



Healthwaves  **Corporate Wellness Team**

Wellness Screenings

Abnormal results should be reviewed by your personal physician.

ABOUT THESE LABORATORY EXPLANATIONS:

Test Results and Reference Ranges: The reference ranges on your Laboratory report reflect the age and sex information you provided. Blood test results are known to fluctuate from day to day. This results from changes in the individual and from laboratory variation. As a result of this, a test may be outside the reference range (abnormal) at one time and not another. If you are concerned about those results outside normal reference ranges, please contact your physician. Interpretation by your physician is vital in the assessment of all laboratory data based on individual variation. If there were no test results outside the reference range, all your test results were considered “Normal” for your age and sex.

AN IMPORTANT NOTE...

It is important that you realize that it is not possible to diagnose or define any disease or problem with one blood test alone. The program was designed as a screening only; we make every effort to supply you with appropriate but general health information and rely on your good judgement and conscientious attention to follow-up with a physician as recommended for any abnormal results. As always, if you are not feeling well you should consult with your family doctor. Laboratory screening cannot detect every health problem, and is not a substitute for a checkup by your family physician. The test(s) you ordered may not contain all of the items listed here.

Please keep a copy of these tests with any other information pertaining to your health. You may be able to use this report for a baseline for comparing future laboratory tests.

Complete Lipid Panel

CHOLESTEROL (TOTAL) This is a blood fat shown to be associated with an increased probability of heart disease in some people. Total cholesterol values can vary substantially due to natural biological variation of cholesterol in the person tested and analytical variability of laboratory instrumentation. Analysis of the different types of cholesterol (HDL, LDL) and/or a repeat test is usually necessary for accurate cholesterol determination. Desirable level: less than 200 mg/dL. Borderline: 200–239 mg/dL. High risk: 240 mg/dL or greater.

TRIGLYCERIDES This is another of the blood fats and is also thought to be associated with an increased probability of heart disease. This test also, if abnormal, should be discussed with your physician. This may also be elevated in the 200–600 range due to eating within 8 hours of blood drawing. If you were not fasting and your result is in this range, a repeated fasting evaluation should be obtained.

HDL CHOLESTEROL High density lipoprotein (HDL) cholesterol is the “good” cholesterol. One of the important roles of HDL cholesterol in your body is to carry cholesterol away from your arteries to your liver. The more HDL cholesterol you have, the more cholesterol can be carried away and not clog your arteries.

CHOLESTEROL/HDL RATIO This number is obtained by comparing the total cholesterol level to the HDL cholesterol level. The higher this number, the greater the risk of coronary heart disease. A high HDL cholesterol will result in a lower ratio, which means a lower risk. This could be true even if the total cholesterol level may be high. It is this ratio that appears to best measure the lipid associated risk of developing coronary heart disease.

LDL CHOLESTEROL Low density lipoprotein (LDL) cholesterol is the “bad” cholesterol. It is related to your intake of fats and cholesterol and is thought to be a contributor to atherosclerosis.

VLDL CHOLESTEROL Little is known about this type of cholesterol (Very Low Density Lipoproteins) which helps carry other types of blood fats.

Cardio IQ Lipoprotein Tests

This is a more advanced cardiovascular test, sometimes called lipoprotein subfractionation, which gives a direct measure of the particles that cause heart disease. The Cardio IQ test evaluates particles according to their size, density and/or electrical charge. It looks beyond just HDL and LDL cholesterol to identify undiagnosed (or additional) risk. For example, LDL particles are containers that carry cholesterol in the blood. These particles enter the artery wall where they deposit their cholesterol, which forms plaque. Over time, the build up of plaque can cause heart disease. Nearly half of all heart attack patients have been found to have no prior risk, which would indicate they were heading to a heart attack.

One of the most important indicators on the Cardio IQ test panel is the LDL Particle Number (LDL-P): they can range from less than 1000 to over 2000 nmol/L. The more LDL particles you have, the higher your risk for heart disease. When your LDL-P is low, your risk may be reduced. An optimal LDL-P is less than 1260. The accompanying laboratory report will provide your specific results for the Lipid Panel, the LDL-P, and other lipid fractionations, along with a listing of values outside of the reference range.

We strongly encourage you to review these results with your physician, especially if you have values in the high risk range.

Lifestyle changes and medical intervention, if needed, can lower or improve your LDL-P and other lipid factors. These include: diet, exercise, weight loss, smoking cessation, glycemic control and blood pressure management.