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Clinical Laboratories

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Clinical Laboratories

Cardiac Risk Test Panel



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi



A Unit of The Aga Khan Hospital and Medical College Foundation; Licensed under Section 42 of the Companies Ordinance, 1994;
Registered Office: Stadium Road, P. O. Box 3500, Karachi 74800, Pakistan

Cardiac risk

The Clinical Laboratory at AKUH offers a test panel to identify patients with a high risk of cardiovascular diseases.

The cardiac risk test panel can help:

- provide a health overview and establish a baseline for future comparison
- monitor health risks based on family history
- identify changes in health and allow early detection of diseases
- monitor and manage existing health conditions
- provide information for planning healthy lifestyle changes

The cardiac risk panel consists of the following tests:

- Lipid profile
- Fasting blood glucose
- High sensitive C-reactive protein (HS-CRP)
- Homocysteine

Lipid profile

Lipid profile helps to monitor risks of developing heart disease by measuring cholesterol and triglyceride and lipid-protein complexes including high density lipoprotein (HDL), low density lipoprotein (LDL) and very low density lipoprotein (VLDL).

High blood levels of cholesterol or triglycerides significantly increase the risk of developing cardiovascular disease. HDL is often termed as good cholesterol. HDL can remove excess cholesterol from the arteries and help prevent the buildup of atherosclerotic plaques or blood clots.

LDL forms a major part of lipoproteins in the blood. The main function of LDL is to deliver cholesterol to the blood and other parts of the body.

LDL is regarded as bad cholesterol and elevated levels of LDL result in the formation of plaque leading to atherosclerosis with an increased risk of heart disease and stroke. VLDL molecules contain the highest amount of triglyceride or fat molecules. High VLDL levels often correlate with an elevated risk of coronary artery disease.

Fasting blood glucose

This is a basic test to screen for diabetes mellitus. Persons with type 1 or type 2 Diabetes are at increased risk for CHD; diabetes is an independent risk factor for CHD.

High sensitive C-reactive protein (HS-CRP)

HS-CRP measures an inflammatory response in the body and has been shown to play a role in atherosclerosis and blood clot formation and thus increases the risk for cardiovascular diseases. Elevated HS-CRP is related to increased risk of heart attack, restenosis of coronary arteries after angioplasty, stroke and peripheral vascular disease.

Raised levels of HS-CRP are also found in other conditions such as rheumatic disorders, acute infections after surgery and in patients on treatment like aspirin, glucocorticoid or hormone replacement therapy.

Homocysteine

Elevated levels of serum homocysteine are positively correlated with the risk of cardiovascular diseases such as myocardial infarction and stroke (CVA). Homocysteine levels can increase with age, smoking and with the use of drugs such as carbamazepine, methotrexate, and phenytoin. Deficiencies of folic acid (B9), pyridoxine (B6) and cobalamin (B12) can also lead to high homocysteine levels.

Homocysteine levels are of particular importance in patients with a strong family history of cardiovascular diseases.

These tests are being offered at 20 % subsidized rates.

Cardiac Risk Package

Package Code: CARP	Tests	
	Fasting Glucose	370
	HsCRP	1,600
	Lipid Profile	2,250
	Homocysteine	2,400
	Total	6,620
	Discount (20%)	1,320
	Package price after discount (rounded to 10)	5,300