

Ordering Physician:

Metamatrix

3425 Corporate Way

Duluth, GA 30096

Accession Number: **A1010060359**

Reference Number:

Patient: Sample Report

Age: 48 Sex: Female

Date of Birth: 02/05/1962

Date Collected: 10/5/10

Date Received: 10/6/10

Report Date: 10/20/10

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Reprinted: 11/22/10

Comment:

## 0161 Cardiovascular Health Profile

Methodology: Automated Chemistry, Immunometric Assay, HPLC, ICP-MS

### Lipoprotein Factors

Results	Reference Limits
Total Cholesterol 202 <b>H</b>	<= 200 mg/dL
HDL Cholesterol 62	30 - 85 mg/dL
LDL Cholesterol (Direct) 108	<= 130 mg/dL
Triglycerides 91	35 - 160 mg/dL
Lipoprotein (a) 40 <b>H</b>	<= 37 mg/dL

### Lipoprotein Ratios

LDL/HDL Cholesterol	1.7	<= 3.3
Total/HDL Cholesterol	3.3	<= 4.5

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

\*Adapted from the Framingham Heart Study

### Chronic Inflammatory Markers

Ferritin	45	6 - 159 ng/mL
Fibrinogen	375	175 - 425 mg/dL
c-Reactive Protein (HS)	2.6	<= 3.0 mg/L

Cardio CRP value (mg/L)	CHD Risk Level
<1	Low
1-3	Average
>3 (up to 10)*	High

\* If the cardio CRP concentration exceeds 10 mg/L after repeat testing, the patient should be evaluated for noncardiovascular etiologies.

Fibrinogen performed by Southern Clinical Laboratory 405 West Pike St., Suite A Lawrenceville, GA 30045 Lab Director: Dr. Robert David

### Other Important Indicators

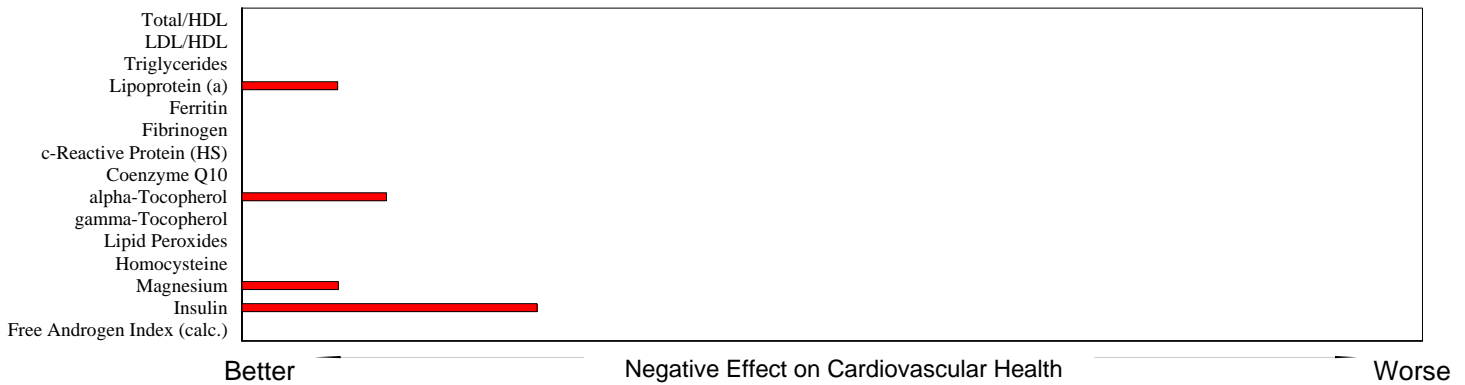
Insulin	15 <b>H</b>	2.0 - 12.0 uIU/mL
Testosterone	50	<= 51 ng/dL
Sex Hormone Binding Globulin	45	18 - 114 nmol/L
Free Androgen Index (calc.)	3.9	<= 4.6

Quintile Ranking	95% Reference Interval
1st   2nd   3rd   4th   5th	
49	36 - 70 ppm packed cells

### Oxidant Stress Factors

Homocysteine	6.2	3.0 - 14.0 nmol/mL
Coenzyme Q10	1.03	0.48 - 3.04 mg/L
Lipid Peroxides	1.25	<= 2.60 nmol/mL
alpha-Tocopherol	8.6 <b>L</b>	6.8 - 31.7 mg/L
gamma-Tocopherol	0.77	0.06 - 2.99 mg/L

**0161 Cardiovascular Health Profile**



The first page of this report show the extensive set of factors that were measured to evaluate your cardiovascular health. Some factors are favorable for cardiac health when they are high, while others should be low. The chart above helps you to see where the most significant abnormalities are; the longest bars on the chart show the most abnormal results on a scale of increasing negative effects on cardiovascular health.

The "Cardiovascular Index" chart below shows your test results with all of the factors summarized 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 tables of recommendations at the end of these pages. It is important that you follow your doctor's instructions to achieve the lowest index.



**Your Supplementation Recommendations**

<u>Slight Indication</u>		<u>Moderate Indication</u>		<u>Strong Indication</u>
Garlic	500 mg twice/day	Calcium	500 mg/day	Avoid Sugars and Starchy Foods
Vitamin C	1000 mg twice/day	Magnesium	500 mg/day	
		Mixed Tocopherols	200 - 800 I.U.	
		Niacin	3 g/day	

· These guidelines are intended as a starting point for the clinician who requested the test and are based only on the laboratory results included in this report. Final recommendations should be implemented by the clinician with consideration of medical history and current clinical observations.  
· These tests are not intended for the diagnosis of specific disorders.