

LAB CHECKLIST

Prevention Bloodwork Panel

A longevity-grade panel to discuss with your clinician — and what each marker is telling you.

Heart & lipids

ApoB	Counts the actual artery-clogging particles — often better than LDL alone.
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Lp(a)	Largely genetic; high values raise risk and are worth knowing once.
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Lipid panel	Total / LDL / HDL cholesterol and triglycerides.
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Metabolic

HbA1c	3-month average blood sugar — flags pre-diabetes early.
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Fasting insulin	Catches insulin resistance before sugar rises.
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Trig : HDL ratio	A simple proxy for metabolic health.
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Inflammation & other

hs-CRP	Low-grade inflammation linked to heart risk.
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Vitamin D	Commonly low; affects mood, bone and metabolic health.
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Blood pressure	Measured properly, at rest, on more than one occasion.
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How to use this: bring the list to your appointment and ask which apply to you. Recheck the movable markers every 6–12 months to see your habits working.