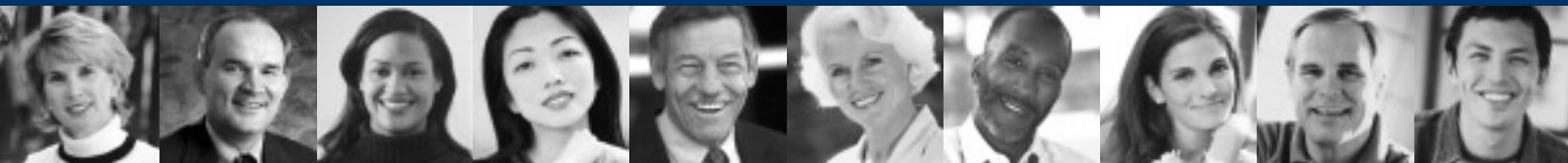




# Patient Profile



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At age 50, Bruce Begley was busy handling the demands of his job as executive director of 209-bed Methodist Hospital in Henderson, Kentucky. Though he had been taking medication for high blood pressure for several years, he felt his overall health was good, and he had been getting regular exercise as the coach of a local boy's basketball team.

So it was a stroke of luck that in early 2003, Begley attended a continuing medical education program about a new expanded cholesterol test that Methodist Hospital had recently begun to offer. The hospital's lab director, Dr. Primilina Corpus, asked if those in attendance would volunteer to take the next-generation VAP™ (Vertical Auto Profile) Cholesterol Test. Begley agreed and offered his arm for a small blood sample. The VAP Test provides direct, detailed measurements of cholesterol subclasses that play important roles in the development of heart disease, but are not measured by the routine lipid panels in use since the 1970's. This comprehensive information allows the VAP Test to identify up to 90 percent of at-risk patients, versus just 40 percent with the routine test.

Begley's idea of his good health changed dramatically when the unexpected results of his VAP Test arrived a few days later. “Dr. Corpus called and requested an immediate office visit,” he said. “She came with the results of my VAP Test, which showed that I was at very high risk for heart disease. I made an appointment with my cardiologist, Dr. Mohit Sheth, for a consultation as soon as possible.”

At the appointment, Dr. Sheth reviewed Begley's VAP Patient Profile, which detailed the results of his VAP Test—all of Begley's cholesterol measurements were abnormal. His VAP Patient Profile showed irregular levels for total cholesterol, along with several different cholesterol subclasses, including:

- Low levels of high-density lipoprotein (HDL, or the “good” cholesterol)
- Elevated levels of low-density lipoprotein (LDL, or the “bad” cholesterol)

- Elevated lipoprotein(a), or Lp(a), a subclass of LDL that is known as the “widow maker.” This subclass is critical because elevated Lp(a) can result in up to a 70 percent increased risk of heart disease.
- Small, dense LDL (Pattern B). LDL subclass pattern is important because patients with LDL Pattern B have a four-fold increased risk for developing heart disease.

“Those shocking results, along with my strong family history of heart disease, led Dr. Sheth to schedule an immediate cardiac workup, including a cardiac catheterization,” Begley said. “Those tests showed that I had serious blockage in two arteries—one was 80 percent blocked and another was 50 percent blocked. As a result, I had a successful coronary angioplasty and placement of a stent—I felt almost immediate relief.”

Additional treatment consisted of a combination of medications, including a statin and niacin, and lifestyle changes such as a better diet and exercise program, which have played a critical role in improving Begley's heart health. A follow-up VAP Test taken in August 2003 showed improvement in many of Begley's cholesterol levels.

Begley's cardiologist, Dr. Sheth, said he is confident that continued treatment and monitoring with the VAP Test will significantly reduce Begley's chances of having a heart attack. “Additional information is always helpful, both to identify patients at risk and to guide treatment,” Dr. Sheth said.

According to Begley, the VAP Test has provided him with tremendous peace of mind, and he appreciates the valuable information it provided about his heart disease risk. Consequently, he wants others to know that the test is available. “I encourage everyone to take the VAP Test—family, friends, employees,” he said. “It is a painless and inexpensive test that can detect hidden risk factors. People in the community and employees tell me that they didn't know anything was wrong with me—neither did I.”

