

# Ultra CARDIAC Profile ©

**hs - CRP:** C-Reactive Protein is a blood marker for inflammatory diseases. Until current times medical scientists and doctors did not have information about the significance of very low levels of CRP, and the cutoff point of normal to abnormal results was around 1.0mg/dL.

The **HIGH SENSITIVITY ASSAY** used by American Metabolic Laboratories measures CRP levels ten times below the traditional cutoff point. This high sensitivity enables us to measure very low amounts of CRP in the range of 0.13 – 0.15mg/dL where coronary risk may already exist.

Interestingly, aspirin may have finally found its place in the prevention of myocardial infarction. It lowered the risk of MI by 55.7% in men with elevated hs--CRP. The risk reduction did appear to be directly related to CRP blood levels. See CAP today, January 2000, Clin. Chem., 1999;45(12); 2136-2141. CRP values less than 0.13mg/dL are desirable.

**Lp (a) :** Lp (a) is a new test to help assess the risk of coronary artery disease. Lp (a) may be associated with coronary atherosclerosis and may be affected by the presence of other cardiovascular risk factors. Lp (a) normal values are less than 30mg/dL.

**Direct LDL or LDL - D :** low density lipoprotein cholesterol has been found as the key factor in the pathogenesis of atherosclerosis and coronary artery disease (CAD). Normally, LDL cholesterol is calculated, making it less accurate. American Metabolic Laboratories measures (LDL-D), so our patients get **the most precise result. Normal values for LDL - D are less than 130 mg/d L (desirable); 130 – 159mg/dL (borderline high risk); 160mg/d L and above (high risk).**

**Homocysteine:** a heart attack and stroke risk factor test. Please see attached graph for your result.

#### Risk Levels :

5.0	no increased risk for MI or stroke
7.0	low risk
9.0	moderate risk
15.0	high risk

**Every 3 units of Homocysteine above 7.2 is 35% increased coronary arterial risk.**

CRP, Homocysteine, Lp(a), Direct “bad” LDL cholesterol, Total cholesterol, “good” HDL cholesterol, and Triglycerides together are the state of the art, ultimate predictors of potentially devastating coronary heart disease, myocardial infarction and stroke years in advance.