

Understanding the Patient Report for Inflammation

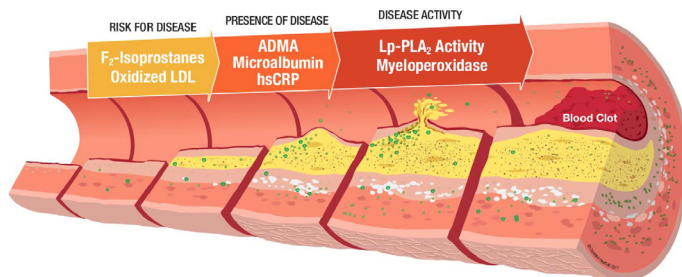
The Cleveland HeartLab Patient Report for Inflammation is a customized report designed for patients. The report is available to those Providers who order any three of the seven inflammation tests (*F₂-Isoprostanes/Creatinine*, *Oxidized LDL*, *ADMA*, *Microalbumin/Creatinine*, *hsCRP*, *Lp-PLA₂ Activity*, or *Myeloperoxidase*). If you would like additional information about any or all of these inflammation tests, please contact customer support at 866.358.9828, option 1.

Overview

- This section provides a brief overview about why inflammation testing is important and reminds patients that the information provided within the report is for **educational purposes only**, and that they should discuss results and treatment considerations with their provider.

Your medical provider has gone beyond standard testing to examine your inflammation levels so you can Know Your Risk[®] for heart attack and stroke!

Lowering blood pressure, blood sugar and cholesterol reduces risk, but 50% of heart attack or stroke victims have *normal* cholesterol levels. Measuring inflammation levels can help identify *hidden risk* so your provider can catch the beginning or treat advanced stages of vascular disease. Always review your results and treatment considerations with your medical provider.



Disclaimer: The information provided here is for educational purposes only, and the results provided should be reviewed and interpreted by the treating physician. This Patient Report is generated when three or more of the inflammation tests listed below are ordered, or for repeat tests due to a sample problem.

Risk for Disease	
Test	Result

<i>F₂-Isoprostanes/ Creatinine (ng/mg)</i>	0.89 H
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You have increased oxidation in your body suggesting your diet and/or lifestyle may be stressing your body and increasing your risk for chronic disease.

Your body needs *F₂-Isoprostanes* for basic functions like making muscle. In excess, *F₂-IsoPs* caused by inactivity, smoking and processed foods increase oxidation and blood vessel damage.

<i>Oxidized LDL (OxLDL) (U/L)</i>	63 M
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You have modest levels of OxLDL suggesting your diet and/or lifestyle habits may be affecting your health.

OxLDL measures oxidized damage to LDL cholesterol (bad cholesterol). High levels trigger inflammation, increasing your risk of developing metabolic syndrome and your future risk of plaque build-up.

Your Lifestyle Considerations

- Limit your intake of processed foods, exercise regularly and if you smoke, quit.
- Eat foods rich in anti-oxidants and high in fiber, and consider a heart healthy Mediterranean-style diet.
- Limit foods high in sugar and salt (sodium) to reduce the damage to your endothelium (vessel lining).
- Your provider may order an imaging test to identify cardiovascular disease.
- Strive for optimal oral health to reduce inflammation associated with periodontal disease.

Lifestyle Considerations

- This section is driven by an algorithm based on the reported results.

Presence of Disease	
Test	Result

<i>ADMA (ng/mL)</i>	89 L
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Your ADMA result in the desirable range suggests optimal nitric oxide levels and low risk of endothelial dysfunction.

ADMA is a chemical in your blood that reduces nitric oxide, a molecule needed to keep a healthy endothelium (the cells that line your blood vessels). High levels of ADMA indicate unhealthy cells in the blood vessel and may identify risk of cardiovascular disease.

<i>Microalbumin/ Creatinine (mg/g)</i>	3.1 L
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Your result in the desirable range suggests you have a low risk of endothelial damage.

Microalbumin measures the health of the endothelium, a thin layer of cells lining blood vessels. Risk factors can damage that lining in the kidneys causing them to leak albumin, a protein not normally found in urine.

<i>hsCRP (mg/L)</i>	TNO
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This blood test was not ordered.

hsCRP measures inflammation in the body. Increases of *hsCRP* are seen with recent illness, tissue injury, if you are fighting a virus or infection, with periodontal (gum) disease as well as with cardiovascular disease.

ClevelandHeartLab[®]
Know your risk.

John Q. Public

Gender Male

DOB 05/04/1953

Patient ID 987654321

Medical Provider

ELIZABETH BLACKWELL, M.D.

inflammation testing[™]
from ClevelandHeartLab

Patient and Medical Provider Information

- This information is populated from the submitted requisition form.

Disclaimer

- The information contained within this report is for **educational purposes only**.

Results

- The results reported within the Patient Report are the same results reported within the Cleveland HeartLab provider section of the report *except* for a TNO result. A TNO result is *not* reported out within the provider section of the report.

Interpretation/Definition

- The interpretation for each test is in bold type and is driven by an algorithm based on the test result, if reported. The definition for each test is written in italicized type below the interpretation.

Result Key

- This summarizes the color-coding associated with the low, moderate and high risk categories, and defines acronyms that may be reported.

"L" or Low Risk
UND = Undetectable
"M" or Moderate Risk
"H" or High Risk
TNO = Test Not Ordered
TNP = Test Not Performed
INC = Incomputable

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knowyourrisk.com | clevelandheartlab.com

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Lowering blood pressure, blood sugar and cholesterol reduces risk, but 50% of heart attack or stroke victims have *normal* cholesterol levels. Measuring inflammation levels can help identify *hidden risk* so your provider can catch the beginning or treat advanced stages of vascular disease. Always review your results and treatment considerations with your medical provider.

Jane Q. Citizen

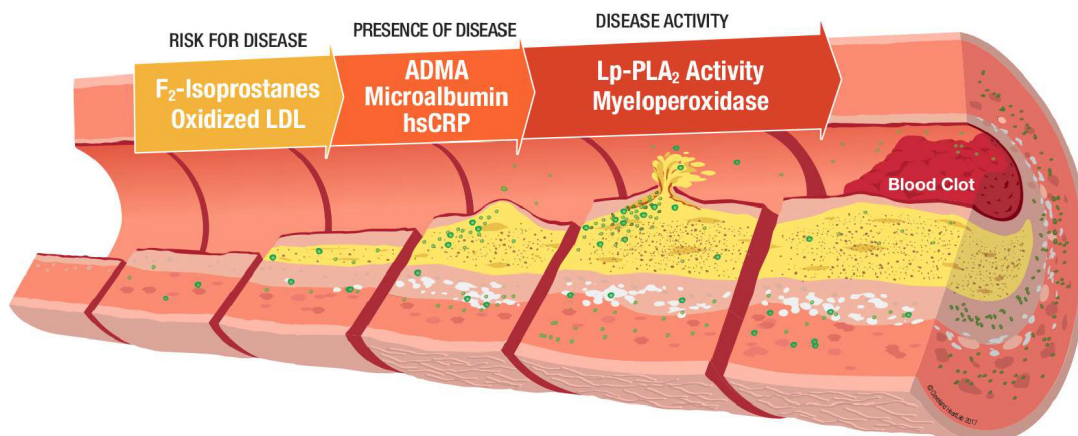
Gender Female

DOB 06/30/1950

Patient ID 123456789

Medical Provider

ALEXANDER WOOD, M.D.



inflammation testing[™]
from ClevelandHeartLab

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Risk for Disease

Test	Result
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F ₂ -Isoprostanes/ Creatinine (ng/mg)	0.82 L
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Your result in the desirable range suggests the levels of oxidation in your body are low.

Your body needs F₂-Isoprostanes for basic functions like making muscle. In excess, F₂-IsoPs caused by inactivity, smoking and processed foods increase oxidation and blood vessel damage.

Oxidized LDL (OxLDL) (U/L)	57 L
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Your result is in the desirable range, suggesting that you have low levels of OxLDL.

OxLDL measures oxidized damage to LDL cholesterol (bad cholesterol). High levels trigger inflammation, increasing your risk of developing metabolic syndrome and your future risk of plaque build-up.

Presence of Disease

Test	Result
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ADMA (ng/mL)	109 M
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You have modest levels of ADMA in your blood suggesting you may have low nitric oxide levels and endothelial dysfunction.

ADMA is a chemical in your blood that reduces nitric oxide production needed to keep a healthy endothelium (the cells that line your blood vessels). High levels of ADMA indicate damage to these cells.

Microalbumin/ Creatinine (mg/g)	3.4 L
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Your result in the desirable range suggests you have a low risk of endothelial damage.

Microalbumin measures the health of the endothelium, a thin layer of cells lining blood vessels. Risk factors can damage that lining in the kidneys causing them to leak albumin, a protein not normally found in urine.

hsCRP (mg/L)	0.9 L
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Your result in the desirable range suggests that you have low amounts of general inflammation in your body.

hsCRP measures inflammation in the body. Increases of hsCRP are seen with recent illness, tissue injury, if you are fighting a virus or infection, with periodontal (gum) disease as well as with cardiovascular disease.

Disease Activity

Test	Result
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Lp-PLA ₂ Activity (nmol/min/mL)	62 L
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Your result is in the desirable range suggesting that you may have limited active cholesterol build-up.

Lp-PLA₂ Activity measures vascular-specific inflammation. When cholesterol enters and gets trapped in the vessel wall, inflammation occurs. Lp-PLA₂ Activity may identify active cholesterol build-up inside the vessel wall and the progression of cardiovascular disease.

Myeloperoxidase (MPO) (pmol/L)	542 H
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You have high levels of MPO that suggest you may have vessel damage and increased risk of plaque rupture which may lead to a heart attack.

MPO identifies vulnerable plaque due to the breakdown of cells lining the blood vessel. This breakdown leads to white blood cells attacking the vessel wall and marks the progression of cardiovascular disease.

Your Lifestyle Considerations

- Limit your intake of processed foods, exercise regularly and if you smoke, quit.
- Eat foods rich in anti-oxidants and high in fiber, and consider a heart healthy Mediterranean-style diet.
- Limit foods high in sugar and salt (sodium) to reduce the damage to your endothelium (vessel lining).
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