmune conditions or medications affect liver**

REMINDERS FOR ALL CHRONIC CONDITIONS

- Keep a copy of every lab result — trends matter more than a single snapshot
- Note date, fasting status, time of day, and any new medications at each test
- Bring your tracked results to every specialist appointment
- Ask your doctor what your personal target ranges are — they may differ from the general reference range printed on your report
- Ask how often YOU specifically should be tested based on your risk