



PHYSICIAN LAB REQUEST

Colon Cancer Baseline Blood Panel

A complete-picture baseline to monitor healing and partner with your team.

Dear Dr. [Physician Name],

I am working to use comprehensive biomarker data to monitor my healing and support a comprehensive treatment plan as I navigate colon cancer. I am requesting the tests listed below to establish my Baseline Health Assessment. These markers give both of us a complete picture of the terrain that influences colon cancer progression and recurrence: inflammation, immune function, nutritional status, metabolic health, hormonal balance, detoxification, and angiogenesis. Most are standard lab orders. I have included CPT codes to simplify ordering.

My preference is to order everything through your office so that my complete results are documented in my medical record. This keeps our shared data consistent, makes tracking trends over time easier for both of us, and ensures nothing falls through the cracks in my care.

Thank you for supporting my proactive approach to healing.

Sincerely,

[Patient Name]

How to Read This Request

Each test below is sorted into one of four tiers. The tier color shows you the priority at a glance, so the most important tests are easy to spot.

Critical tests matter most for tracking colon cancer. **Important** tests round out the full picture.

Standard tests usually appear on an annual physical. **Request** tests are not typical, so please order each one specifically.

TIER 1
Critical / Standard

TIER 2
Important / Standard

TIER 3
Critical / Request

TIER 4
Important / Request

TIER 1

Critical

Typically part of an annual physical

TEST NAME	SHORT NAME	CPT	WHY THIS MATTERS TO MY HEALING
Complete Blood Count with Differential	CBC w/ Diff	85025	Essential baseline for immune health; reveals immune status, treatment tolerance, and anemia (common in colon cancer due to tumor bleeding)
Comprehensive Metabolic Panel	CMP	80053	Evaluates liver function, kidney clearance, electrolytes, and metabolic health; the liver is the most common site of colon cancer metastasis
Hemoglobin A1c	HbA1c	83036	3-month blood sugar average; chronic elevation suppresses immune function and provides a ready fuel source for cancer cells
Ferritin	Ferritin	82728	Iron storage marker; low signals deficiency from tumor bleeding, high signals active inflammation, a key terrain concern in colon cancer
Iron and Total Iron Binding Capacity	Iron/TIBC	83540/83550	Assesses iron stores and transport; iron deficiency is common in colon cancer and impairs oxygen delivery to healing tissue
Lactate Dehydrogenase	LDH	83615	Tissue damage and cell turnover marker; in colon cancer, elevated LDH can signal active tumor activity, treatment response, or progression

TIER 2

Important

Typically part of an annual physical

TEST NAME	SHORT NAME	CPT	WHY THIS MATTERS TO MY HEALING
Total Cholesterol	Ttl Chol	82465	Essential for hormone production and cell membrane integrity; too low impairs healing capacity and immune function
Triglycerides	Triglycerides	84478	Elevated levels signal insulin resistance or metabolic dysfunction, all terrain factors that support cancer growth

Gamma Glutamyl Transferase	GGT	82977	Sensitive liver detox enzyme; elevated signals oxidative stress and toxin burden, critical with liver being the main colon cancer metastasis site
Thyroid Stimulating Hormone	TSH	84443	Pituitary regulator of thyroid output; thyroid dysfunction is common during cancer treatment and affects energy, immunity, and mood

TIER 3

Critical

Not typical, must be requested

TEST NAME	SHORT NAME	CPT	WHY THIS MATTERS TO MY HEALING
C-Reactive Protein (High Sensitivity)	hsCRP	86141	Gold-standard marker of systemic inflammation, a known driver of colon cancer growth, progression, and recurrence
Fasting Insulin	Fasting Insulin	83525	Earliest indicator of insulin resistance; elevated insulin directly fuels cancer cell growth and tumor proliferation in colon cancer
Vitamin D, 25-Hydroxy	Vit D	82306	Hormone-like vitamin that regulates immune function, inflammation, and cell growth; low Vitamin D is strongly linked to colorectal cancer development and recurrence
Magnesium, Serum	Mg	83735	Drives 300+ enzymatic reactions; deficiency impairs DNA repair and is severe with EGFR inhibitors like cetuximab used in colon cancer
Zinc, Serum	Zn	84630	Essential for immune cell development, wound healing, and antioxidant defense; commonly depleted in cancer patients during chemotherapy
Folate, Serum	Folate	82746	Essential for DNA synthesis, methylation, and repair; 5-FU chemotherapy commonly used in colon cancer directly interferes with folate metabolism
Methylmalonic Acid	MMA	83921	Functional marker for B12 status; elevated MMA signals B12 deficiency even when serum B12 appears normal; B12 is essential for DNA repair and nerve function during chemotherapy

Homocysteine, Plasma	Homocysteine	83090	Elevated levels indicate poor methylation, which affects DNA repair; impaired methylation increases the risk of further genetic errors in colon cancer
Fibrinogen	Fibrinogen	85384	Clotting and inflammation protein; elevated levels signal chronic inflammation and increase the risk of blood clots, a real concern during colon cancer treatment
Ceruloplasmin	Ceruloplasmin	82390	Copper transport protein elevated in cancer patients; excess copper fuels tumor blood vessel growth (angiogenesis) and cancer cell survival
Reverse T3	Rev T3	84482	Acts as a brake on metabolism; rises with chronic stress and cancer treatment, leaving patients exhausted even when TSH and T4 look normal
Omega-3 Index	Omega-3 Index	82542	Anti-inflammatory capacity marker; low omega-3 index is linked to increased inflammation and impaired immune function, directly modifiable through diet

TIER 4

Important

Not typical, must be requested

Add these for a complete picture of hormones, detox, oxidative stress, and angiogenesis.

TEST NAME	SHORT NAME	CPT	WHY THIS MATTERS TO MY HEALING
Free and Total T4	T4	84439/84436	Total thyroid hormone production; low T4 signals the thyroid is underproducing, which slows metabolism and impairs healing during treatment
Testosterone, Free and Total	Free & Ttl Test	84403/84402	Essential for energy, immune function, muscle mass, and quality of life; cancer treatment commonly suppresses testosterone in both men and women
Estradiol	Estradiol	82670	Primary estrogen; important for bone density, cardiovascular health, and immune regulation in both women and men during and after treatment

TEST NAME	SHORT NAME	CPT	WHY THIS MATTERS TO MY HEALING
Progesterone	Progesterone	84144	Balances estrogen, supports sleep quality, and helps regulate cortisol and stress response; imbalance can drive inflammation
Apolipoprotein B	ApoB	82172	More predictive of cardiovascular risk than LDL alone; reflects total atherogenic particle count and metabolic terrain
Small Dense LDL	sdLDL	83722	Most atherogenic form of LDL cholesterol; elevated with insulin resistance and signals metabolic terrain imbalance
Oxidized LDL	OxLDL	83721	Direct indicator of lipid oxidation and oxidative stress burden, a key driver of cancer cell survival and inflammation
Myeloperoxidase	MPO	83885	Measures oxidative damage from activated immune cells; elevated MPO signals excessive free radicals that damage healthy tissue
Lipoprotein-Associated Phospholipase A2	LpPLA2	83698	Arterial inflammation marker independent of CRP; signals active vascular inflammation and immune dysregulation
Asymmetric Dimethylarginine	ADMA	82542	Inhibits nitric oxide production; elevated ADMA impairs blood vessel function and how well nutrients and immune cells reach healing tissue

This document is for empowerment purposes only and does not constitute medical advice. All testing decisions should be made in partnership with your licensed healthcare provider.