NutriPATH
Integrative Pathology Services
P: 1300 688 522
E: info@nutripath.com.au
A: PO Box 442 Ashburton VIC 3142

TEST PATIENT
Sample Test Name
Sex : F
Date Collected : 00-00-0000
111 TEST ROAD TEST SUBURB
LAB ID: 00000000 UR#:0000000

TEST PHYSICIAN
DR JOHN DOE
111 CLINIC STREET
CLINIC SUBURB VIC 3000

HAEMATOLOGY

BLOOD - CITRAT	Result	Range	Units
FIBRINOGEN	**3.1**	2.0 - 4.5	g/L

BIOCHEMISTRY

BLOOD - SERUM	Result	Range	Units
CHOLESTEROL	***6.6*** ***H**	0.0 - 5.5	mmol/L
TRIGLYCERIDES	**1.5**	0.2 - 1.5	mmol/L
HDL(Protective)	**1.6**	> 1.2	mmol/L
LDL(Atherogenic)	***4.4*** ***H**	0.5 - 3.5	mmol/L
LDL/HDL RATIO (Risk Factor)	**2.8**	0.0 - 3.2	
Lipoprotein (a)	***273*** ***H**	0.0 - 75.0	nmol/L
Apolipoprotein B	***1.32*** ****H**	0.50 - 1.30	g/L
Apolipoprotein A-1	**1.70**	1.10 - 2.05	g/L
RATIO (APO B / APO A-1)	**0.78**	0.35 - 1.15	
HOMOCYSTEINE	**11.0**	5.0 - 12.0	umol/L
HIGH SEN CRP	**0.90**	0.00 - 10.00	mg/L

(*) Result outside normal reference range
(**) Result is critically abnormal
(H) Result is above upper limit of reference rang

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Lipid Profile Comment

CHOLESTEROL COMMENT:
For secondary prevention, total cholesterol Treatment Target is <4.0 mmol/L
Triglycerides Treatment Target <2.0 mmol/L
HDL Treatment Target Value >1.0 mmol/L

LDL-CHOLESTEROL COMMENT:
As there is an elevated LDL level, we suggest a Liposcreen (LDL Subractions) Test to determine the presence of small, dense (highly atherogenic) LDLs which are a primary cause of Coronary Artery Disease (CAD).
The LDL subtypes are not detectable through conventional Lipid Profiles.

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, Simvistatin 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 availalable), 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 > 0.30 g/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.

APOLIPOPROTEIN B ELEVATED:
Apolipoprotein B levels increase during pregnancy, hypercholesteremia, LDL receptor defect, bile obstruction, hyperlipemia type II, and nephrotic syndrome.
Suspect: Elevated LDL, Hyperlipoproteinemia type 2a or 2b, Hyper-beta-lipoproteinemia, Arterial Stenosis (High Apo B can be associated with carotid or coronary stenosis).
Consider the following actions: Treat as for elevated Cholesterol and Triglycerides, 1 g TID Niacin OR inositol hexaniacinate (non-flush if availalable), use Psyllium and other water soluble fibres, vegetable-based diet including soy products, Zinc supplementation and Anti-oxidants.

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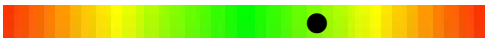
General Chemistry Comment

ELEVATED HOMOCYSTEINE LEVEL:
Hyperhomocysteinemia is a risk factor for arterial and venous thrombosis.
Highest 25th percentile of Homocysteine levels showed 3 fold greater MI risk than the lowest 25th percentile.
Homocysteine is elevated in B12, B6 and folate deficiency as well as renal impairment.
A fasting specimen is required as homocysteine is affected by diet.

In the Methylation process, Homocysteine levels may be lowered by one of the following;
1. Conversion to Methionine to SAMe (via TMG or methylB12)
2. Conversion to Cystathionine to Glutathione (via Vit B6)
3. Conversion to Tetrhydrofolate to 5MTHF (via VitB2, VitB6)

GLUCOSE (FASTING)	**5.3**	3.5 - 6.0	mmol/L	

Tests ordered: FIB,FGLU,CVP,IMPEI,CFee