

Take an important step toward improving your health.

Learn more about Boston Heart's blood tests.

Boston Heart offers blood tests that can be categorized into 5 areas:

Cholesterol tests help determine your risk of having a heart attack or stroke caused by a blockage of blood vessels or hardening of the arteries.

Inflammation weakens and scars the artery wall lining making it easier for cholesterol to attach and form blockages (plaque). Inflammation also increases the risk that plaque can break off and cause a clot, which can result in a heart attack or stroke.

Metabolic tests show your risk of developing diabetes, or, if you already have diabetes, how your body is responding to treatment.

Genetic tests help determine whether you are genetically more likely to have risks related to heart disease. They may also indicate how you will respond to certain treatments and medications.

Other tests are blood tests your healthcare provider may also order for underlying conditions that may affect how you respond to certain treatments and medications.

Become familiar with these terms:

Cholesterol: a fatty substance in the blood that is used for many functions in the body, but too much may increase your risk for heart disease

Heart disease: a group of conditions, including heart attack and stroke, which is related to build up of plaque in the blood vessels

Particle: a vehicle that transports fatty substances through the blood



Plaque: a collection of fatty deposits in the wall of blood vessels that may increase risk of heart disease

Protein: build, maintain and replace the tissues in the body

Talk to your healthcare provider about how Boston Heart tests can help personalize your treatment.

Boston Heart tests defined just for you.

CHOLESTEROL

Total Cholesterol	The amount of cholesterol in all of the particles in your blood.	
LDL-C	The amount of cholesterol in the particles that may raise risk for heart disease.	
Triglycerides	The main form of fat in your blood that can be used for energy or stored in your fat cells.	
ApoB and LDL-P	The number of particles that carry cholesterol and triglycerides through the blood and are the building blocks of plaque	
sdLDL-C	The amount of cholesterol in small particles that may raise risk for heart disease more than normal sized particles.	
Lp(a)	A more dangerous type of particle that is passed down through families and increases risk of heart disease.	
HDL-C	The amount of the cholesterol in the particles that may reduce risk of heart disease.	
ApoA-1	The building blocks for the particles that may reduce risk for heart disease.	
Boston Heart Cholesterol Balance[®]	Measures how your body produces and absorbs cholesterol.	
Boston Heart HDL Map[®]	A special way to determine if the particles that may reduce heart disease are working properly.	


INFLAMMATION

MPO	A protein made by the immune system that causes inflammation in the artery wall.	
LpPLA₂ Activity	A protein that means there may be unstable plaque in the artery wall.	
hs-CRP	A protein produced by the liver which means there is inflammation somewhere in the body.	
Fibrinogen	A protein that may increase blood clotting.	




Only from Boston Heart Diagnostics


METABOLIC

Glucose	Measures the amount of sugar in your blood.
HbA1C	Measures the average amount of glucose in the blood over three months.
Insulin	A hormone made by the pancreas that controls glucose. High insulin levels can increase risk for heart disease and diabetes.
HOMA-IR	Identifies when your body is not using insulin correctly which increases risk for heart disease and diabetes.
GSP	The average amount of glucose over the last 2-3 weeks.
Adiponectin	A hormone made by fat cells that protects you against diabetes and heart disease.
C-Peptide	A protein that is measured to see if your pancreas is making insulin.
Boston Heart Prediabetes Assessment®	Predicts the likelihood of developing diabetes within the next 10 years. 

GENETIC

ApoE	A genetic test that helps determine if you are at higher risk of heart disease.
Factor II / Factor V	Identifies specific genes that increase your likelihood of developing blood clots.
CYP2C19	Identifies how your body will process a medication called clopidogrel (Plavix®).
MTHFR	A gene that determines how well you process folic acid.
Boston Heart Statin Induced Myopathy (SLC01B1) Genotype	Identifies how your body may process statins and your likelihood of experiencing muscle aches and pain. 

OTHER

NT-proBNP	A hormone that may mean that your heart muscle is stressed.
Homocysteine	A small protein that increases heart disease risk by damaging the artery wall.
Boston Heart Fatty Acid Balance™	Measures several fatty acids that may increase or decrease risk for heart disease. 

For more information,
visit **bostonheartdiagnostics.com**
or call **877.425.1252**, option 4.