

List of lab tests to help assess bone loss:

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- CBC (complete blood count)
- CMP (comprehensive metabolic panel) **Fasting.**
- CTX (C-terminal cross-linking telopeptides of type 1 collagen) **Fasting. Morning collection.**
No supplemental collagen or biotin for 48 hours before the blood draw. CTX is a bone-resorption marker that measures how much bone collagen is in your blood. The higher the level, the more active is the osteoclastic and (usually) overall bone remodeling activity.
- CRP (hs-CRP) (high-sensitivity C-reactive protein)
- DHEA-S (dehydroepiandrosterone-sulfate)
- Electrophoresis (serum)
- Estradiol (ultrasensitive)
- Ferritin
- Gluten testing: Includes the following 4 tests:
 - Tissue transglutaminase antibody IgA
 - Deaminated gliadin peptide antibody IgG
 - Deaminated gliadin peptide antibody IgA
 - Total Immunoglobulin A (Total IgA)
- Homocysteine
- Ionized calcium
- Magnesium (RBC-magnesium)
- P1NP (Procollagen type 1 N-terminal propeptide) This is a bone-formation marker that measures osteoblastic bone-building activity. No supplemental biotin or collagen for 48 hours before the blood draw.
- PTH (intact PTH) (parathyroid hormone)
- Phosphorous
- SHBG (sex hormone-binding globulin)
- Testosterone (total)
- Testosterone (free)
- TSH (thyroid-stimulating hormone)
- Vitamin D (25-hydroxyvitamin D)
- Vitamin D (1,25-dihydroxyvitamin D)
- 24-hour urine calcium (No supplemental calcium for 48 hours before or during the collection of urine.)