Stay ahead of hidden risks like prediabetes, fatty liver, and low vitamin D

Your body gives signals—labs help you hear them.

You may feel “normal” but still have rising sugar, pressure, or silent inflammation. Conditions like prediabetes, fatty liver, or vitamin D deficiency often develop quietly for years. The right blood tests can reveal risks early—when they’re easiest to reverse.

**What to Test—and Why:**

* **Fasting Sugar & HbA1c:** Detect early diabetes.
* **Lipid Profile:** Check cholesterol and triglycerides for heart health.
* **Liver Function Tests (LFTs):** Spot fatty liver before symptoms show.
* **Kidney Function (Creatinine, eGFR):** Vital in diabetes and high BP.
* **Thyroid & Vitamin D:** Low levels affect weight, mood, and energy.
* **CRP or hs-CRP:** A marker of hidden inflammation and metabolic stress.

**Don’t Stop at One Test**  
Track what matters for you—daily BP, weekly sugar logs, or annual labs. Use reminders, an app, or your Cuore dashboard to stay consistent.

**Why It Works**  
When you track regularly, you see patterns: what raises your sugar, what improves sleep, what boosts energy. Numbers turn into insights—and insights drive better choices.

Don’t wait for illness to take control. Simple tests and consistent tracking keep you informed, confident, and steps ahead of complications.