LIPOPROTEIN PARTICLE PROFILE + (LPP+) LAB TEST

DESCRIPTION

The LPP+™ test is the most advanced test available to predict heart disease risk, much more so than standard cholesterol testing. It measures the lipoprotein particles directly giving a more precise evaluation of their size. High numbers of small, dense LDL particles can ultimately cause cardiovascular disease. The National Cholesterol Education Program (NCEP) has identified new lipoprotein risk factors to help identify potential heart attack victims with these "normal" numbers. The new risk factors, Remnant Lipoprotein (RLP), Small Dense LDL, Lipoprotein (a) (Lp(a), and HDL 2b & 3, will not show up in a standard cholesterol test. The first three lipoproteins are high in 25% of the population, while the last, the "good" HDL types, large, buoyant particles that pick up excess cholesterol from the blood, is low in 25% of the population but those who haven't had the LPP+™ test do not know whether they are at risk.

WHY DO I NEED THIS TEST?

Although you may have "normal" cholesterol numbers, you aren't getting a complete picture of your cardiovascular risk with standard cholesterol testing. The advanced LPP™ test looks at the new risk factors identified by the NCEP and allows your physician to make changes to your treatment plan, or put one in place, to be more aggressive in preventing heart attacks and stroke.

AM I REQUIRED TO FAST FOR THIS LAB TEST?

Yes. You must fast at least eight (8) hours prior to having your specimen collected.

WRITTEN BY:
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Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.