

CARDIO HEALTH TEST REPORT

Patient Jane Doe	Patient ID HD930304	Non-smoker
DOB 3/4/1993 (24 yrs)	Report Date and Time 11/1/2017 12:00	BMI 19.2 Waist 26 in
Gender F	Received Date and Time 10/26/2017 13:00	Medications None indicated
Systolic blood pressure Unspecified	Specimen Collection Date and Time Blood Spot 10/17/201 9:20:00	Provider ID: 0000 Doctor T 17387 63rd Ave Lake Oswego OR 97035 Ph: xxx-xxx-xxxx
	Hours of Fasting 12:00	
	Family History of Heart Disease Yes Diabetes No Cancer Yes	

YOUR TEST RESULTS

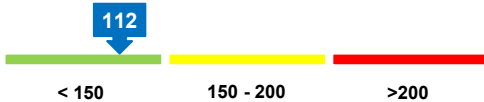
hs-CRP (mg/L)



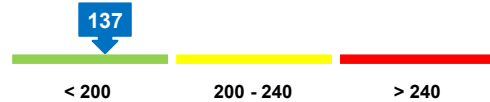
HbA1c (%)



Triglycerides (mg/dL)



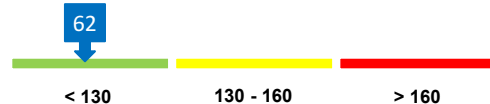
Cholesterol (mg/dL)



HDL (mg/dL)



LDL (mg/dL)



Normal Range

Borderline High

Low or High

Your Levels

What do your test results mean?

hs-C-Reactive Protein (hs-CRP). Blood measurements of hs-CRP are often performed to assess the risk of future heart disease. C-Reactive protein (CRP) is produced by the liver and elevated CRP levels can be measured in blood in response to inflammation. High-sensitivity CRP (hs-CRP) is more precise than standard CRP when measuring baseline (ie, normal) concentrations and enables a measure of chronic inflammation. Atherosclerosis is an inflammatory disease and hs-CRP is known as a biomarker of atherosclerotic cardiovascular disease risk.

Hemoglobin A1c (HbA1c), is a form of hemoglobin (a blood pigment that carries oxygen) that is bound to glucose. Blood HbA1c levels are reflective of how well diabetes is controlled. The normal range for hemoglobin A1c is less than 5.7%. HbA1c levels are reflective of blood glucose levels over the past six to eight weeks and do not reflect daily ups and downs of blood glucose. High HbA1c levels indicate poorer control of diabetes than levels in the normal range.

Triglycerides. Increased plasma triglyceride levels are indicative of a metabolic abnormality and, along with elevated cholesterol, are considered a risk factor for atherosclerotic disease. In the presence of other coronary heart disease risk factors, both borderline-high (150-200 mg/dL) and high values (>200 mg/dL) require attention. Triglyceride concentrations >1,000 mg/dL can lead to abdominal pain and may be life-threatening due to chylomicron-induced pancreatitis.

Total cholesterol is a measure of the total amount of cholesterol in your blood, including low-density lipoprotein (LDL) cholesterol and high density lipoprotein (HDL) cholesterol

HDL (good) cholesterol With HDL cholesterol, higher levels are better. Low HDL cholesterol puts you at higher risk for heart disease. People with high blood triglycerides usually also have lower HDL cholesterol. Genetic factors, type 2 diabetes, smoking, being overweight and being sedentary can all result in lower HDL cholesterol.

LDL (bad) cholesterol A low LDL cholesterol level is considered good for your heart health. However, your LDL number should no longer be the main factor in guiding treatment to prevent heart attack and stroke, according to new guidelines from the American Heart Association. For patients taking statins, the guidelines say they no longer need to get LDL cholesterol levels down to a specific target number. A diet high in saturated and *trans* fats raises LDL cholesterol.