

### Ordered Items: OmegaCheck(TM) (EPA+DPA+DHA)

Date Collected:

Date Received:

Date Reported: 09/16/2022

Fasting:

## OmegaCheck(TM) (EPA+DPA+DHA)

Test	Current Result	and Flag	Previous Result and Date	Units	Reference Interva
OmegaCheck(TM) ⁰¹	associated with Based on the top percentile) quar following risk of A cut-off of >=5 relative risk, 3 moderate relative population at hi The totality of when consumption of EPA and DHA, bleeding time be gram of EPA and	a levels of a a lower risk o (75th perce- ctiles of the categories we 5.5% by wt de 3.8-5.4% by we risk, and igh relative the scientian of fish oil there is no eyond the no DHA lowers the nin 2 to 3 we	long-chain n-3 fatty acids are k of sudden cardiac death (1). entile) and bottom (25th e CHL reference population, the ere established for OmegaCheck: efines a population at low wt defines a population at <=3.7% by wt defines a risk of sudden cardiac death. fic evidence demonstrates that ls is limited to 3 g/day or less significant risk for increased rmal range. A daily dosage of 1 che circulating triglycerides by peeks. (Reference: 1-Albert et al.	% by wt	>5.4
Arachidonic Acid/EPA Ratio <sup>01</sup>	10.7	. 1110 1110,			3.7-40.7
Omega-6/Omega-3 Ratio <sup>01</sup>	9.1				3.7-14.4
Omega-3 total <sup>01</sup>	4.7			% by wt	
EPA <sup>01</sup>	0.9			% by wt	0.2-2.3
DPA <sup>01</sup>	1.0			% by wt	0.8-1.8
DHA <sup>01</sup>	2.8			% by wt	1.4-5.1
Omega-6 total <sup>01</sup>			a number of omega-6 fatty acids o most abundant forms reported.	% by wt	
Arachidonic Acid <sup>01</sup>	9.6			% by wt	8.6-15.6
Linoleic Acid <sup>01</sup>	Mass Spectrometr and its performa Cleveland HeartI by the U.S. FDA. Clinical Laborat	y (LC/MS/MS) ance characte Lab, Inc. It The Clevela cory Improven	Liquid Chromatography-Tandem ) method. This test was developed eristics determined by the has not been cleared or approved and HeartLab is regulated under ment Amendments (CLIA) as omplexity testing. This test is	% by wt	18.6-29.5
			It should not be regarded as		

#### Disclaimer

The Previous Result is listed for the most recent test performed by Labcorp in the past 5 years where there is sufficient patient demographic data to match the result to the patient. Results from certain tests are excluded from the Previous Result display.

#### Icon Legend

▲ Out of Reference Range ■Critical or Alert

### labcorp

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# ClevelandHeartLab®

Know your risk.

Patient Information	Specimen Information	Client Information	

#### **Cardiometabolic Report Reference Range/Relative Risk Categories** Historical Current Test Name **Result & Relative Risk Result & Relative Risk** Optimal Moderate High Units 11 11 Optimal Non-Optimal FATTY ACIDS OmegaCheck® 4.7 ≥5.5 3.8-5.4 ≤3.7 % by wt (Whole Blood: EPA+DPA+DHA)<sup>(1)</sup> Arachidonic Acid/EPA Ratio 10.7 3.7-40.7 3.7-14.4 9.1 Omega-6/Omega-3 Ratio 4.7 Omega-3 total % by wt 0.2-2.3 EPA 0.9 % by wt 1.0 0.8-1.8 % by wt DPA 2.8 1.4-5.1 % by wt DHA 43.0 Omega-6 total % by wt 9.6 8.6-15.6 % by wt Arachidonic Acid Linoleic Acid 31.0 H 18.6-29.5 % by wt

UND = UNDETECTABLE INC =

INC = INCOMPUTABLE

**4myheart Diet & Exercise Coaching Program:** Need help achieving and maintaining an optimal weight? Managing stress? Trying to improve physical fitness levels? The 4myheart program provides support and personalized lifestyle guidance to help improve heart health. Please talk to your provider, visit 4myheart.com or call 1-800-432-7889 opt 2 to learn more.

Medical Information For Healthcare Providers: If you have any questions about any of the tests in our Cardiometabolic Report, please call Cleveland HeartLab Client Services at 866.358.9828, option 1 to arrange a consult with our clinical education team.

### **Cardiometabolic Comment Report**

### FATTY ACIDS

#### OmegaCheck® (Whole Blood: EPA+DPA+DHA)<sup>(1)</sup>

Increasing blood levels of long-chain n-3 fatty acids are associated with a lower risk of sudden cardiac death (1). Based on the top (75th percentile) and bottom (25th percentile) quartiles of the CHL reference population, the following relative risk categories were established for OmegaCheck: A cut-off of >=5.5% by wt defines a population at optimal relative risk, 3.8-5.4% by wt defines a population at moderate relative risk, and <=3.7% by wt defines a population at high relative risk of sudden cardiac death. The totality of the scientific evidence demonstrates that when consumption of fish oils is limited to 3 g/day or less of EPA and DHA, there is no significant risk for increased bleeding time beyond the normal range. A daily dosage of 1 gram of EPA and DHA lowers the circulating triglycerides by about 7-10% within 2 to 3 weeks. (Reference: 1-Albert et al. NEJM. 2002; 346: 1113-1118).

#### Omega-6 total

Cleveland HeartLab measures a number of omega-6 fatty acids with AA and LA being the two most abundant forms reported.

Lab<sup>.</sup> 74M

Lab<sup>·</sup> 74M

CLIENT SERVICES: 866.358.9828, Option 1

ORDER ID:

Medical Director: Bill G. Richendollar, MD

Cleveland HeartLab, Inc. | 6701 Carnegie Ave. Suite 500 | Cleveland, OH 44103 | p 866-358-9828 | CLIA#36D1032987 | CAP#7190119 Quest, Quest Diagnostics, the associated logo and all associated Quest Diagnostics marks are the trademarks of Quest Diagnostics.

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## Footnotes

(1) This test is performed by a Liquid Chromatography-Tandem Mass Spectrometry (LC/MS/MS) method. This test was developed and its performance characteristics determined by the Cleveland HeartLab, Inc. It has not been cleared or approved by the U.S. FDA. The Cleveland HeartLab, Inc. is regulated under Clinical Laboratory Improvement Amendments (CLIA) as qualified to perform high-complexity testing. This test is used for clinical purposes. It should not be regarded as investigational or for research.

### PERFORMING SITE:

Z4M CLEVELAND HEARTLAB INC, 6701 CARNEGIE AVENUE SUITE 500, CLEVELAND, OH 44103-4623 Medical Director: Bill G. Richendollar, MD, CLIA: 36D1032987