

## CARDIAC (HEART) HEALTH SCREEN

The Cardiac (Heart) Health Screen, also known as a Lipid Panel, is a group of tests used to detect your risk of coronary artery disease, heart attack, or stroke. Lipids are fats and fat-like substances found in the bloodstream and stored in body tissues. The screen measures:

- **Total Cholesterol**
- **LDL (“bad” cholesterol)**
- **HDL (“good” cholesterol)**
- **VLDL cholesterol**
- **Triglycerides**

### **What should I do with my results?**

It is always recommended that you meet with a doctor to determine what your laboratory test results mean to you. Your doctor will review all of your test results and, combined with your health history, will be able to provide an accurate picture of your health status.

**If any of your results were abnormal or out-of-range:** You could be at increased risk for coronary artery disease. As with any abnormal results, it’s important that you discuss their implications with your physician.

**If your results were within normal range:** If all of your cardiac health screen test components were within normal range, you should follow the screening guidelines for your age and health status. The American Heart Association recommends that, beginning at age 20, your doctor should assess your risk for coronary artery disease. If your physician has assessed your risks of heart disease and your risks are not elevated, it is recommended that you be screened every five years.