

# HEART RISK PANEL

## LAB RESULT EXPLANATION

These screenings are intended to provide information to be used by health care professionals to detect potential problems and help make you more aware of your health. If, after reading this pamphlet, you still have questions concerning your results, please call your personal health care professional.

### YOUR BLOOD TESTS

You and your doctor can learn a great deal about your health from a sample of your blood. Sometimes test results will be abnormal before you have any symptoms. If symptoms have developed, laboratory tests help confirm that a problem does exist. A normal test result is just as significant as an abnormal result. When a result is normal, it not only helps you rule out disease, but it also establishes a baseline for you. Each person has their own baseline "normal". A person's own results are the best baseline for monitoring any change that takes place in the future. If any of your values are significantly different than previous results, contact your health care professional.



SHERIDAN  
MEMORIAL  
HOSPITAL

1401 West 5<sup>th</sup> Street  
Sheridan, WY 82801

(307) 672-1035 – Laboratory  
[www.sheridanhospital.org](http://www.sheridanhospital.org)

---

### MEDICATIONS AND FASTING

Non-prescription drugs (aspirin, cold medications, vitamins, etc), prescription drugs, alcohol consumption and your fasting time may affect screening results.

**A 12-hour fast is recommended for the most accurate results, to allow your provider to effectively evaluate your health status.**

---

**CHOLESTEROL** is an essential blood fat found in nearly every body tissue. Elevated levels have been shown to be associated with a higher risk of heart disease and clogged blood vessels. If elevated, the result should be discussed with your health care professional.

**TRIGLYCERIDES** are a fatty substance in the body which acts as a major form of stored energy. This is a blood fat that may be related to a higher risk of heart disease. Elevated levels may be caused by food and alcohol. You must not eat for at least 12 hours to obtain an accurate result for this test. Low values are not generally considered significant.

**HDL CHOLESTEROL** is one of several types of fat and is measured as part of total cholesterol. High density lipoprotein (HDL) is referred to as "good cholesterol" because it acts as a scavenger, removing excess cholesterol from artery walls. It has been shown that the HIGHER the levels of HDL cholesterol, the LOWER the risk of developing heart disease.

**LDL CHOLESTEROL (DIRECT)** is one of several types of fat and is measured as part of total cholesterol. Low density lipoprotein (LDL) is the cholesterol that forms deposits on artery walls, causing heart disease. The LOWER the amount of LDL cholesterol, the LOWER the risk of developing heart disease.

**CHOLESTEROL/HDL RATIO** is obtained by comparing the total cholesterol level to the HDL cholesterol level. The higher this number, the greater the risk of coronary heart disease. A high HDL level will result in a lower ratio, meaning a lower risk of disease. This ratio best measures the lipid associated risk of you developing coronary heart disease.

**C-REACTIVE PROTEIN (CRP)** is an acute phase protein produced in the liver in response to cellular injury and inflammation. CRP is useful in the detection/evaluation of infection, tissue injury, and inflammatory disorders. Cardiovascular disease can trigger an inflammatory response. CRP may be used along with other markers to assess the risk of cardiovascular and peripheral vascular disease.

## YOUR SCREENING RESULTS

***IT IS NOT POSSIBLE TO DIAGNOSE OR TREAT ANY DISEASE OR HEALTH PROBLEMS WITH THIS BLOOD SCREEN ALONE.***

It can help you learn more about your body and detect potential problems in early stages when treatment or changes in personal health habits can be most effective.

Screening results that fall outside of Sheridan Memorial Hospital's reference range (range of expected screening values) are separated out from the rest of the results to highlight them. They are printed with an **H (high)** or **L (low)** on the report. The reference range for each test is listed on the right side of your blood report, or by clicking the result value in your Patient Portal. High or low values may indicate:

- Inaccurate results if not fasting for at least 12 hours
- Possible problems needing medical evaluation