

Heart Healthy Focus

Cardio IQ™ Apolipoprotein Evaluation

Description: Measures ApoA1, ApoB, and the ApoB/A1 ratio to provide a detailed assessment of cholesterol particles and cardiovascular risk.

Why it's important: This advanced evaluation offers a more complete picture of heart health than a standard cholesterol test. It helps identify your risk for heart disease and supports personalized prevention and treatment strategies.

Apolipoprotein A1 (ApoA1)

Description: Measures ApoA1, the primary protein found in HDL ("good") cholesterol.

Why it's important: ApoA1 helps remove excess cholesterol from the arteries, protecting against plaque buildup. Higher levels are associated with better cardiovascular health and a lower risk of heart attack and stroke.

Apolipoprotein B (ApoB)

Description: Measures ApoB, the primary protein found in LDL ("bad") cholesterol and other artery-clogging lipoproteins.

Why it's important: ApoB reflects the number of cholesterol particles capable of forming plaque in the arteries. Elevated levels are associated with an increased risk of atherosclerosis, heart attack, stroke, and coronary artery disease.

Apolipoprotein B/A1 Ratio

Description: Measures the balance between harmful cholesterol particles (ApoB) and protective cholesterol particles (ApoA1).

Why it's important: The ApoB/A1 ratio is one of the strongest indicators of cardiovascular risk. A lower ratio suggests healthier arteries and a lower risk of heart disease, while a higher ratio indicates a greater likelihood of plaque buildup and cardiovascular events.

Cardio IQ™ Homocysteine

Description: Measures homocysteine, an amino acid associated with cardiovascular health.

Why it's important: Elevated homocysteine levels may damage blood vessels and increase the risk of heart disease and stroke. This test can also identify possible deficiencies in vitamins B6, B12, and folate that may contribute to elevated levels.

Cardio IQ™ Lipoprotein Fractionation

Description: An advanced cholesterol analysis that measures the number, size, and type of lipoprotein particles—including LDL, HDL, VLDL, and remnant particles—to provide a more detailed assessment of cardiovascular risk than a standard cholesterol test.

Why it's important: Standard cholesterol tests measure the amount of cholesterol in your blood but not the number or size of the particles carrying it. This advanced analysis evaluates:

- **LDL Particle Number (LDL-P):** Measures the total number of LDL ("bad") cholesterol particles. A high LDL particle number increases the risk of plaque buildup, even when LDL cholesterol appears normal.
- **LDL Particle Size & Pattern:** Identifies whether LDL particles are large or small and dense. Small, dense LDL particles are more likely to penetrate artery walls, become oxidized, and contribute to atherosclerosis.
- **HDL Particle Number & Size:** Evaluates the quantity and quality of HDL ("good") cholesterol particles that help remove excess cholesterol from the bloodstream and protect against heart disease.
- **VLDL & Remnant Particles:** Measures triglyceride-rich particles that contribute to plaque formation and increase cardiovascular risk.

By identifying hidden cardiovascular risk that may not be detected with a traditional lipid panel, this test provides a more personalized assessment of heart health and helps guide lifestyle changes and treatment strategies to reduce the risk of heart attack, stroke, and coronary artery disease.

Cardio IQ™ Insulin

Description: Measures fasting insulin levels to evaluate how effectively the body regulates blood sugar.

Why it's important: Elevated insulin levels may indicate insulin resistance, a major contributor to metabolic syndrome, type 2 diabetes, and cardiovascular disease. Early detection allows for lifestyle changes that can improve heart health, reduce inflammation, and lower the risk of future cardiovascular events.



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