



SAMPLE REPORT

09-May-1990 Female

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3814181

BIOCHEMISTRY

BLOOD - SERUM

Result	Range	Units
88.0 *H	0.0 - 75.0	nmol/L



Lipoprotein (a)

Lipid Profile Comment

LIPOPROTEIN(a) ELEVATED:

Consists of an LDL bound to Apolipoprotein component. Causes atherothrombogenesis and strongly associated with peripheral and coronary events.

Consider the following possible causes:

Genetic predisposition, Excessive intake of partially hydrogenated oils/fats, low-fibre, low vegetable-based diet, Hypothyroidism, Post-Menopausal elevation, Diabetes, particularly with central obesity, Chronic renal insufficiency, Simvastatin Therapy, Compounded likelihood of CVD if also high LDL and/or total Cholesterol.

Consider the following actions:

Aerobic Exercise, Dietary modification, 1 g TID Niacin OR inositol hexaniacinate (non-flush if available), CoQ10, L-lysine, proline, HRT if indicated, Magnesium, Coronary vasodilator therapy - as elevated Lp(a) may impair normal vasodilation mechanisms.

Vitamin C, L-Lysine and Vitamin E are also beneficial.

Increased HDL levels appear to reduce the threat posed by high levels of Lp(a).

Lp(a) COMMENT:

For Lp(a) levels > 75 nmol/L the relative risk of MI is 1.75 compared to patients with Lp(a) below this level. Lp(a) is an acute phase reactant and the level is elevated in acute illness.

Tests ordered: Lipo (a),IMPEI,CFee

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang