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 Interval
▼ **OmegaCheck(TM)** [01]	**4.7** **Low**		% by wt	>5.4
	Relative Risk: MOD 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 risk categories were established for OmegaCheck: A cut-off of >=5.5% by wt defines a population at low 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).			
Arachidonic Acid/EPA Ratio [01]	10.7			3.7-40.7
Omega-6/Omega-3 Ratio [01]	9.1			3.7-14.4
Omega-3 total [01]	4.7		% by wt	
EPA [01]	0.9		% by wt	0.2-2.3
DPA [01]	1.0		% by wt	0.8-1.8
DHA [01]	2.8		% by wt	1.4-5.1
Omega-6 total [01]	43.0		% by wt	
	Cleveland HeartLab measures a number of omega-6 fatty acids with AA and LA being the two most abundant forms reported.			
Arachidonic Acid [01]	9.6		% by wt	8.6-15.6
▲ **Linoleic Acid** [01]	**31.0** **High**		% by wt	18.6-29.5
	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 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.			
PDF [01]	.			

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

Quest Diagnostics™

ClevelandHeartLab®
Know your risk.

Report Status: Final

Patient Information	Specimen Information	Client Information

Cardiometabolic Report

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

UND = UNDETECTABLE **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)(1) Lab: Z4M

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 Lab: Z4M

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

Patient Information	Specimen Information	Client Information

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:

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