

## **Mayo Clinic Minute**

### **Blood test basics**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Ouch. That needle can sting. But your blood holds clues about your health.
<b>Rajiv Pruthi, M.B.B.S.</b>	“For routine blood tests, generally, we do what we call a complete blood count.”
<b>Vivien Williams</b>	A CBC. Dr. Rajiv Pruthi says a CBC measures components in your blood. Your bone marrow is like a blood factory. It produces red cells, white cells and platelets. If, during a blood test, the levels of these components are too high or too low, your doctor may order further testing to find out why.
<b>Rajiv Pruthi, M.B.B.S.</b>	“Sometimes patients may have minimum or no symptoms, and the first sign is abnormalities on your complete blood count.”
<b>Vivien Williams</b>	So a CBC is a screening test.
<b>Rajiv Pruthi, M.B.B.S.</b>	“Which, in conjunction with the patient history and physical exam, will lead you to a diagnosis if there are abnormalities.”
<b>Vivien Williams</b>	Yes, that needle might pinch, but Dr. Pruthi says it’s important to talk to your health care provider about getting a complete blood count at regular intervals.
	For the Mayo Clinic News Network I’m Vivien Williams.