

Berkeley HeartLab, Inc. Presents...

"Berkeley 101": An Introduction to Lowering Heart Disease and Stroke Risk

Each class followed by a ½ hour talk on nutrition, exercise, or stress management

Learn how to read your Berkeley Test results.

Start on the path to a healthier heart with support in nutrition, exercise, and managing stress.

**Boulder Medical Center
2750 Broadway
Boulder, CO 80304
3rd Floor Conference Room
(Enter through the main entrance.)**

***With Clinical Educator,
Bunny Foxhoven, RD, CDE***

**When: The first Wednesday
of every month at 12:00 pm**

**June 2nd
July 7th
Aug. 4th
Sept. 1st
Oct. 6th
Nov. 3rd**

Space is limited. You must RSVP if you would like your personal BHL test results available to you for the class. Please contact Bunny Foxhoven at 1-800-432-7889 x6990

| | Normal | Inter- mediate | At Risk | Last Visit | Alert Value | BHL Goal | Reference Range ** |
|-----------------------------------|--------|-------------------|------------|---------------|----------------|-------------|-----------------------|
| LDL IIIa+b (%) | | | 44.60 | | > =20 | <=15 | 11.2 - 39.2* |
| LDL IVb (%) | 1.9 | | | | > =10 | <=5 | 1.2 - 8.7* |
| HDL2b (%) | | | 9 | | <20 | >30 | 9 - 36* |
| Apo B (mg/dL) | | 95 | | | >120 | <60 | 50 - 130 |
| Apo B Ultra-Particle # (mg/dL) | | 74 | | | >100 | <60 | 50 - 130 |
| Lp(a) Extended Range (mg/dL) | 4 | | | | >=30 | <30 | 0 - 30 |
| Apoprotein A1 (mg/dL) | | 131 | | | <=103 | >140 | 110 - 205 |
| Homocysteine (umol/L) | | 10.1 | | | >=14 | <10 | 4.0 - 15.4 |
| Apo B Genotype | | | 4/3 | | 3/4, 4/4 | | † |
| Lp-PLA2 (ng/ml) | 148 | | | | >223 | <200 | 155 - 419 |
| CRP (hs) (mg/L) | | 2.1 | | | >3.0 | <1.0 | 0.0 - 5.0 |
| Fibrinogen (mg/dL) | | | 3.69 | | >=350 | <350 | 180 - 350 |

6 Borderline High Homocysteine
7 Apo E 4/3 - heterozygous
8 Intermediate hs-C-Reactive Protein

Clinical Summaries continue on Page 3

For Physician Use Only

**Personalized 4myHeart Diet and
Exercise Suggestions**

These recommendations have been designed to assist clinicians in developing and implementing a personalized treatment plan for their patient. They are based on the tests in this report only and no consideration is made for any previous patient lab values, current diet, lifestyle or drug therapy, or medical conditions (such as Diabetes Mellitus). Clinicians should use appropriate medical judgment in applying these lifestyle therapy suggestions and depart from them in accordance with the patient's individual needs.

