CARDIO HEALTH TEST REPORT

AYUMETRIX

Patient Jane Doe	**Patient ID** JD930304	Non-smoker **BMI** 19.2 **Waist** 26 in
DOB 3/4/1993 (24 yrs)	**Report Date and Time** 11/1/2017 12:00	**Medications** None indicated
Gender F	**Received Date and Time** 10/26/2017 13:00	
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

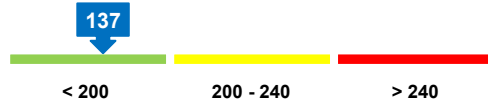Legend: Normal Range | Borderline High | Low or High | Your Levels

hs-CRP (mg/L)

1.2

0 - 3   > 3

HbA1c (%)

5.0

< 4   4 - 6.5   > 6.5

Triglycerides (mg/dL)

112

< 150   150 - 200   >200

Cholesterol (mg/dL)

137

< 200   200 - 240   > 240

HDL (mg/dL)

53

< 40   ≥ 40

LDL (mg/dL)

62

< 130   130 - 160   > 160

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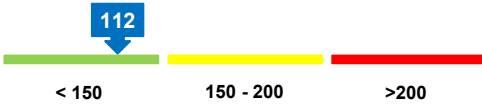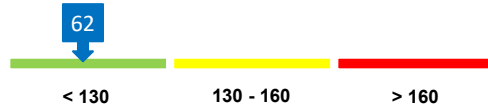
What do your test results mean?

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. HbA1c levels are reflective of blood glucose levels over the past three months 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. The normal range for HbA1c is less than 5.7%. Value between 5.7% and 6.4% signals prediabetes. For known diabetics, a value <7% indicates that their diabetes is well controlled.

HbA1c targets should be individualized based on duration of diabetes, age, comorbidities, and other considerations.

Triglycerides. Increased plasma triglyceride levels are indicative of a metabolic abnormality and, along with elevated cholesterol, are considered a risk factor for atheroschlerotic 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.