

Patient info

NAME: **John Doe**

GENDER: **M** AGE: **49** DOB: **01/10/1961**

COLLECTED: 11/02/2010, 10:40 a.m.

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1 About this test

This report evaluates your potential risk of heart disease, heart attack, and stroke.

2 Your results

CRP level test

3.3 your level of a specific protein in the blood linked to inflammation of blood vessels



Low risk 0 mg/L

Average 1 - 3

High risk of cardiovascular disease 3 - 10 mg/L

Total cholesterol level



Desirable 0

Borderline 200 - 239

High 240

240+

LDL "bad" cholesterol



Optimal 0 mg/dL

Near Optimal 100 - 129

Borderline high 130 - 159

High 160 - 189

Very High 190

190+

HDL "good" cholesterol



Low 0 mg/dL

Normal 40 - 59

High 60

60+

3 Your risk You show an elevated risk of cardiovascular disease

If you're a smoker with normal blood pressure, (130 mm/Hg) but family history of heart attack before age 60 (one or both parents) your risk over 10 years is:

15%

Your risk would be lowered to

12% if your blood pressure were 120mm/Hg

10% if you quit smoking

6% if you reduced cholesterol to 160mg/dL

Use your CRP results and cholesterol level to calculate your 10 risk of a cardiovascular event at ReynoldsRisk.org

4 What now?



Diet & exercise- can improve your cholesterol levels



Quitting smoking- can decrease your heart disease risk by 50% or more



Ask your doctor about statins or other medications that can lower cholesterol



Consider retesting in 1 to 2 weeks to exclude a temporary spike in blood levels