



**it**<sup>TM</sup>

inflammation testing

# Are you at risk for heart disease or stroke? The PLAC<sup>®</sup> Test can help identify your risk

## What is the PLAC<sup>®</sup> Test?

The PLAC<sup>®</sup> test measures the amount of Lp-PLA<sub>2</sub> in the bloodstream. Lp-PLA<sub>2</sub> is an enzyme that can assess the amount of inflammation in your arteries due to a build-up of cholesterol.

## Why should I get the PLAC<sup>®</sup> Test?

The PLAC<sup>®</sup> test can help assess your risk for heart disease or stroke. Lp-PLA<sub>2</sub> is carried through your bloodstream mostly on LDL cholesterol (the “bad” cholesterol). When LDL cholesterol gets into your artery wall the body tries to get rid of it using Lp-PLA<sub>2</sub>. Unfortunately, this contributes to increased inflammation and increased cholesterol accumulation in the artery wall called plaque. In short, the PLAC<sup>®</sup> test can help your doctor better understand the health of your arteries and determine if you are actively growing plaque that is at risk for rupturing and causing a heart attack or stroke.

Traditionally, the risk of having a stroke is associated with many factors including high blood pressure. Although high blood pressure is known to increase stroke risk, having high blood pressure and a high PLAC<sup>®</sup> test result can put you at a much higher risk for stroke. But, it’s important to remember that even if your blood pressure is controlled, a high PLAC<sup>®</sup> test result alone still puts you at risk for a stroke.

## When should the PLAC<sup>®</sup> test be performed?

The PLAC<sup>®</sup> test can be performed at the same time your doctor runs other tests, such as a cholesterol test, to determine if you are at increased risk for heart disease or stroke.

## How should I prepare for the PLAC<sup>®</sup> test?

The PLAC<sup>®</sup> test does not require any special preparation. You do not need to be fasting, and can be taking medications.

## What can I do to help lower my Lp-PLA<sub>2</sub> levels?

There are a number of things you can do to lower your overall risk of heart disease, as well as lowering your Lp-PLA<sub>2</sub> levels. Lifestyle modifications, such as eating a healthy diet,



exercising, and quitting smoking can help reduce your Lp-PLA<sub>2</sub> levels. Also, there are prescription and non-prescription medicines your doctor can give you that reduce Lp-PLA<sub>2</sub> levels. Your doctor will work with you to develop a treatment plan that is right for you to help reduce your risk of heart attack and stroke.

For more information, please visit  
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*Know your risk.*