A MESSAGE FROM YOUR BEAUMONT TEAM

Your Marshall newsletter



Advanced Diagnostics

A clearer picture. A more personal plan.

Dear Beaumont Patients,

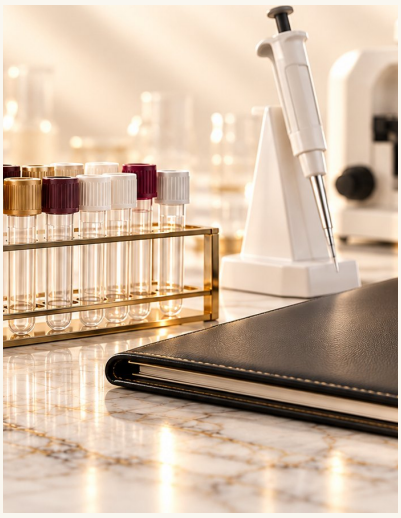
Understanding your health starts with the right questions. Advanced Diagnostics can bring laboratory findings, imaging, fitness measures and other assessments into one conversation with your Marshall team.

This edition introduces the testing options available through our ecosystem. Beaumont is your starting point for selecting appropriate tests, coordinating appointments and connecting results with your next steps.

One Practice...An Entire Ecosystem

A FOUNDATIONAL UNDERSTANDING

Labs, hormones & nutrient status







Advanced Laboratory & Biomarker Testing

Targeted laboratory testing, interpreted alongside your symptoms, history and goals, helps guide an individualized care plan.

Hormone Testing

Connect hormone results with symptoms and medical history to discuss appropriate treatment and monitoring.

Micronutrient & Vitamin Testing

Review selected nutrient levels that may inform nutrition, supplementation or further evaluation.

Your clinician selects the tests and explains any preparation or collection instructions.

A CLOSER LOOK AT CORTISOL PATTERNS

24-Hour Cortisol Testing



Explore timed cortisol testing as part of an individualized assessment, with guidance before collection and a clinical review afterward.

Testing with a purpose

Discuss whether cortisol testing fits your symptoms and medical history. Your clinician selects the testing method and collection schedule.

Clear collection instructions

Your team explains which samples to collect, when to collect them and how to prepare for the test.

Results connected to your care

Review findings alongside your symptoms, medications and health history, then discuss whether further evaluation or follow-up is needed.

Your Beaumont team can confirm the current test, collection instructions, availability and fees.

LOOK BEYOND THE SCALE

Bone health & body composition





Different assessments answer different questions about bone, muscle and body composition.

DEXA Bone Density

Measure bone density and review osteoporosis risk, fracture risk and practical next steps with your care team.

DEXA Body Composition

Measure fat and lean tissue to establish a baseline and track changes alongside nutrition and exercise.

InBody Body Composition Analysis

Track estimates of muscle, body fat and body composition as part of your weight and fitness assessment.

Your Beaumont team can coordinate DEXA and body-composition testing and explain preparation and availability.

MEASURE HOW YOUR BODY PERFORMS

Fitness & metabolic health







VO2 Max Testing

Measure aerobic fitness to help guide exercise intensity and track cardiorespiratory performance.

Resting Metabolic Rate (RMR)

Measure energy use at rest to help inform personalized nutrition and weight-management planning.

Medical Fitness Assessment

Review strength, mobility, endurance and body composition to establish a useful movement baseline.

Continuous Glucose Monitoring

Ask whether glucose-pattern monitoring fits your medical needs and care goals.

The Beaumont Medical Fitness team can help coordinate VO2 Max, RMR and fitness assessments. Ask your care team about CGM availability.

A CLOSER LOOK AT THE CORONARY ARTERIES

Cardiac CT & calcium scoring





These imaging options have different purposes. Your history and clinical needs help determine whether either is useful.

Coronary Calcium Scoring

Assess calcified plaque and add context to your cardiovascular risk assessment. Your clinician helps determine whether the result could change your plan.

Coronary CT Angiography (CCTA)

Coordinate CT imaging of the coronary arteries when appropriate, with clinician review of the findings and next steps.

Cardiac imaging is coordinated with the performing facility. Discuss preparation, radiation exposure and contrast considerations with your care team.

MAKE SCREENING A PERSONAL DECISION

Cancer screening conversations





Your screening plan should reflect your risks, priorities and the potential benefits and limitations of each test.

Galleri Multi-Cancer Screening

Discuss a blood test that screens for signals associated with multiple cancers. Review eligibility, limitations and the follow-up needed if a signal is found.

PSA / Prostate Screening

Make an informed decision about PSA testing based on age, medical history, individual risk factors and personal preferences.

Screening is not a diagnosis. False-positive and false-negative results can occur. Galleri does not replace recommended cancer screenings.

ADVANCED IMAGING, CONNECTED TO CARE

Whole-body, brain & lung imaging





Whole-Body MRI Coordination

Review whether whole-body imaging fits your goals and risk profile, including its limitations and possible incidental findings.

Brain MRI Coordination

Discuss the purpose and scope of brain imaging and how findings would be reviewed within your medical assessment.

Low-Dose CT Lung Screening

Review lung-screening eligibility based on your history and coordinate low-dose CT for appropriate patients.

MRI and CT imaging are coordinated offsite. Your team explains suitability, preparation and any recommended follow-up.

BRING SLEEP AND COGNITION INTO FOCUS

Sleep & cognitive health





Changes in sleep, memory or attention deserve a conversation. Your team helps identify a useful starting point.

Home Sleep Study

Discuss snoring, daytime sleepiness and other sleep concerns. At-home testing can evaluate possible sleep apnea in appropriate patients.

Neurocognitive Testing

Assess areas such as memory and attention, with findings interpreted alongside symptoms, medical history and other contributing factors.

Screening results are one part of an assessment. Further evaluation or referral may be needed.

UNDERSTAND YOUR SYMPTOMS

Gut health & food concerns





A digestive-health assessment starts with your symptoms, eating patterns, medications and medical history.

GI-MAP Gut Health Testing

Discuss stool-testing options, whether testing is appropriate for your symptoms, and how the results may inform care.

Food Sensitivity Consultation & Testing

Review food-related symptoms, their timing and your dietary history. Your clinician can explain whether testing, a guided dietary assessment or referral is appropriate.

Food sensitivity testing is not the same as diagnosing a food allergy. Ask about the evidence and limitations of the specific test before making major dietary changes.

ADDITIONAL INSIGHT FOR PERSONALIZED CARE

Biological age & genetic insights





Additional data can open useful conversations when you understand what a test measures and how the result may be used.

Biological Age / DNA Methylation Testing

Explore aging-related measurements, including options such as TruAge / TruHealth. Your team can clarify the current test, report and role in your health assessment.

Genetic Fitness & Nutrition Testing

Discuss available genetic testing options and review findings alongside your nutrition, fitness, family history and clinical information.

Biological-age results are supplementary estimates, not a diagnosis or lifespan prediction. Genetic findings do not guarantee a particular diet, training response or health outcome.

YOUR BEAUMONT TEAM IS HERE TO HELP

Turn insights into next steps



One Practice...An Entire Ecosystem

Start with your goals

Bring your questions to Beaumont. We will help identify tests that can answer a clinical question and explain locations, preparation and fees.

Build your baseline

Ask about Marshall's Foundational Executive Physical / Longevity Blueprint for a coordinated starting assessment and personal health roadmap.

Connect the results with your care

Review findings with your clinician and plan any follow-up, lifestyle changes or Executive Performance support that fits your needs.

Book an Appointment

Call or text Beaumont: (859) 300-3249

Meet & Greets welcome
3195 Beaumont Centre Circle, Suite 130, Lexington, KY 40513

Testing is individualized; not every test is recommended for every patient. Availability, eligibility and fees vary by test, provider, location and membership. Beaumont can confirm current options. Service imagery is illustrative.

Explore Marshall Advanced Diagnostics