

Your VAP™ Cholesterol Test Results



Your VAP™ Cholesterol Test is an expanded lipid panel that directly measures the amount of lipids in your body. When in normal range, lipids are very necessary for good health. But, when lipids are out of normal range, they may represent a risk factor associated with heart disease. If your lipids are out of normal range, there are several options you and your doctor have, including diet, exercise, and drug therapy, that will help return them to normal and maintain the health of your heart and body. The following definitions will help you understand your lipids and their measurements.

HDL Cholesterol	The protective or “Good” cholesterol.
LDL Cholesterol	The “Bad” cholesterol.
VLDL Cholesterol	The main carrier for Triglycerides and if out of range can be an independent risk factor for heart disease.
Total Cholesterol	The total amount of cholesterol circulating throughout your body.
Triglyceride	Energy rich molecules needed for normal functions throughout the body. Elevated levels are associated with cardiovascular disease.
HDL₂	Large buoyant and the most protective form of HDL cholesterol. Low HDL ₂ is a risk factor for heart disease in patients with normal cholesterol values.
HDL₃	Small dense and is the least protective HDL.
Total HDL Cholesterol	The sum of HDL ₂ and HDL ₃ .
Total Non-HDL	LDL-C + VLDL-C. Shown to be a better predictor for CAD risk than LDL cholesterol alone.
Non-HDL/HDL Ratio	Should be less than 4.0 mg/dL.
LDL-R-Cholesterol	The real LDL cholesterol circulating in your body. High levels of LDL-R are usually associated with bad eating habits.
Lp(a)-Cholesterol	A highly inherited independent risk factor and is also considered the “Heart Attack” cholesterol.
IDL-Cholesterol	Strongly inherited independent risk factor for coronary heart disease.
Total LDL Cholesterol	The sum of LDL-R-C + Lp(a)-C + IDL-C.
LDL-R Subclass Pattern:	
Pattern A	Large, buoyant LDL-R that can cause blockage. Ideal risk.
Pattern A/B	Intermediate density LDL-R that can cause blockage. Moderate risk.
Pattern B	Small, dense LDL-R that can cause blockage. High risk.
VLDL_{1,2} (Buoyant)	Main carrier for Triglycerides and when elevated is an independent risk factor for heart disease.
VLDL₃ (Dense)	The most dense subfraction of VLDL and constitutes a greater risk for heart disease than VLDL _{1,2} .
Homocysteine	Not related to cholesterol. High levels are associated with greater risk for plaque buildup in arteries.
hsCRP	Not related to cholesterol. High levels are associated with greater risk for cardiovascular disease.