Creating A Baseline

Patient-led monitoring you can start today

Identify walk-in blood markers by disease, add CTC where available, and pair with imaging to track your status over time.

Why Establish a Baseline?

- **Know your starting point** before making changes in diet, supplements, or treatment
- **Track trends (up/down)** rather than relying on one-off numbers
- **Consistency is key:** Use the same lab and testing method when possible
- **Re-test cadence:** Typically every 4–12 weeks depending on disease and therapy

How to Order on Walk-In Lab

- **Step 1:** Go to walkinlab.com → search the specific test
- **Step 2:** Add to cart → choose a lab draw site (Quest/LabCorp partner)
- **Step 3:** Pay online → receive requisition form by email
- **Step 4:** Bring ID to collection site; results post to your secure portal
- **Notes:** State restrictions may apply; comprehensive *cancer screening panels* for men & women also available

Breast Cancer — Blood Markers

- **CA 15-3**
  walkinlab.com/products/view/cancer-antigen-ca-15-3-blood-test
- **CA 27.29**
  walkinlab.com/products/view/cancer-antigen-ca-27-29-screening-blood-test
- **CEA (Carcinoembryonic Antigen)**
  walkinlab.com/products/view/carcinoembryonic-antigen-cea-blood-test
- **Optional Panel: Breast Cancer Panel** (CA 27.29, CA 15-3, CEA)
  walkinlab.com/products/view/breast-cancer-blood-test-panel

Use: Monitoring treatment response or recurrence with your clinician.

Prostate Cancer — Blood Markers

- **PSA (Total):** Measures prostate-specific antigen for baseline screening and monitoring
- **PSA, Ultrasensitive:** Detects minimal amounts of PSA for early detection of recurrence
- **PSA Free:Total Ratio:** Helps differentiate prostate cancer risk from benign conditions
- **Prostatic Acid Phosphatase (PAP):** Adjunct marker to assess prognosis and therapeutic progress

Use: Screening, risk stratification, and monitoring with your clinician

Colorectal Cancer — Blood Markers

- **CEA (Carcinoembryonic Antigen)**
  https://www.walkinlab.com/products/view/carcinoembryonic-antigen-cea-blood-test

- **CA 19-9 (Carbohydrate Antigen 19-9)** — *Sometimes elevated*
  https://www.walkinlab.com/products/view/carbohydrate-antigen-ca-19-9-blood-test

- **Clinical Note:**
  CEA is commonly trended for CRC monitoring; always use the same lab when possible for consistent tracking.

Pancreatic Cancer — Blood Markers

- **CA 19-9** (Carbohydrate Antigen 19-9) Blood Test
  https://www.walkinlab.com/products/view/carbohydrate-antigen-ca-19-9-blood-test

- **Use:** Monitoring disease burden and evaluating treatment response trends over time. Highly elevated in a majority of pancreatic cancers.

Liver (Hepatocellular Carcinoma) — Blood Marker

- **Alpha-Fetoprotein (AFP)**
  https://www.walkinlab.com/products/view/alpha-fetoprotein-afp-serum-test

- **Use:** Screening in high-risk groups and monitoring HCC; also used in germ cell tumors.

Ovarian Cancer — Blood Markers

- **CA 125**
  walkinlab.com/products/view/cancer-antigen-ca-125-serum-test

- **HE4 (Human Epididymis Protein 4)**
  walkinlab.com/products/view/human-epididymis-protein-4-blood-test

- **Use:** Monitoring and risk assessment alongside imaging and clinical evaluation.

Thyroid Cancers — Blood Markers

- **Calcitonin:** For medullary thyroid carcinoma
  https://www.walkinlab.com/products/view/calcitonin-blood-test
- **Thyroglobulin Panel:** For differentiated thyroid cancer follow-up
  https://www.walkinlab.com/products/view/thyroglobulin-panel-blood-test
- **Primary Use:** Surveillance after treatment and ongoing trend monitoring

Neuroendocrine & Small-Cell — Blood Markers

- **Chromogranin A (NETs):** A protein linked to neuroendocrine tumors.
  walkinlab.com/products/view/chromogranin-a-serum-test

- **Neuron-Specific Enolase (NSE):** For small-cell and neuroendocrine cancers.
  walkinlab.com/products/view/neuron-specific-enolase-nse-serum-test

- **Use Case:** Adjunct markers to follow disease activity with specialist guidance.

Hematologic Malignancies — Blood Markers

- **Beta-2 Microglobulin:** Myeloma and lymphoma prognostic marker
  walkinlab.com/products/view/beta-2-microglobulin-serum-test
- **Serum Immunofixation (IFE):** Identifies monoclonal proteins
  walkinlab.com/products/view/immunofixation-ife-serum-test
- **Use:** Staging and monitoring in coordination with hematology specialists.

Circulating Tumor Cells (CTC)

- **What it is:** A specialized add-on tool that counts cancer cells circulating in the blood to gauge prognosis and monitor treatment response in metastatic diseases.
- **Availability:** Ordered via your oncologist. **CELLSEARCH®** is the FDA-cleared standard for metastatic breast, prostate, and colorectal cancers.
  - Learn more at cellsearchctc.com
  - Testing is available through major laboratories (e.g., Quest Diagnostics)
- **Important Note:** Not typically available direct-to-consumer. Ask your oncology team about ordering and trending this alongside your standard baseline tests.

Imaging to Pair with Blood Markers

- **CT (contrast)** — Anatomic changes, ideal for chest, abdomen, and pelvis evaluations
- **MRI** — Highly detailed soft tissue imaging, brain/liver; utilizes diffusion-weighted sequences
- **PET/CT** — Measures metabolic cellular activity; excellent for precise staging and treatment response
- **Ultrasound** — Non-radiation imaging for liver, ovarian, thyroid, and guiding procedures
- **Strategy:** Establish baseline imaging, then repeat per disease protocol (e.g., 8–12 weeks) or if markers/symptoms change.

Build Your Baseline Plan

Personal Tracking Worksheet

My disease type: _____

Blood markers I will track: _____

CTC plan *(if applicable)*: _____

Imaging schedule *(modality + date)*: _____

My draw frequency (weeks): _____ Next draw date: __/__/____ Same lab? Yes No

Notes/questions for my care team: _____