HEART HEALTH PANEL

DESCRIPTION

The Heart Health Panel provides an overview of your heart health status. This panel can be used as a baseline assessment of your heart health and possible risk factors for cardiovascular disease. There are six tests included in the Heart Health Panel.

- Lipid Panel- measures your LDL cholesterol, HDL cholesterol, and triglycerides.

- Lipoprotein (a)- can be a risk factor for atherosclerosis, coronary heart disease, and more.

- Lipoprotein fractionation- can help assess the risk of cardiovascular disease in people with certain risk factors (such as family history of heart disease, personal history of cardiac events, etc).

- hs-CRP- CRP is a protein that is made in the liver. Increased CRP levels indicate inflammation in the body. High-sensitivity C-reactive protein (hs-CRP) is more sensitive than the standard CRP test. This can be used to evaluate your risk of various cardiovascular diseases.

- Homocysteine- is an amino acid often used to diagnose certain vitamin deficiencies; it can also be a risk factor for the development of cardiovascular disease.

- Comprehensive Metabolic Panel (CMP)- measures your blood sugar and provides valuable information about your kidney function, liver function, and electrolytes

WHY DO I NEED THIS TEST?

To receive an overall cardiovascular baseline or risk assessment.

HOW LONG WILL IT TAKE TO GET MY LAB TEST RESULTS?

7 to 10 business days.

AM I REQUIRED TO FAST FOR THIS LAB TEST?

Yes. Please fast 8 to 12 hours prior to taking the test.

WRITTEN BY:

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Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.