The BioIQ Cholesterol Panel
Interpreting Results and Consulting with Your Physician

Results from the BioIQ Cholesterol Panel are a powerful tool in the hands of a physician, who can view them in the context of a number of other factors including your medical history, family history, and specific biological data. The combination of these factors allows your doctor to further explore your potential risk for heart disease, to assess the nature of an existing condition, or to create a program to maintain your good health. Depending on the specific physician diagnosis, effective means for lowering your cholesterol levels are readily available. Major studies have demonstrated that simple steps such as maintaining a healthy diet and exercising regularly can significantly improve cholesterol levels and reduce your risk of heart disease.\(^1\) Drug treatments have also been proven effective in improving cholesterol levels.\(^2\)

Heart Disease and Cholesterol

The American Heart Association recommends screening all adults over age 20. This institution encourages people to obtain a fasting lipoprotein profile every five years (total cholesterol, HDL cholesterol, LDL cholesterol, and triglycerides). The American Diabetes Association recommends yearly screenings for all adults with diabetes.\(^2\) If your HDL, LDL, or total cholesterol levels fall within borderline or higher risk ranges, you should discuss the results with your physician and devise a suitable treatment plan. Treatment typically involves diet therapy, exercise programs, or statin drug therapy. Recent studies have demonstrated that drug therapy reduces the incidence of total strokes in people with known CHD by about 30\%.\(^3\) Further tests can be conducted to monitor the progress and effectiveness of these treatments.

About This Test

The BioIQ Cholesterol Panel conducts a comprehensive cholesterol test. It uses capillary blood to measure your total cholesterol, HDL, LDL, and triglyceride levels. The test can be used to help determine your risk for heart disease, which is the most common cause of death in the U.S.\(^1\)

This test kit performs three separate tests to measure the level of total cholesterol in your blood, your HDL cholesterol level, and your triglyceride level. Your LDL cholesterol value is calculated from those results.

BioIQ Cholesterol Screening Recommendations

The BioIQ Cholesterol Laboratory Normal Range* is:

- Total Cholesterol <200 mg/dL
- HDL >=40 mg/dL (men)
  >=50 mg/dL (women)
- LDL <130 mg/dL
- Triglycerides <150 mg/dL
**Total Cholesterol**

**Desirable (less than 200 mg/dL):**
This is considered the desirable range for total cholesterol. In general, there is a low risk of heart disease associated with total cholesterol levels that fall within this range unless you have additional risk factors.

**Borderline High Risk (200 to 239 mg/dL):**
This is considered the borderline high risk range for total cholesterol. In general, there is a moderate risk of heart disease associated with total cholesterol levels that fall within this range, although several other factors will contribute to your actual risk.

**High Risk (240 mg/dL and greater):**
This is considered the high risk range for total cholesterol. In general, those people whose total cholesterol levels fall within this range have twice the risk of suffering from heart disease as those people whose total cholesterol levels fall in the desirable range (less than 200 mg/dL).

**HDL Cholesterol**

**Low (at Risk) (less than 40 mg/dL for men or less than 50 mg/dL for women):**
This HDL cholesterol level is in the low range. In general, there is a higher risk of heart disease associated with HDL cholesterol levels that fall within this range. Talk to your physician about ways to increase your HDL cholesterol level.

**Desirable (40 mg/dL or greater for men or 50 mg/dL or greater for women):**
This HDL cholesterol level is in the desirable range. In general, higher HDL levels are associated with lower risk of heart disease. HDL levels greater than 60 mg/dL are considered to be protective against heart disease.

**LDL Cholesterol**

**Optimal (less than 100 mg/dL):**
This LDL cholesterol level is in the optimal range. LDL cholesterol is considered an even better indicator of heart disease risk than total cholesterol, and, in general, there is a low risk of heart disease associated with LDL cholesterol levels that fall in this range.

**Near Optimal (100 to 129 mg/dL):**
This LDL cholesterol level is in the near optimal range, but there is still room for improvement. LDL cholesterol is considered an even better indicator of heart disease risk than total cholesterol; the lower your LDL cholesterol, the lower your risk.

**Borderline High Risk (130 to 159 mg/dL):**
This LDL cholesterol level is in the borderline high risk range. There is definitely room for improvement, which is especially important if you have additional risk factors. LDL cholesterol is considered an even better indicator of heart disease risk than total cholesterol; the lower your LDL cholesterol, the lower your risk.
High Risk (160 to 189 mg/dL): This LDL cholesterol level is in the high risk range. You should discuss possible treatment plans with your physician, especially if you have additional risk factors. LDL cholesterol is considered an even better indicator of heart disease risk than total cholesterol; the higher your LDL cholesterol, the higher your risk.

Very High Risk (190 mg/dL and greater): This LDL cholesterol level is in the very high risk range. You should talk to your physician as soon as possible about methods of treatment. LDL cholesterol is considered an even better indicator of heart disease risk than total cholesterol; the higher your LDL cholesterol, the higher your risk.

Triglycerides
Normal (less than 150 mg/dL): This triglyceride level is in the normal range for healthy individuals.

Borderline High (150 to 199 mg/dL): This triglyceride level is in the borderline-high range for healthy individuals. You may want to discuss this result with your physician, especially if your HDL, LDL, or total cholesterol levels fall in borderline or higher risk ranges.

High (200 to 499 mg/dL): This triglyceride level is in the high range. You should talk to your physician to determine the cause of your elevated triglyceride level and consider treatment.

Very High (500 mg/dL and greater): This triglyceride level is in the very high range. You should talk to your physician immediately to determine the cause of your elevated triglyceride level and consider treatment.

For Your Physician
The BioIQ Cholesterol Panel uses capillary blood to directly measure total cholesterol, HDL, and triglyceride levels and calculate LDL levels. The test employs a unique, patent-pending blood collection device that preserves the sample by separating the serum and plasma prior to transport.

For more information, please go to www.BioIQ.com or call 877.862.4647

*Note:
Range recommendations may vary based upon the presence of conditions such as diabetes or coronary artery disease. Please consult your physician for more information.

References: