

# Lab Med Report

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## **IN THIS ISSUE: A New Laboratory Test for Ketones**

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On April 19, 2016 the laboratory will be offering a new blood test for ketones called beta-hydroxybutyrate.

There are 3 forms of ketones in the human body: Acetoacetic acid, acetone, and beta-hydroxybutyrate.

Beta-hydroxybutyrate is valuable to measure since it represents approximately 75% of blood ketones. This test is useful for monitoring therapy for patients with diabetic ketoacidosis.

The normal range is 0.20-2.81 mg/dl.

Elevated serum beta-hydroxybutyrate levels can be observed in the following conditions:

- Diabetic ketoacidosis
- Alcoholic ketoacidosis
- High fat diet
- Steroid or growth hormone deficiency
- Salicylate poisoning
- Fasting and starvation
- Lactation
- ketogenic diets
- Glycogen storage diseases and other metabolic disorders.