

# Cardiac Screen (Lipid Panel)

A cardiac screen, also known as a lipid panel, is a group of tests to detect the risk of coronary artery disease, heart attack or stroke. It is also used to monitor treatment for someone already diagnosed with cardiac issues.

## What are lipids?

Lipids are fats and fat-like substances found in the bloodstream and stored in body tissues. Monitoring healthy levels of these lipids is very important to maintaining a good level of health.

## What does a lipid panel include?

A lipid panel measures the following:

- Total cholesterol
- High-density Lipoprotein cholesterol (HDL; “good” cholesterol)
- Low-density Lipoprotein cholesterol (LDL; “bad” cholesterol)
- Triglycerides

## What should I do if my results are abnormal or out of range?

It is always recommended you meet with a healthcare provider to determine what your laboratory test results mean to you. Your healthcare provider will review all of your test results and, combined with your health history, will be able to provide an accurate picture of your health status.

**If any of your results were abnormal or out-of range:** You could be at increased risk for coronary artery disease. As with any abnormal results, it’s important that you discuss their implications with your healthcare provider.

**If your results were within normal range:** If all of your cardiac health screen test components were within normal range, you should follow the screening guidelines for your age and health status. The American Heart Association recommends that, beginning at age 20, your healthcare provider should assess your risk for coronary artery disease. If your healthcare provider has assessed your risks of heart disease and your risks are not elevated, it is recommended that you be screened every five years.

## What other resources are available to learn more about my health and laboratory tests?

- Centers for Disease Control and Prevention: [cdc.gov](http://cdc.gov)
- Lab Tests Online: [labtestsonline.org](http://labtestsonline.org)
- WebMD: [webmd.com](http://webmd.com)

## FASTING REQUIRED

Fasting is required for a cardiac screen (lipid panel). Please **DO NOT** eat or drink anything except water for 8-12 hours before your test. **DO NOT** stop taking your prescription medications. If your healthcare provider advised you to take your medication with food, consult with your health care provider before fasting.

*DLO Direct offers direct access to laboratory testing for informational purposes. A DLO Direct lab test result is not a medical diagnosis and is not intended as medical advice. Only a healthcare provider can interpret lab results and diagnose a medical condition or disease.*

*Because tests have not been ordered by a healthcare provider, third party entities, including Medicare and Medicaid, will not reimburse for these tests.*



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