

# BLOOD TESTS FOR CANCER



## NEWSLETTER

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Blood testing serves as a valuable tool for healthcare providers in diagnosing and managing cancer. Common examples are: The Complete Blood Count and Tumor Markers. The results from these tests can offer crucial insights into overall health, organ function, and the possibility of disease.

### Test used to diagnose Cancer?

Blood testing is one of many tools healthcare providers use to diagnose and manage cancer.

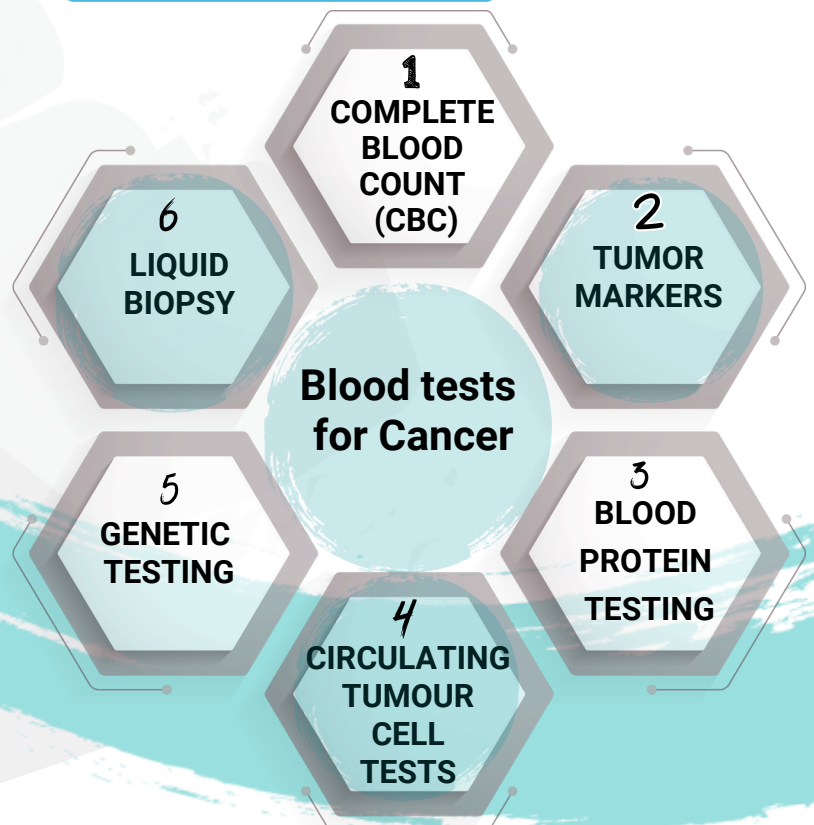
**These tests provide information about:**

- Chemicals and proteins in your blood that might indicate cancer.
- Levels of blood cells that are too high or too low, perhaps because of cancer.
- Overall health.
- Organ function.
- Stage of cancer.
- Treatment options.
- Whether treatment is working or if the disease is progressing.
- To check whether cancer has come back, (recurrence).

### What tests are done to check for cancer?

It's essential to understand that these tests are not perfect, and false positives or negatives can occur.

The results of blood tests are typically considered alongside other diagnostic methods, such as: imaging studies, biopsies, and clinical evaluations, to form a comprehensive picture of a patient's condition.



It's important to note that these tests are not definitive for diagnosing cancer but rather serve as tools to aid in the diagnosis and management of the disease.

## Who performs blood tests for cancer?

These blood tests are usually carried out in laboratories by well-trained staff using high-performance analysers. When monitoring the progress of a cancerous disease, it is preferable to always perform the tests in the same laboratory. On the one hand, to have the previous results, but above all because the techniques used to perform the tests may differ from one laboratory to another and therefore the interpretation of the results may be different from one laboratory to another.

A complete blood count (CBC) measures three types of blood cells circulating in your bloodstream. The results can help healthcare providers diagnose cancer or detect whether cancer has spread.

The blood smear is also examined under the microscope for the presence of abnormal circulating cells, which may be markers of certain types of blood cancer.

This test requires the expertise of a well-trained technician or clinical pathologist.

In addition, some cancer treatments can affect blood counts, so your healthcare provider may recommend regular CBCs as you're going through treatment.

Each type of blood cell has a range that's considered normal or healthy.

### The three cell types and their ranges are:

- Platelets, which help blood clot. The normal range for platelet count is 150,000/milliliter (mL) to 400,000/mL.
- White blood cells, which fight infection. The normal range for white blood cells is 5,000/mL to 10,000/mL.
- Red blood cells, which deliver oxygen throughout your body. Red blood cells may be measured in two different ways. Hematocrit is the proportion of red blood cells in your blood. The normal range for men is 40% to 55% and for women is 36% to 48%. Hemoglobin is a protein in red blood cells. The normal range for men is 13.0/deciliter (dL) to 17.0 g/dL & for women is 11.5/dL to 15.5 g/dL.



## DID YOU KNOW?

Labs use ranges because the number can vary from person to person or within the same person from day to day.

Many factors can affect your CBC. Your healthcare provider will help you understand what your numbers mean. The results must be considered along with other factors, such as symptoms and additional test results.