

## Why Order The VAP<sup>®</sup> Cholesterol Test

The VAP<sup>®</sup> Cholesterol Test is an affordable test that routinely reports direct LDL-C, non-HDL, and ApoB—the three major risk factors identified by the American Diabetes Association/American College of Cardiology joint consensus statement and the NCEP ATP III guidelines as targets to effectively reduce CVD risk. The VAP Test also routinely reports residual lipid risks posed by such components as: elevated lipoprotein (a); low HDL<sub>2</sub>; small, dense LDL particles; and triglyceride rich remnants.



### Accurate

The accuracy of VAP measurements are verified by beta quantification, a standard procedure for lipoprotein analysis based on centrifugation.



### Easy

Because the VAP Test directly measures all cholesterol components, including LDL-C, fasting is not required.



### Affordable

The VAP Test is reimbursed by most insurance carriers, Medicare and Medicaid. You can find out more information by contacting Atherotech.



### Effective

By reporting 22 values of cholesterol, the VAP Test identifies risks you can't see with a standard lipid panel.



### Accessible

Obtaining a VAP Test is easy. Contact your local clinical lab, or contact Atherotech directly.



# Who should get a VAP?

- Any patient with established atherosclerosis/vascular disease
- Any patient with diabetes mellitus
- Any patient with a Framingham risk score over 5%
- Any patient with an elevated inflammatory biomarker
- Any patient with NCEP ATP III risk factors:
  - o Cigarette smoking
  - o Hypertension
  - o Low HDL-C (<40 mg/dL)
  - o Family history of premature CHD
  - o Age (men ≥ 45 years; women ≥ 55 years)

**VAP TEST**  
FROM ATHEROTECH

Patient Name: PATIENT, TEST  
Account: TEST CLIENT  
Physician: Physician, Test  
Fasting Status: Fasting

Sex: F  
Age: 34  
DOB: 10/01/1974  
Client No: CLIENTACH12345

Date Drawn: 03/12/09  
Date Tested: 03/12/09  
Accession: 9333743  
Patient ID: 3173789

Direct-Measured Cholesterol Panel	Actual	Desirable	Risk		Description
			Low	High	
Total LDL	182	<130 mg/dL	Y	R	LDL <sub>total</sub> = Lp(a) + HDL <sub>2</sub>
LDL <sub>total</sub>	128	<100 mg/dL	Y	R	Total LDL, minus Lp(a) and HDL <sub>2</sub>
Lp(a)	15	<10 mg/dL	Y	R	More atherogenic than LDL
IDL	19	<20 mg/dL	Y	R	More atherogenic than LDL
Total HDL	56	≥40 mg/dL	Y	R	HDL <sub>2</sub> + HDL <sub>3</sub>
HDL <sub>2</sub>	13	≥15 mg/dL	Y	R	Large buoyant, more protective
HDL <sub>3</sub>	43	≥25 mg/dL	Y	R	Small dense, less protective
Total VLDL	34	<30 mg/dL	Y	R	VLDL <sub>1</sub> + VLDL <sub>2</sub>
VLDL <sub>1</sub>	9.8	<20 mg/dL	Y	R	Buoyant VLDL, less risk
VLDL <sub>2</sub>	15	<10 mg/dL	Y	R	Dense VLDL, more risk
Total Cholesterol	243	<200 mg/dL	Y	R	LDL = HDL + VLDL

  

Secondary and Emerging Risk Factors	Actual	Desirable	Risk		Description
			Low	High	
Triglycerides	141	<150 mg/dL	Y	R	Linked to increased risk for CHD
Non-HDL Cholesterol	187	<160 mg/dL	Y	R	LDL + VLDL
Remnant Lipoproteins	34	<30 mg/dL	Y	R	IDL + VLDL <sub>1</sub>
Lp(a)	15	<10 mg/dL	Y	R	More atherogenic than LDL
LDL Density (Pattern)	A/B	Pattern A	Y	R	B: more risk; A/B intermediate risk; A: less risk
LDL Subclasses (mg/dL): LDL <sub>1</sub> =23.7, LDL <sub>2</sub> =56.6, LDL <sub>3</sub> =22.3, LDL <sub>4</sub> =25.4 LDL <sub>1</sub> : small, dense; LDL <sub>2</sub> : large, buoyant					

  

Apolipoproteins	Actual	Desirable	Risk		Description
			Low	High	
Apo B	125	<109 mg/dL	Y	R	Sum atherogenic lipoprotein particles
Apo A1	181	≥145 mg/dL	Y	R	Sum anti-atherogenic lipoprotein particles
Apo B/A1 ratio	0.78	<0.75	Y	R	Low ratio indicates lower risk

  

Metabolic Syndrome/Insulin Resistant Assessment	Considerations
<b>Atherogenic Dyslipidemia</b> <input type="checkbox"/> Triglycerides ≥150 mg/dL <input checked="" type="checkbox"/> HDL <sub>2</sub> <10mg/dL, males <15mg/dL, females <input type="checkbox"/> Pattern B	<b>Physician Input Required</b> <input type="checkbox"/> Blood Pressure ≥130 / ≥85 mm Hg <input type="checkbox"/> Fasting Glucose ≥100 mg/dL <input type="checkbox"/> Abdominal Obesity ≥102 cm (≥40 in) male ≥88 cm (≥35 in) female
<b>Considerations</b> The normal LDL target of <130mg/dL* for moderate risk patients can be lowered to <100mg/dL* due to the presence of any of the following ATP III emerging risk factors: <input type="checkbox"/> LDL Size + Dense (Pattern B) <input checked="" type="checkbox"/> Remnant Lipoproteins elevated <input checked="" type="checkbox"/> Lp(a) * If patient is defined as very high risk LDL target of <70 mg/dL can be considered.	

Disclaimer: If you have questions about test interpretation and implications for care, call (877) 898-4887 to speak with a Medical Science Consultant. Patients: If you have had a VAP test and are interested in nutrition and exercise instructions, call Our Healthy Heart Program at (866) 821-6278. Note: Atherotech does not mandate or advise treatment for individual patients. Patient treatment and recommendations are the responsibility of the clinician.

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