

<b>Patient</b> Jane Doe	<b>Patient ID</b> JD930304	Non-smoker	<b>BMI</b> 19.2	<b>Waist</b> 26 in
<b>DOB</b> 3/4/1993 (24 yrs)	<b>Report Date and Time</b> 11/1/2017 12:00	<b>Medications</b> None indicated		
<b>Gender</b> F	<b>Received Date and Time</b> 10/26/2017 13:00	<b>Provider ID:</b> 0000 Doctor T 6655 SW Hampton St Tigard, OR 97223 <b>Ph:</b> xxx-xxx-xxxx		
	<b>Specimen Collection Date and Time</b> Blood Spot 10/17/201 9:20:00			
	<b>Hours of Fasting</b> 00:00			
	<b>Family History of</b>			
	Heart Disease Yes			
	Diabetes No			
	Cancer Yes			

## YOUR TEST RESULTS

█ Normal Range    
 █ Low or High Range    
 █ Your Levels

hs-CRP (mg/L)



25-OH Vitamin D, Total (ng/mL)



## What do your test results mean?

**hs-C-Reactive Protein (hs-CRP).** Blood measurements of hs-CRP are often performed to assess the risk of future heart disease. C-Reactive protein (CRP) is produced by the liver and elevated CRP levels can be measured in blood in response to inflammation. High-sensitivity CRP (hs-CRP) is more precise than standard CRP when measuring baseline (ie, normal) concentrations and enables a measure of chronic inflammation. Atherosclerosis is an inflammatory disease and hs-CRP is known as a biomarker of atherosclerotic cardiovascular disease risk.

**25-OH Vitamin D, Total.** Vitamin D is essential for bone strength as it helps in calcium absorption from diet. Traditionally, vitamin D deficiency has been known to cause rickets disease, but several studies have indicated that low vitamin D levels have also been associated with higher risk of cardiovascular disease, cognitive impairment in older adults, asthma in children and cancer. Adequate levels of vitamin D could play a role in the prevention and treatment of a number of different conditions, including type 1 and type 2 diabetes, hypertension, glucose intolerance, and multiple sclerosis.

Inflammation is involved in many chronic diseases and there is a concern that vitamin D deficiency has a role in activating the inflammatory processes. Research has shown that vitamin D is needed for optimal immune performance and lowers inflammation.