

LPP TESTING

KNOW YOUR NUMBERS

LIPOPROTEIN PARTICLE PROFILE (LPP®)

*ASSESS YOUR TRUE RISK
FOR HEART DISEASE*

**GET TESTED
TODAY!**

WHO SHOULD GET TESTED?

Everyone, especially those who:

- ▶ Have a family history of heart disease or diabetes
- ▶ Have a poor diet
- ▶ Have been diagnosed with heart disease
- ▶ Have weight management issues
- ▶ Have high LDL-C
- ▶ Have low HDL-C
- ▶ Smoke
- ▶ Have high blood pressure

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DID YOU KNOW...?

50% of people who have a heart attack have "normal cholesterol" levels?

WHAT IS CHOLESTEROL?

Cholesterol is a soft, waxy substance produced in the liver and found in animal products we eat. Cholesterol is a necessary part of every cell in your body. It is also found throughout the cardiovascular system in the form of lipoprotein particles.

WHAT ARE LIPOPROTEIN PARTICLES?

Lipoprotein particles vary in size and density, and carry both triglycerides and cholesterol. Standard testing of LDL ("bad") and HDL ("good") cholesterol don't tell us enough about the particle breakdowns—or fractions—of each of these cholesterol families. By testing exact numbers of LDL and HDL particles, your doctor can tell you what the optimal treatment will be for cardiovascular disease prevention.

WHAT'S WRONG WITH STANDARD CHOLESTEROL TESTING?

Standard cholesterol testing only reveals part of the picture and misses the earliest opportunity to prevent adverse cardiovascular events, when it's easiest to treat.

HOW IS INFLAMMATION INVOLVED IN HEART HEALTH?

Cholesterol is not the whole story! Understand the link between lipoproteins, inflammation, and your immune system...

Cholesterol is inherently beneficial to the body. However, when the LDL family (Lp(a), IDL, RLP, LDL I, II, III, IV) of lipoproteins react with oxygen and are oxidized, the oxidized LDL forms plaque and sets the stage for inflammation.

Oxidation can cause the immune system to become activated. Oxidation causes damage to lipoproteins, which are attacked by the immune system through mediators called macrophages. These in turn, become foam cells and enter into a plaque in the artery.

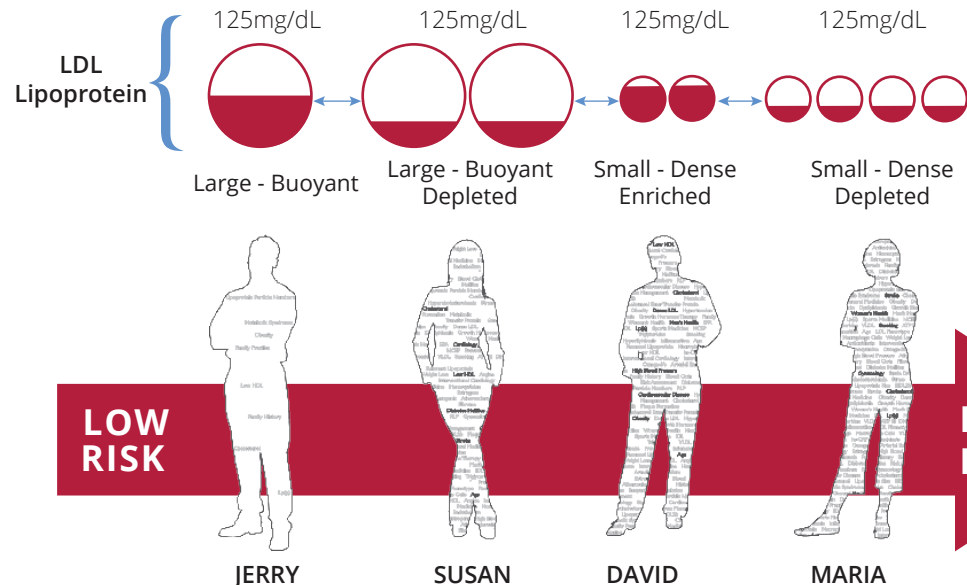
THE SIZE/DENSITY AND NUMBER OF PARTICLES DETERMINE YOUR RISK!

LDL CHOLESTEROL MEASUREMENTS DO NOT DETERMINE THE NUMBER OF LDL PARTICLES

LDL particles can be large or small, and the amount of cholesterol contained within these particles varies widely. Smaller particles have a greater risk of causing cardiovascular disease. An increased number of particles also has a higher risk. Bigger the better!

LIPOPROTEIN PARTICLES VS. CHOLESTEROL

Each patient shown below has the same LDL cholesterol of 125 mg/dL.



Maria has the highest risk because her LDL particles are the smallest, and has a lot of them.

