

Do you know your risk for a heart attack?

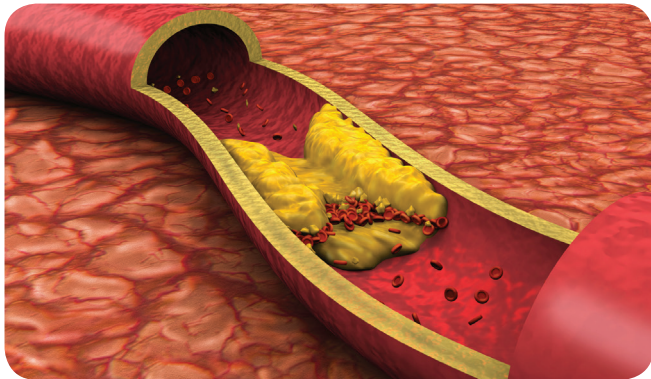
A simple MPO test can help

What is myeloperoxidase?

Myeloperoxidase, or MPO, is an enzyme that can help your doctor know if there is inflammation in your arteries from damage to your artery walls.

Why check my MPO levels?

Just as lava in a volcano becomes hot and bursts open through the surface of the earth, plaque buildup inside the artery wall can become inflamed and burst through the wall of the artery to where the blood flows. When the plaque ruptures into the blood, this can cause a clot to form. If the clot causes a complete blockage of blood flow, this can cause a heart attack.



When tissue in your body is damaged, special cells release MPO to help heal the damaged tissue. If these cells see damaged arteries or plaque that is about to rupture, they will release MPO into the blood.

Whether you have traditional risk factors for heart disease, such as abnormal cholesterol levels or high blood pressure, or known heart disease, the MPO test can help your doctor find out if you have inflammation in your arteries that can add to your risk for a heart attack.

When should the MPO test be performed?

The MPO 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 a heart attack.

How should I prepare for the MPO test?

The MPO 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 MPO levels?

There are a number of things you can do to lower your overall risk of heart disease, as well as lowering your MPO levels. It is important to maintain a healthy blood pressure because high blood pressure may damage the vessel wall and begin plaque formation. A heart-healthy diet is also recommended, as research has shown that weight loss helps decrease inflammation. If you are a smoker, the importance of stopping smoking to decrease the chance of plaque rupture and clot formation is even more urgent.

Also, there are prescription and non-prescription medicines your doctor can give you that reduce MPO levels. Your doctor will work with you to develop a treatment plan that is right for you to help reduce your risk of a heart attack.



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