



# Blood Tests: A Window Into You



## Simple blood tests are a window into managing better bone health!

There are a number of medical conditions, including spinal cord injury (SCI) and medications, that can cause osteoporosis. Blood tests are a helpful way of identifying secondary causes of osteoporosis and to select or monitor treatment.



Did you know?

1 in 3 people with SCI have **Vitamin D Deficiency**



### What are common causes of osteoporosis?

- Vitamin D deficiency
- Kidney disease
- Liver disease
- Hyperthyroidism
- Hyperparathyroidism
- Low estrogen or testosterone levels
- Diabetes
- Multiple myeloma
- Cancers



### Where can I get a blood test for bone health?

Any doctor or nurse practitioner can order blood tests for you. Ask them to assess your blood and urine once a year and to discuss your results.

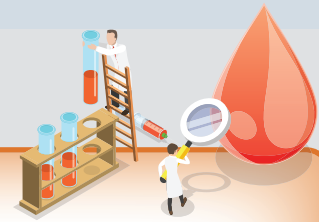


## What blood and urine\* markers should be assessed for bone



### Everyone with SCI

- Serum 25-hydroxy vitamin D (25-(OH)D)
- Complete blood cell count (CBC)
- Ionized calcium (or calcium adjusted for albumin)
- Phosphate
- Intact parathyroid hormone
- Creatinine (and estimated glomerular filtration rate: eGFR)
- Bone-specific alkaline phosphatase and transaminases
- Hemoglobin A1C
- Thyroid stimulating hormone (TSH)
- \*24-hour urine collection for calcium and creatinine excretion



There are additional tests for people based on their sex or health circumstance.



### Premenopausal Adult Women

- Prolactin
- Follicle-stimulating hormone (FSH)
- Luteinizing hormone (LH)
- Estradiol



### Adult Men

- Follicle-stimulating hormone (FSH)
- Luteinizing hormone (LH)
- Fasting serum bioavailable testosterone



### Special Situations

- Protein electrophoresis if you are  $\geq 50$  yrs of age or had a vertebral compression fracture of unknown cause
- Urine Bence-Jones protein if indicated.

### To Do List

- Consult with your doctor or nurse practitioner to get a blood test done once a year.
- Changes in your health, medications or supplement may require a repeat blood test.



### Blood Test For Bone Health

## Get A Blood Test To Learn About Your Bone Health.

Learn More

SCI Fragments:  
www.scifragments.ca



The information contained in these handouts & podcast are not intended to replace medical advice. Readers are advised to discuss their individual circumstances with their doctor & rehab care team.

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www.cravenlab.ca

