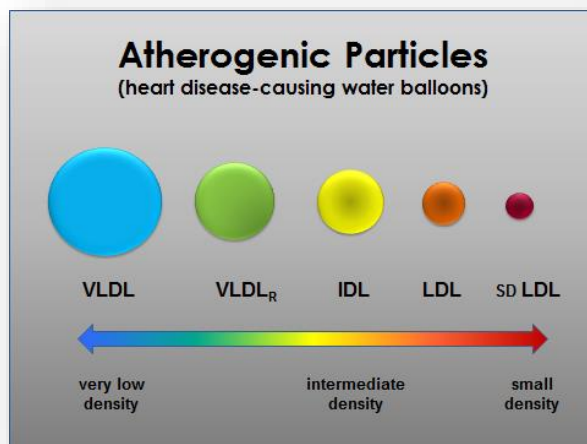
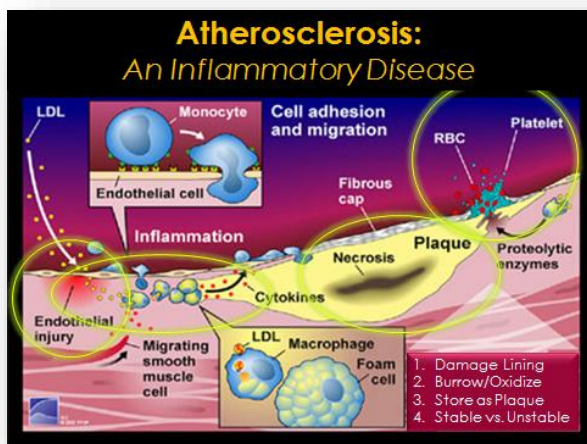




After learning about cholesterol and its role in cardiovascular disease, you now understand how your total cholesterol result does not provide accurate information about your risk for heart attack or stroke. In fact, even a standard cholesterol or lipid lab panel (total cholesterol, LDL, HDL, triglycerides) may not reveal all important risk factors.

In the Advanced Prevention for Cardiovascular Disease presentation, you learned about additional lab tests that can provide additional information regarding your risk for heart disease or stroke. Below are key learning points to help you with your Advanced Prevention goals.



- **Apolipoprotein B (apo B)**
 - Better risk predictor of heart disease
 - Represents total atherogenic particles
- **Very Low Density Lipoprotein (VLDL)**
 - Main carrier for triglycerides
 - Independent risk factor
- **LpPLA2**
 - Indicates inflammation
 - May indicate risk for plaque rupture
- **hsCRP**
 - Marker of cardiac inflammation but...
 - Useful if no other inflammation present
- **Apolipoprotein E (apo E)**
 - Genetic part of the lipoprotein
 - 6 different combinations (E2,E3,E4)
 - Different combinations require unique lifestyle recommendations
- **Lipoprotein (a)/ Lp(a)**
 - Inherited risk factor

- Indicates pro-clotting