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## The Cardio IQ® Report

Gain deeper insights into the individual residual risks of your patients

Cardio IQ® Testing can offer a more complete picture of your patients' cardiovascular health. Click on a link below to learn more about the Cardio IQ® Report, managing residual risk through testing, or how to order Cardio IQ® Testing. Or simply scroll down to read the entire section.

### Cardio IQ® Report

Managing residual risk with advanced insights

Ordering information

## Your Cardio IQ® Report:

An in-depth assessment of CVD risk to help individualize treatment



Report Status: Final

SAMPLE, REPORT

Patient Information	Specimen Information	Client Information
<b>SAMPLE, REPORT</b> DOB: 10/29/1950    AGE: 63 Gender: M    Fasting: Y Phone: NG Patient ID: KP036987P	Specimen: KP036987P Requisition: 0041987 Lab Ref #: 0041987 Collected: 07/23/2014 / 11:03 EDT Received: 07/23/2014 / 11:08 EDT Reported: 07/23/2014 / 15:02 EDT (* A Copy Sent To)	Client #: 97502840    AARRSSS COLMENAR ANTONIO TEST CLIENT(HQ) PHI 100 2ND ST # ST2 TRENTON, NJ 08611-2204

## Cardio IQ®

Test Name	Units	Result and Risk Category			Result from	Risk Category Ranges		
		Optimal	Moderate	High		Optimal	Moderate	High
<b>Lipid Panel</b> <span style="float: right;">Lab: EZ</span>								
CHOLESTEROL, TOTAL	mg/dL	186				<200	200-239	>=240
HDL CHOLESTEROL	mg/dL	81				>=40	N/A	<40
TRIGLYCERIDES	mg/dL	81				<150	150-199	>=200
LDL-CHOLESTEROL	mg/dL	89				<100	100-129	>129
CHOL/HDLRATIO	calc	2.7				<=3.5	3.6-5.0	>5.0
NON-HDL CHOLESTEROL	mg/dL	105				<130	130-159	>159
<b>Lipoprotein Subfractions</b> <span style="float: right;">Lab: EZ</span>								
LDL PARTICLE NUMBER	nmol/L		1503			<1260	1260-1538	>1538
LDL SMALL	nmol/L			236		<162	162-217	>217
LDL MEDIUM	nmol/L			273		<201	201-271	>271
HDL LARGE	nmol/L	9454				>9386	6996-9386	<6996
<b>Apolipoproteins</b> <span style="float: right;">Lab: EZ</span>								
APOLIPOPROTEIN B	mg/dL		80			<80	80-119	>=120
LIPOPROTEIN (a)	nmol/L		77			<75	75-125	>125
<b>Inflammation</b> <span style="float: right;">Lab: EZ</span>								
HS CRP	mg/L			4.5		<1.0	1.0-3.0	>3.0
LP PLA2 ACTIVITY	nmol/min/mL	120				<=123	N/A	>123

**4myheart Diet & Exercise Coaching Program:** Need help achieving and maintaining an optimal weight? Managing stress? Trying to improve physical fitness levels? The 4myheart program provides support and personalized lifestyle guidance to help improve heart health. Please talk to your provider, visit [4myheart.com](http://4myheart.com) or call 1-800-432-7889 opt 2 to learn more.

**Medical Information For Healthcare Providers:** If you have any questions about any of the tests in our Cardio IQ offering, please call 1-800-432-7889 opt 3 to speak to a clinical liaison. For frequently asked questions, you can also visit us at <http://education.questdiagnostics.com/faq/FAQ134>

Test results are:

- shown in "Optimal," "Moderate," and "High" risk categories and are color-coded to display progressive risk values versus goal
- grouped by functional categories
- inclusive of history from prior Cardio IQ® Report for evaluating progress

Note: This example represents the resulting report for an order of 92052, Cardio IQ® ASCVD Risk Panel with Scores, which includes lipid panel components and ASCVD risk scores.

At Quest Diagnostics, we are passionate about uncovering hidden risk that may benefit patients with:

- Established CVD
- Diabetes
- Hypertension
- Metabolic syndrome, as defined by having any 3 of the following 5 conditions: central obesity, elevated triglycerides, low HDL-C, elevated blood pressure, elevated plasma glucose

- Elevated LDL-C >190 mg/dL
- >5% Estimated ASCVD risk
- Other traditional CVD risk factors, including:  
Age (men >45 years; postmenopausal women), family history of premature onset of CVD, unhealthy diet and stress, excessive alcohol intake, smoking, obesity, low HDL-C

## Managing residual risk with advanced insights

Advanced cardiovascular testing provides actionable information to individualize treatment options:

- Initiate/intensify statin therapy
- Identify opportunities for adjunct therapy
- Set diet, exercise, and lifestyle targets

Test Results	Relative Risk	Treatment Options†	Goal‡
Elevated LDL Cholesterol	1.6x <sup>9</sup>	<ul style="list-style-type: none"> <li>• Diet and Exercise</li> <li>• Fibrates, Niacin, Statins, Bile Acid Sequestrants</li> </ul>	LDL Cholesterol <100 mg/dL LDL Cholesterol reduction 30% to <50% Moderate intensity statin dose group LDL Cholesterol reduction >50% High intensity statin dose group
Elevated LDL Triglycerides	1.7–4.0x <sup>8</sup>	<ul style="list-style-type: none"> <li>• Diet and Exercise</li> <li>• Fibrates, Niacin, Statins, Fish Oil</li> </ul>	Triglycerides <150 mg/dL
Elevated LDL Particle Number	1.4–2.3 <sup>9,10,11</sup>	<ul style="list-style-type: none"> <li>• Diet and Exercise</li> <li>• Fibrates, Niacin, Statins</li> </ul>	<1260 nmol/L
Elevated Small LDL Particles	1.3–2.1 <sup>9,10,11</sup>	<ul style="list-style-type: none"> <li>• Diet and Exercise</li> <li>• Fibrates, Niacin, Statins</li> </ul>	Small <162 nmol/L
Elevated Medium LDL Particles	1.4–2.2 <sup>9,10,11</sup>	<ul style="list-style-type: none"> <li>• Diet and Exercise</li> <li>• Fibrates, Niacin, Statins</li> </ul>	Medium <201 nmol/L
Suboptimal Large HDL	1.8x <sup>9*</sup>	<ul style="list-style-type: none"> <li>• Diet and Exercise</li> <li>• Niacin</li> </ul>	Large HDL >9386 nmol/L
Elevated Apo B Particles	2.0–2.5x <sup>12</sup>	<ul style="list-style-type: none"> <li>• Diet and Exercise</li> <li>• Fibrates, Niacin, Statins, Bile Acid Sequestrants</li> </ul>	Apo B <80 mg/dL
Elevated Lp(a)	1.5–5.3x <sup>13</sup>	<ul style="list-style-type: none"> <li>• Niacin</li> <li>• Fenofibrates (limited effect)</li> </ul>	Lp(a) <75 nmol/L
Elevated hs-CRP	1.5–2.0x <sup>6</sup>	<ul style="list-style-type: none"> <li>• Diet and Exercise</li> <li>• Fibrates, Niacin, Statins</li> </ul>	hs-CRP <1 mg/L
Elevated Lp-PLA <sub>2</sub>	2x CHD event <sup>17</sup> (MI, coronary revascularization or CHD-related death) at 5 years	<ul style="list-style-type: none"> <li>• Diet and Exercise</li> <li>• Fibrates, Niacin, Statins, Fish Oil</li> </ul>	Lp-PLA <sub>2</sub> ≤ 123 nmol/min/mL

\* Expected risk of highest tertile versus lowest tertile assuming measure is normally distributed and risk increases linearly.

† The risk associated with elevated Lp-PLA<sub>2</sub> levels is substantially increased in patients when both Lp-PLA<sub>2</sub> and CRP are elevated.

‡ For more information on treatment options and goals per test, please see the Test Guide and / or Test Summary posted within the specific test's section on [QuestDiagnostics.com/TestCenter](http://QuestDiagnostics.com/TestCenter).

Consider ordering the Cardio IQ® Report: A more advanced approach to lipid subclass characterization

## Ordering Information

Test Name	Test Code*	CPT Code*
Advanced Lipid Panel (Includes the below components except for 91737(X), 94218(X))	92145(X)	80061, 83704, 82172, 83695
Advanced Lipid Panel with Inflammation	94220(X)	80061, 83704, 82172, 83695, 86141, 83698
<b>Includes:</b>		
Cardio IQ Lipid Panel with Reflex to Direct LDL**	92061(X)	80061
Cardio IQ Lipoprotein Fractionation, Ion Mobility	91804(X)	83704
Cardio IQ Apolipoprotein B	91726(X)	82172
Cardio IQ Lipoprotein (a)	91729(X)	83695
Cardio IQ hs CRP	91737(X)	86141
Cardio IQ Lp-PLA <sub>2</sub>	94218(X)	83698

\*Test codes may vary by location. Please contact your laboratory for more information. The CPT codes provided are based on AMA Guidelines and are for informational purposes only. CPT coding is the sole responsibility of the billing party. Please direct any questions regarding coding to the payer being billed.

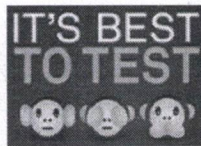
\*\*Lipid panel components may be ordered separately: Cholesterol, Total 91717(X)/334 (CPT 82465); Triglycerides 91718(X)/896 (CPT 84478); HDL Cholesterol 91719(X)/808 (CPT 83718). If triglyceride result is >400 mg/dL, Direct LDL Cholesterol will be performed at an additional charge (CPT 83721).

Discover more tests that may help you deliver customized treatment to your patients at risk for cardiovascular disease.



### Is it Osteoarthritis or Rheumatoid Arthritis?

Similarities can cause difficulty when differentiating the diseases, but new biomarkers can help. [Watch our video.](#)



### Why It's Best to Test

Are your patients at risk of chlamydia and gonorrhea infection? Find out why It's Best to Test.



### Vitamin D Testing

Hit every mark you're aiming for: Accuracy, Sensitivity, and Speed.

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