

Patient Name

SAMPLE

Patient Date of Birth

dd/mm/yyyy

Test Analysis

SAMPLE

Date Completed



Disclaimer

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PATIENT FIRST NAME :

PATIENT SURNAME:

DATE OF BIRTH:

GENDER:

ADDRESS:

Cardiovascular Extensive Screen

BLOOD SPOT

Cardiovascular Profile, BS

	Result	Range	Units	
Cholesterol BS	6.1 *H	0.0 - 5.5	mmol/L	
Triglycerides, BS	2.5 *H	< 1.5	mmol/L	
HDL, BS	0.7 *L	1.2 - 2.6	mmol/L	
LDLC, BS	4.2 *H	0.5 - 3.5	mmol/L	
VLDL, BS	1.1 *H	< 0.6	mmol/L	
Glycosylated Hb, BS	6.6 *H	4.4 - 5.6	%	
Sensitive CRP, BS	4.9 *H	0.0 - 3.0	mg/L	
Insulin Fasting, BS	22.7 *H	0.0 - 17.0	uIU/ml	

Comments:

CHOLESTEROL COMMENT:

For secondary prevention, total cholesterol Treatment Target is <4.0 mmol/L

Triglycerides Treatment Target <2.0 mmol/L

HDL Treatment Target Value >1.0 mmol/L

LOW HDL-CHOLESTEROL LEVEL:

HDL has an inverse relationship to CVD.

For young women, HDL is the best predictor of family history of early MI.

Suspect: Genetic factors, poor dietary habits, intake of hydrogenated oils/fats, sedentary lifestyle, decreased testosterone levels, PCO syndrome, Growth hormone deficiency.

Consider the following treatment options:

Aerobic exercise, dietary improvement, fish oils, curcumin, improve insulin sensitivity, hormonal support where indicated.

Very low density lipoprotein (VLDL) cholesterol is a reliable marker of remnant lipoproteins, which play a significant role in atherogenesis.

GLYCOSYLATED HAEMOGLOBIN COMMENT:

The goal of diabetes therapy should be a glycated haemoglobin (HbA1c) level of <7%.

The treatment level should be re-evaluated if the HbA1c level is > 8%.

HIGH SENSITIVE C-REACTIVE PROTEIN:

C-reactive protein (CRP) is a long established marker of inflammation, but more recently has been suggested to be an important contributor to pro-inflammatory and pro-thrombotic elements of CVD risk.

ELEVATED hsCRP:

This result is deemed elevated in the context of cardiovascular disease, and not relative to inflammation.

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang (L) Result is below lower limit of reference range