

Comprehensive Cardiovascular Assessment



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Patient: **SAMPLE**
PATIENT

Age:
Sex:
MRN:

CV Factors

		Optimal Range
Triglycerides	75	<= 149 mg/dL
Total Cholesterol	175	150-199 mg/dL
LDL Cholesterol	75	<= 99 mg/dL
Apo B	75	55-140 mg/dL

Independent CV Factors

		Optimal Range
Lp(a)	15	<= 32 mg/dL
Homocysteine	7.50	3.00-10.00 umol/L
hs-CRP	0.50	<= 1.00 mg/L
Fibrinogen	300.0	180.0-350.0 mg/dL

Protective Factors

		Optimal Range
HDL Cholesterol	75	>= 40 mg/dL
Apo A-1	200	110-205 mg/dL

Ratios

		Optimal Range
Total Cholesterol / HDL	2.3	1.0-4.8
Apo B / Apo A-1	0.38	0.35-1.00

Commentary

National Cholesterol Education Program Guidelines (NIH Publication No. 01-3670, May 2001)

TOTAL CHOLESTEROL LEVELS		HDL-CHOLESTEROL LEVELS	
Less than 200 mg/dL	"Desirable" level that puts you at lower risk for heart disease. A cholesterol level of 200 mg/dL or greater increases your risk.	Less than 40 mg/dL	A major risk factor for heart disease
200 to 239 mg/dL	"Borderline High"	40-59 mg/dL	The higher your HDL, the better
240 mg/dL and above	"High" blood cholesterol. A person with this level has more than twice the risk of heart disease compared to someone whose cholesterol is below 200 mg/dL.	60 mg/dL and above	An HDL of 60 mg/dL and above is considered protective against heart disease

LDL-CHOLESTEROL LEVELS		TRIGLYCERIDE LEVELS	
Less than 100 mg/dL	Optimal	Normal	Less than 150 mg/dL
100 to 129 mg/dL	Near Optimal/Above Optimal	Borderline High	150-199 mg/dL
130 to 159 mg/dL	Borderline High	High	200-499 mg/dL
160 to 189 mg/dL	High	Very High	500 mg/dL or above
190 mg/dL and above	Very High		

Note: The HDL, LDL and Total Cholesterol categories apply to adults age 20 and above.

Commentary is provided to the practitioner for educational purposes, and should not be interpreted as diagnostic or treatment recommendations. Diagnosis and treatment decisions are the responsibility of the practitioner.

The **Triglyceride** level is WITHIN the REFERENCE range. Since triglycerides are a strong risk factor, normal levels are associated with decreased risk of cardiovascular disease and reflect a protective status of this patient's lipid and biochemical make-up.

Total **Cholesterol** is in the OPTIMAL range. This represents a beneficial, cardioprotective situation and should be maintained through diet, exercise and other means. As cholesterol has important antioxidant, structural and hormonal functions in the body, optimal levels are associated with protective effects and balanced synthesis in the liver and intestines via reasonable dietary intake and normal metabolism.

HDL cholesterol is found to be in the PROTECTIVE range. This elevated HDL reflects a degree of cardioprotection. This is due to an enhanced ability for scavenging of excess cholesterol from the cells, thus preventing accumulation in the vascular smooth muscle or endothelium. High HDL exerts a positive influence even with moderate elevations in LDL or total cholesterol levels.

Apolipoprotein A-1 is WITHIN the REFERENCE range. As a component of HDL cholesterol, Apo A-1 is associated with a protective effect regarding cardiovascular risk. Levels of this marker typically correlate with the HDL level, so

