

Cardiovascular Profile

Doctor ID 6206		Patient Name Doe, Jane			
Age 55	Sex F	Test ID 19998	Accession # 150000	Test Code 3114	
Date Collected		Date Received	Date Reported 1/1/2000	Tech	
Comments					

Doctor Name and Address:

Sample Report

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Fax:

Test	Result	Abnormal Result	Reference Range
			801 SW 16th St, Suite 126 Renton, WA 98057 tel 425.271.8689 • 855.405.TEST (8378) fax 425.271.8674
		Yes - High	<= 200 mg/dL
		Yes - High	35 - 110 mg/dL
		Yes - High	<= 130 mg/dL
Triglycerides	131 mg/dL		35 - 160 mg/dL
Lipoprotein (a)	83 mg/dL	Yes - High	<= 37 mg/dL
<u>Lipoprotein Ratios</u>			
LDL/HDL	4.4	Yes - High	<= 3.3
Total/HDL	5.6	Yes - High	<= 4.5

Male		Female		Risk (*)
LDL/HDL	Total/HDL	LDL/HDL	Total/HDL	
1.0	3.4	1.5	3.3	0.5 x Average
3.6	5.0	3.2	4.4	1.0 x Average
6.3	9.6	5.0	7.1	2.0 x Average
8.0	23.4	6.1	11.0	3.0 x Average

*Adapted from the Framingham Heart Study

Chronic Inflammatory Markers

c-Reactive Protein HS	1.83 mg/dL	<= 3.0 mg/L
Ferritin - Serum	40 ng/mL	6 - 159 ng/mL
Fibrinogen	368 mg/dL	175 - 400 mg/dL

Oxidant Stress Factors

Coenzyme Q10	0.8 mg/L	0.80 - 1.50 mg/L
Vitamin E	19.2 mg/L	12.0 - 50.0 mg/L
Lipid Peroxides	0.6 nmol/L	<= 1.0 nmol/mL
Homocysteine	11	Yes - High <= 8 nmol/mL

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Other Important Indicators			
RBC Magnesium	27 ppm	Yes - Low	40 - 80 ppm packed cells
Fasting Insulin	12 uIU/ml		1.5 - 12.0 uIU/mL
Total Testosterone	36 ng/dL	Low	49 - 102 ng/dL
Sex Hormone Binding Globulin	44 nmol/L		18 - 114 nmol/L
Free Androgen Index (calc)	3		1 - 7

The "Cardiovascular index" shows your test results with all of the factors as a single index. Depending on your results, some steps that your doctor may want you to take to improve your cardiovascular health are shown in the table below. It is important that you follow your doctors instructions to achieve the lowest index.

Cardiovascular Index	4.7
Reference range	0 - All Factors Favorable 10 - All Factors Unfavorable

Slight Indication	Moderate Indication	Strong Indication
Increase antioxidant supplementation	Calcium 500 mg/day	Folic Acid 800 mcg twice/day
Avoid Sugars and Starchy Foods	Ginger 100 mg twice/day	Garlic 500 mg twice/day
Coenzyme Q10 100-300 mg/day	Magnesium 500 mg/day	Niacin 3 g/day
Fish Oil 3-6 capsules/day	Vitamin E 400 - 800 I.U.	Vitamin B12 1000 mcg
		Vitamin B6 100-200 mg/day
		Vitamin C 1000 mg twice/day