

NAME _____

DATE _____

CARDIAC RISK PANEL

	<u>TODAY</u>	<u>PREVIOUS</u>	<u>YOUR GOALS</u>
Lp(a) (genetic)	_____	_____	Less than 30
Treat: ASA, fibrates, niacin/Niaspan, Estrogen/Evista Decrease LDL with statin Limit Transfats			
FIBRINOGEN (clotting)	_____	_____	Less than 350
To Lower: Stop smoking Decrease weight Increase exercise Niacin/Niaspan, ASA Omega-3 Lower LDL Improve diabetic control			
Hs-CRP (inflammation)	_____	_____	Less than 2.0
To Lower: Increase exercise Stop smoking Decrease weight Improve diabetic control ASA, statin			
Potassium	_____	_____	3.5 -5.1 meq/L
Creatinine (Kidney)	_____	_____	0.6 – 1.1 mg/dL
eGFR (Kidney)	_____	_____	Greater than 60
TSH (Thyroid)	_____	_____	0.45 – 4.5 uIU/mL
Free T4(Thyroid)	_____	_____	0.8 – 1.8 ng/dL

For questions or additional information you may call our Cardio Wellness Center at 816-751-8520.

www.cardiowellnesscenter.org