Understanding your NMR LipoProfile® Report

LDL Particle Number (LDL-P)
- Low Density Lipoprotein (LDL) is a well-established causal factor in the development of cardiovascular disease.
- LDL can be directly measured by LDL particle number (LDL-P), or estimated by measuring the cholesterol in LDL (LDL-C).
- Because the amount of cholesterol inside LDL particles is highly variable, LDL-P and LDL-C values frequently disagree.
- When LDL-P is elevated, risk of heart attack and stroke are elevated regardless of LDL-C levels.
- Many expert panels and guidelines recommend use of LDL particle number to optimize treatment decisions.
- Visit precisionhealthreports.com/LDL-P for more information.

Lipids
- Traditional lipid panel includes LDL-C, HDL-C, triglycerides and total cholesterol.
- LDL-C is a measure of the amount of cholesterol contained in LDL particles.
- When LDL-P and LDL-C disagree, cardiovascular risk tracks with LDL-P, not LDL-C.

LDL and HDL Particles
- HDL-P is the direct measure of High Density Lipoprotein (HDL) particles; it has been shown to be more strongly and independently related to cardiovascular risk than HDL Cholesterol (HDL-C).
- Small LDL size and increased Small LDL-P are commonly present in individuals with prediabetes, diabetes, and insulin resistance.

Small LDL-P and LDL Size
- While Small LDL-P and Small LDL Particle Size are associated with cardiovascular risk, they are not predictive of risk once LDL-P is taken into account.
- It is LDL-P, not Small LDL-P or LDL particle size, that is most important in managing cardiovascular risk.

Lipoprotein Insulin Resistance (LP-IR) Score
- Lipoprotein changes are one of the earliest manifestations of insulin resistance.
- The LP-IR Score is a weighted combination of six NMR lipoprotein variables that ranges from 0 (most insulin sensitive) to 100 (most insulin resistant).
- Multiple landmark clinical studies show the higher the LP-IR Score, the greater the risk of developing diabetes.
- LP-IR remains predictive of diabetic risk even after adjustment for other factors including age, gender, race, waist circumference, body mass index, family history of diabetes, physical activity, glucose, insulin levels and lipids.