Laboratory test explanations for patients

Test	Test Description	Normal Values	Additional Lifestyle Suggestions
Apolipoprotein E (apoE)	ApoE is a genetic test that shows how you break down cholesterol and fat in the foods you eat. It may be helpful in guiding your doctor's recommendations for better food choices and medications.	ApoE3/E3	ApoE2 Choose: omega-3 fatty acids, weight loss, cardiovascular exercise Limit: refined carbohydrates and saturated fats ApoE4 Choose: high-fiber foods, healthy fats and plant sterols and stanols Limit: saturated and trans fats
Cystatin C	A sensitive marker of kidney function and how your kidneys are working.	0.5 – 1.03 mg/L	
Gamma-Glutamyl Transferase (GGT)	An enzyme that breaks down antioxidants.	12 – 64 U/L (M) 9 – 36 U/L (F)	Limit: alcohol
Glucose	The "sugar" in your blood stream.	70 – 99 mg/dL	Choose: high-fiber foods Limit: refined carbs
GlycoMark	Reflects "after-eating" blood sugar levels over a one to two week period.	10.7 – 32.0 (M) 6.8 – 29.3 (F)	Limit: refined carbs
Hemoglobin A1c (HbA1c)	Shows the average amount of "sugar" in the blood over the past two to three months.	< 5.6% (optimal)	Choose: high-fiber foods Limit: refined carbs
Homocysteine	An amino acid.	< 11.4 umol/L (M) < 10.4 umol/L (F)	Limit: caffeine and alcohol Stop: smoking
Hs-C Reactive Protein (Hs-CRP)	A major marker of inflammation.	< 1.0 mg/L	Stop: smoking
Insulin	A hormone made in the pancreas that helps the body move blood "sugar" from the bloodstream to the cells to be used for energy.	3.0 – 21.1 uU/mL	Choose: whole grain foods Limit: refined carbs
Lipoprotein-associated Phospholipase A_2 (Lp-PLA_2)	An enzyme that is a specific marker of artery inflammation.	< 200 ng/mL	Stop: smoking
NT-proBNP	A hormone released by cells in the heart when it is under stress.	< 75 years: < 125 pg/mL > 75 years: < 450 pg/mL	
Uric Acid	The end product of your body breaking down certain nucleic acid-related compounds.	3.5 – 7.2 mg/dL (M) 2.6 – 6.0 mg/dL (F)	Limit: fructose and purine rich foods
Vitamin D	A fat-soluble vitamin that is activated by the sun.	Sufficient: 30 – 100 ng/mL	Choose: midday sun exposure 5-30 minutes twice weekly, and ask your doctor about vitamin D supplements

Notes: