

1 in 3
deaths in the
U.S. is due to
heart disease²

Someone in the
U.S. has a heart
attack every
43
seconds²

My father died
of heart
disease at 46,
what is
my risk?

I am post-
menopausal,
am I at greater
risk for heart
disease?

My cholesterol
is normal, am
I at risk for
heart disease?

Heart disease is the
#1 killer, taking more
lives than all
forms of cancer
combined¹

My uncle
smokes
cigarettes, will
quitting reduce
his risk?

My mom is
diabetic, is
she at risk for
heart disease?

My doctor
says I'm
overweight,
should I be
concerned?

For additional information, please visit
knowyourrisk.com

To watch a video
about inflammation
testing please visit
us on YouTube.



YouTube know your risk video



inflammation testing
from **ClevelandHeartLab**

 **ClevelandHeartLab**[®]
Know your risk.

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KNOW YOUR RISK[™]
FOR HEART DISEASE

REFERENCES:

1. Mozaffarian D, Benjamin EJ, Go AS, et al. Heart disease and stroke statistics—2015 update: a report from the American Heart Association. *Circulation* 2015;131:e29–322.
2. "About Heart Disease and Stroke". Million Hearts. Centers for Disease Control and Prevention. n.d. Web. 13 Mar.2015.
3. Sachdeva A et al. Lipid levels in patients hospitalized with coronary artery disease: An analysis of 136,905 hospitalizations in Get With The Guidelines. *Am Heart J.* 2009; 157: 111-117.

50% of patients who have a heart attack or stroke have normal cholesterol levels.³



So, what is driving these events?

Researchers now understand that **events happen because of inflammation** in the artery. Measuring cholesterol without inflammation or measuring inflammation without cholesterol may tell only half the story.

Cholesterol testing provides part of the picture. **Inflammation Testing provides a more complete picture of YOUR RISK** for heart disease.

Are you at Risk?

The American Heart Association (AHA) has identified the following risk factors for developing heart disease.

- Age**—Your risk increases as you get older.
- Gender**—Men are at higher risk if over 45 years of age and women if over 55 years of age.
- Family History**—Your risk is higher if members of your family have had cardiovascular disease (heart attack, bypass surgery, a stent, or stroke) at a young age; before age 55 years for men or before age 65 years for women.
- High Blood Pressure**—Know your blood pressure. Ideally it should be less than 120/80 mm Hg when you are at rest, although somewhat higher levels are often OK with your doctor when you're older.
- High Blood Cholesterol**—Your risk for heart attack is lower if your LDL-cholesterol is less than 100 mg/dL and your non-HDL-cholesterol is less than 130 mg/dL.
- Physical Inactivity**—Sitting for long periods of time increases your risk. Even moving around for 5-10 minute periods throughout the day can lower heart attack risk.
- Obesity and Overweight**—Risk for disease is related to those extra pounds around your waist line. Losing 5-10% of your body weight reduces health risk.
- Smoking**—Research has shown that every 5 cigarettes a day smoked increases heart attack risk. Quitting smoking reduces heart attack risk immediately.
- Diabetes**—It is very important to KNOW your blood sugar level. Normal blood sugar levels are under 100 mg/dL.

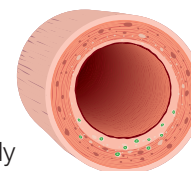
If you have risk factors, you should consider inflammation testing:

Cleveland HeartLab offers simple blood and urine testing that provides you and your doctor information that can be used to determine the following:

Are you at Risk for Disease?

F₂-IsoPs and OxLDL

Test for substances in your body that may encourage the disease process and help to find out if you are at risk for metabolic syndrome.



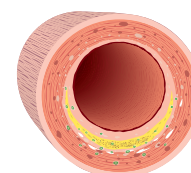
Do you have Disease Present?

ADMA/SDMA and Microalbumin

Helps find out if there may be some damage to the lining in the walls of your arteries which may be a sign of disease.

hsCRP

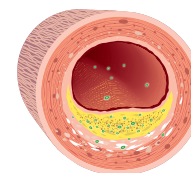
Measures very low levels of inflammation; even slightly high levels may mean you have a higher risk of diseases such as diabetes or heart disease.



Are you at risk for a Heart Attack or Stroke?

Lp-PLA₂ and MPO

Elevated results on these tests may mean that you are actively growing plaque in your arteries or you are at a higher risk of plaque rupture that may lead to a heart attack or stroke.



Ask your doctor about inflammation testing from Cleveland HeartLab.

The following blood and urine tests may help you and your doctor know your risk for developing heart disease.

- F₂-Isoprostanes (F₂-IsoPs)
- Oxidized Low-Density Lipoprotein (OxLDL)
- ADMA/SDMA
- Microalbumin
- High Sensitivity C-Reactive Protein (hsCRP)
- Lp-PLA₂
- Myeloperoxidase (MPO)

Once you **KNOW YOUR RISK™** you can **Take Action!**

