



Healthy Smile
Healthy Heart

Recommended In Office Blood Testing

Diabetes Risk Assessment: (HB A1C)

The A1c test measures a patient's total glycated hemoglobin (hemoglobin A1c) and accurately measures the average blood glucose (blood sugar) level over the previous 60 to 90 days.

For a diabetic, daily blood sugar monitoring is an important real-time monitor, but it's only the first of two very important disease management numbers. The other is A1c.

Blood sugar binds irreversibly to hemoglobin to form what is called a glycated hemoglobin complex. This complex is very stable and can be analyzed at predetermined intervals (usually 90 days) to determine the patient's overall blood sugar control.

Diabetes is an insidious and terribly damaging disease. It usually takes its toll slowly, gradually attacking the eyes, organs, and extremities. Continuous control is a must! The Diabetes Control and Complications Trial (DCCT) has shown that the lower the A1c number, the better are the patient's chances of slowing or even preventing serious damage to the eyes, nerves, and kidneys. Any improvement in A1c levels has the potential to reduce complications.

For an identified diabetic, an A1c number above 8.0% is considered poor blood sugar control, while 7.0% or lower is the ideal and usually considered the goal for most diabetics.

For the general population, an A1c number below 6.0% is considered normal while 6.0% to 6.9% is considered pre-diabetic. A number 7.0% or above is usually a sign of diabetes. In any case, a number of 6.0% or higher warrants immediate attention and further testing by the patient's doctor. With the A1c number, the patient and his or her doctor can develop or modify treatment strategies. The American Diabetes Association (ADA) recommends the A1c test as the best way to determine if a patient's blood sugar is under control over time. The ADA further recommends that an A1c test be performed every 3 months for patients on insulin, during treatment changes, or during periods when blood sugar levels have been recorded as high. Patients taking oral medications, with stable blood sugar levels, should take the test every 6 months.

C-Reactive Protein Test : (HS CRP)

C-reactive protein is a non-specific blood marker that measures general levels of inflammation in the body. C-reactive protein is produced by the liver and its level rises when there is some form of body-wide infection or inflammation, injuries and/or many long-term diseases. Because a CRP result is non-specific, if CRP is elevated, other tests are needed to find the cause and location of the inflammation.

A more specific CRP test called high-sensitivity CRP (hs-CRP) is often used for patients with inflammatory bowel disease, some forms of arthritis, and other autoimmune diseases to assess how active the inflammation is. The test is also used to monitor patients after surgery or other invasive procedures to detect the presence of an infection during the recovery period.

A CRP level greater than three (>3.0) is now considered a significant risk factor for diabetes, hypertension, cardiovascular disease, and possibly cancer. A high or increasing amount of CRP in the blood suggests an acute infection or inflammation. In a healthy person, CRP is usually less than one (<1.0). A number between 1 and three (1.0 and 3.0) is considered Average Risk.

If the CRP level drops, it means the patient is getting better and inflammation is being reduced.

Cholesterol Panel: (Lipids)

While cholesterol is essential to maintaining good health, too much of it poses dangerous health risks. In fact, higher than normal cholesterol levels can increase the risk of heart attack by more than 200%. Since there are no signs or symptoms that will tell if a person's cholesterol is too high, blood testing is the only way to know for sure.

Cholesterol is a soft, waxy substance transported by the blood to all the cells of the body. It is vitally important because it helps in the formation of cell membranes, certain hormones, and other types of tissues.

For the most meaningful evaluation of overall cholesterol health there are four different cholesterol components that must be evaluated: total cholesterol, HDL cholesterol, LDL cholesterol, and triglycerides.

Total Cholesterol is the total amount of cholesterol in the blood.

HDL (often called the "good cholesterol") helps to actually remove excess cholesterol.

LDL (often called the "bad cholesterol") can slowly build up within artery walls.

Triglycerides are naturally occurring tissues that form much of the fat stored by the body.

Desirable Ranges

Total Cholesterol	< 200
HDL	> 40
LDL	< 130
Triglycerides	< 150

Cholesterol comes from only two sources: 1) our own bodies (primarily in the liver), 2) foods we eat that come from animals (meats, dairy products, poultry, fish and seafood). Fruits, vegetables, grains, nuts, and seeds do not contain cholesterol.

Cholesterol testing should be done several times each year on those who have been prescribed a cholesterol lowering diet and/or cholesterol lowering drugs, and at least every five years on all other adults.

Benefits:

- ◆ No special certification needed!
- ◆ Customized patient lab reports sent directly to your office for patient follow up.
 - ◆ Tests are accurate, convenient, and easy to use.
 - ◆ Patient consent form enclosed with every test kit.

To get started call New Line Medical at (800) 452-8909

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