



PATIENT NAME: Bob Smith	
DATE OF BIRTH: 02/19/55	SEX: M
CLIENT NO: 0574562	ACCESSION NO: 025486

PHYSICIAN: Dr. John Adams
OFFICE LOCATION: Phoenix, AZ
ACCOUNT: Atherotech Demo 1

DATE COLLECTED: 4/29/2004
DATE RECEIVED: 5/1/2004
DATE REPORTED: 5/04/2004

Provides Convenience of Accurate LDL Baseline

Directly Measured Lipid Panel	ACTUAL	DESIRABLE	RISK
Total LDL-Cholesterol - Direct (CAD, Diabetes, or its equivalent - desirable range <100 mg/dL)	121 mg/dL	<130 mg/dL	<input type="checkbox"/>
Total HDL-Cholesterol - Direct	35 mg/dL	≥40 mg/dL	<input checked="" type="checkbox"/>
Total VLDL-Cholesterol - Direct	26 mg/dL	<30 mg/dL	<input type="checkbox"/>
<b>SUM Total Cholesterol</b>	<b>182 mg/dL</b>	<200 mg/dL	<input type="checkbox"/>
Triglycerides - Direct	170 mg/dL	<150 mg/dL	<input checked="" type="checkbox"/>
Total Non-HDL Cholesterol (LDL + VLDL)	147 mg/dL	<160 mg/dL	<input type="checkbox"/>

For Clinical Judgement in Setting LDL-C Goal	ACTUAL	DESIRABLE	RISK
Lp(a) Cholesterol	35 mg/dL	<10 mg/dL	<input checked="" type="checkbox"/>
IDL Cholesterol	26 mg/dL	<20 mg/dL	<input checked="" type="checkbox"/>
Real LDL Cholesterol	60 mg/dL	<100 mg/dL	<input type="checkbox"/>
<b>SUM Total LDL-C</b>	<b>121 mg/dL</b>	<b>&lt;130 mg/dL</b>	<input type="checkbox"/>
Real LDL-C Size Pattern	B	A	<input checked="" type="checkbox"/>
Remnant Lipoproteins (IDL + VLDL3)	38 mg/dL	<30 mg/dL	<input checked="" type="checkbox"/>
<p>▶▶▶▶▶ Due to the presence of additional risk factors, consider lowering LDL-C goal</p>			

Identifies Early Metabolic Syndrome/Insulin Resistance

Simplifies Setting Accurate Target LDL Goal

Consider Insulin Resistance/Metabolic Syndrome	RISK
Constellation of lipid risk factors Small dense LDL, Elevated TG, Low HDL	<input checked="" type="checkbox"/>
▶▶▶▶▶ Consider 2 hr GTT, Hemoglobin A1c, fasting glucose test	

Sub-Class Information	ACTUAL	DESIRABLE	RISK
HDL-2 (Large, Buoyant; most protective)	6 mg/dL	>10 mg/dL	<input checked="" type="checkbox"/>
HDL-3 (Small, Dense; least protective)	29 mg/dL	>30 mg/dL	<input checked="" type="checkbox"/>
VLDL-3 (Small Remnant)	12 mg/dL	<10 mg/dL	<input checked="" type="checkbox"/>
<b>For Lab Use Only: Subspecies Real LDL (Cholesterol concentrations in mg/dL)</b>			
LDL <sub>4</sub> 18	LDL <sub>3</sub> 25	LDL <sub>2</sub> 5	LDL <sub>1</sub> 12
└── Pattern B ──┘		└── Pattern A ──┘	

A Better Cholesterol Test



201 London Parkway  
Birmingham, AL 35211  
Phone: (877) 901-8510  
Fax: (205) 314-7403  
Lab Director: Kris Kulkarni

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# Your Cholesterol Test Results

Your VAP® Cholesterol Test is a comprehensive lipid panel that improves upon the calculated routine profile by directly measuring all cholesterol values and incorporates updated National Cholesterol Education Program risk factors introduced to improve risk assessment. New risk factors include Secondary Targets of Therapy, non-HDL cholesterol and the Metabolic/Insulin Resistant Syndrome, a precursor to diabetes. Additional risk factor information includes Emerging Risk Factors Lp(a), Remnant Lipoproteins and LDL cholesterol size pattern. These risk factors better identify target LDL and non-HDL goals and remain an option of therapy to get patients to goal. The following definitions will help you understand your lipids and their measurements.

<b>LDL Cholesterol</b>	LDL is the “bad” cholesterol and the primary cause of heart disease. It is the primary cholesterol target in heart disease risk management.
<b>HDL Cholesterol</b>	HDL is the protective or “good” cholesterol. Low levels of HDL are related to increased risk for coronary heart disease. Low HDL is an independent risk factor for heart disease.
<b>VLDL Cholesterol</b>	The main carrier for Triglycerides and, if elevated, can be an independent risk factor for heart disease.
<b>Total Cholesterol</b>	The Total amount of cholesterol circulating throughout your body.
<b>Triglycerides</b>	Energy rich molecules needed for normal functions throughout the body. Elevated levels are associated with diabetes and cardiovascular disease.
<b>Non-HDL Cholesterol</b>	LDL + VLDL cholesterol. It has been shown to be a better predictor of heart disease risk than LDL alone.
<b>Lp(a)</b>	The “Heart Attack” cholesterol is a strongly inherited risk factor for heart disease. It is much more dangerous than other types of cholesterol and does not respond to traditional LDL-lowering drugs.
<b>IDL Cholesterol</b>	IDL is a strongly inherited independent risk factor for heart disease and is elevated in patients with a family history of diabetes.
<b>Real LDL Cholesterol</b>	The “Real” cholesterol circulating in your body. It is a component of LDL Cholesterol: <b>Real LDL = LDL – Lp(a) – IDL</b>
<b>LDL Cholesterol Size Pattern</b>	LDL exists in a range of sizes from small, dense “Pattern B” to large, buoyant “Pattern A.” The smaller LDL cholesterol sizes are associated with an increase risk for heart disease. Small, dense LDL is prevalent in patients with insulin resistance or diabetes.
<b>Metabolic Syndrome</b>	Metabolic Syndrome is characterized by the combination of several metabolic risk factors including 1) elevated triglycerides, 2) low HDL, and 3) small, dense Pattern B LDL that increase the overall risk for heart disease.
<b>HDL<sub>2</sub> / HDL<sub>3</sub> Cholesterol</b>	HDL cholesterol sub-fractions are also used for risk prediction. HDL <sub>2</sub> is large and buoyant and the most protective form of HDL cholesterol. Low HDL <sub>2</sub> is a risk factor for heart disease in patients with normal LDL levels. HDL <sub>3</sub> is small and dense and the least protective form of HDL.
<b>VLDL<sub>3</sub> Cholesterol</b>	VLDL <sub>3</sub> is the most dense VLDL sub-fraction and a greater risk factor for heart disease than both VLDL <sub>1</sub> and VLDL <sub>2</sub> .

***A Better Cholesterol Test***