

FOR YOUR PATIENTS

Advanced Lipid Testing

WHAT YOU NEED TO KNOW

What is Advanced Lipid Testing?

Advanced lipid testing may be recommended by your healthcare provider to optimize your cholesterol treatment. Advanced lipid tests are performed because standard cholesterol tests may not completely represent cholesterol-related risk for heart attacks and strokes. Some people—especially people with diabetes, insulin resistance, or cardiovascular disease—continue to have progression of cardiovascular disease, even when their low-density lipoprotein (LDL) cholesterol is at goal.

Advanced lipid testing is usually performed in addition to a standard cholesterol test or “lipid panel,” which measures total cholesterol, LDL cholesterol, high-density lipoprotein (HDL) cholesterol and triglycerides. Two commonly used advanced lipid tests are apolipoprotein B (apoB) and LDL particle number (LDL-P).

How are advanced lipid tests performed and how often should I have testing?

ApoB and LDL-P are both simple blood tests and do not require fasting. Advanced lipid testing is offered at many labs and also may be available at your healthcare provider’s office. Insurance coverage can be discussed with your healthcare provider and insurance company. Some providers recommend advanced lipid testing at the initial visit and intermittently throughout treatment. Some providers recommend advanced lipid testing after you have successfully achieved your LDL cholesterol and non-HDL cholesterol goals.

What are good results and how do I achieve them?

As with standard cholesterol testing, your healthcare provider may recommend a specific target number based on your risk factors. As with cholesterol goals, advanced lipid goals are reached through a combination of healthy lifestyle and cholesterol-lowering medication.

How are advanced lipid tests different from regular cholesterol tests?

Cholesterol is carried in lipoprotein particles. Advanced lipid tests can be useful because some people do not have a lot of LDL cholesterol, but they have a lot of LDL particles. This can occur when they have mostly small particles or, alternatively, particles that contain less cholesterol per particle. A higher number of these lipoprotein particles make it easier for them to invade the walls of the arteries and induce a series of events that can lead to plaque formation.



The LDL particle number measures the actual number of LDL particles that carry LDL cholesterol per liter of plasma. In addition to the number of LDL particles, advanced

lipid tests report the size of these LDL particles, which may help your provider diagnose the cause of your cholesterol abnormality. For example, increased numbers of small, dense LDL particles can be caused by insulin resistance, a condition that raises your risk for developing diabetes. Understanding this information will help your healthcare provider utilize the right combination of diet and drug therapy to prevent onset or progression of disease.

The apoB test measures the concentration of lipoprotein particles that have an apolipoprotein B on their surface. All of the particles that have the potential to cause disease are labeled with one molecule of apo B. ApoB, like LDL-P, can be a better measure of risk than LDL cholesterol in certain people.

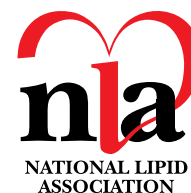
Name: _____ Date: _____ Health Care Provider: _____

LDL Goals: _____ Weight Loss Goals: _____

Activity/Exercise Goals: _____

Medications Recommended: _____

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