



LOMA VATA
HOLISTIC CARE

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GUIDE TO REQUESTING PATHOLOGY & RADIOLOGY TESTS

Secondary Hypertension Screen in Adults:

For detailed information please visit the following links:

<https://www1.racgp.org.au/ajgp/2020/march/screening-for-primary-aldosteronism>

<https://www.heartfoundation.org.au/conditions/hypertension>

Confirm the diagnosis of Hypertension with 24 hour BP monitoring / home BP monitoring / regular BP checks

Suggest first reviewing medications to ensure that there are no interfering medications

If anti-hypertensive therapy is required prior to assessment, suggest commencing those that have been shown not to interfere with the assays below (e.g. verapamil, moxonidine, prazosin, hydralazine)

Suggested Pathology tests:

FBC, ELFT Ca/Mg/PO4

Fasting lipids (Chol, Trigs, HDL, LDL) & glucose

3 x Aldosterone-Renin Ratios (each at least two days apart)

Random urine protein and albumin to creatinine ratios

Consider plasma metanephrines

Consider 8 AM ACTH & Cortisol

Consider 24 hour urinary free cortisol + midnight salivary cortisol measurements (if clinically indicated)

Consider 24 hour urinary aldosterone (if indicated)

Suggested Radiology & other tests:

ECG

Renal Artery Duplex Doppler USS (RADU) to assess for Renal Artery Stenosis

Consider Transthoracic Cardiac Echo with Left Ventricular Mass Index (LVMI) measurement to assess for structural cardiac abnormalities and end organ damage

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