

LAST NAME	FIRST NAME	MIDDLE NAME	GENDER	DATE OF BIRTH	ACCESSION ID
VIBRANT AMERICA	DEMO		MALE	1996-03-08	1808200037

Lipids	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Cholesterol, Total (mg/dL)	150			≤199	200~240	≥241	130 07/20/2018
	LDL Calculation (mg/dL)		124		≤99	100~129	≥130	103 07/20/2018
	HDL Direct (mg/dL)			20	≥56	35~55	≤34	20 07/20/2018
	Triglyceride (mg/dL)	30			≤149	150~200	≥201	33 07/20/2018

Comments

Follow NCEP: ATPIII guidelines. Dietary strategies to consider include adequate intake of monounsaturated fats and omega-3 fatty acids, moderate alcohol intake, reduction of total carbohydrate to less than 50% of calories, emphasis on low glycemic-load foods and reduction of fructose, weight loss and regular exercise.

LDL Direct	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	LDL Direct (mg/dL)	60			≤99	100~129	≥130	50 07/20/2018

Apolipoproteins	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Apo A-1 (mg/dL)			14	≥120		≤119	12 07/20/2018
	Apo B (mg/dL)	16			≤89	90~119	≥120	12 07/20/2018
	Apo B: Apo A-1			>1.00	≤0.69	0.70~0.90	≥0.91	1.00 07/20/2018

Comments

Apo A-1: Follow NCEP: ATPIII guidelines. Consider decreasing the saturated fat in the diet, maintaining a healthy weight, and exercising. Consider statins, niacin, omega-3 fatty acids, thiazolidinediones, and fibrates.

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Inflammation	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	PLAC (nmol/min/mL)	54			≤224		≥225	23 07/20/2018
	Homocysteine (μmol/L)			20	≤9	10~14	≥15	18 07/20/2018
	hs-CRP (mg/L)			10.1	≤0.9	1.0~3.0	≥3.1	19.1 07/20/2018
	ox-LDL* (U/L)	11.3			≤60.0	60.1~70.0	≥70.1	19.2 07/20/2018
	MPO* (pmol/L)	<227.9			≤599.9	600.0~2999.9	≥3000.0	<227.9 07/20/2018

Comments

Homocysteine: Consider vitamin supplementation with pyridoxine (vitamin B6), vitamin B12, and folic acid. A diet low in methionine is recommended in addition to the B vitamins.;

Calculate DAS score. If DAS 6, likely diagnosis of rheumatoid arthritis as per ACR guidelines. Consider analgesics such as NSAIDs and disease-modifying anti rheumatic drugs (DMARDs). Regular exercise recommended.;

hs-CRP: Consider weight loss, insulin control, and smoking cessation to reduce hs-CRP levels. Consider aspirin, lipid lowering, and anti-diabetic agents.

Myocardial Stress	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	NT-proBNP (pg/mL)	16				≤184	185~449	≥450

Lipoprotein Markers	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	sdLDL* (mg/dL)	<13				≤35		≥36
Lp(a) (mg/dL)	16				≤29		≥30	10 07/20/2018