

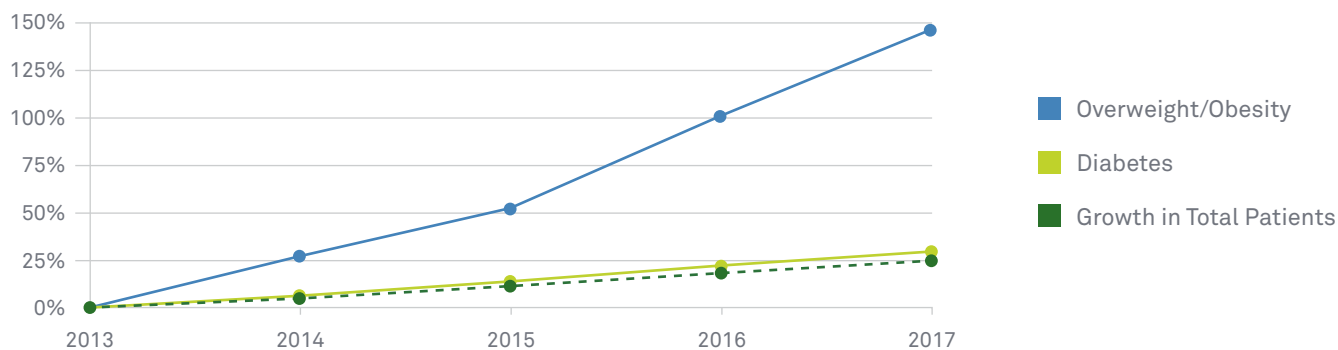


A prevention-focused approach to **cardiometabolic conditions**

Quest offers innovative testing and solutions to help prevent costly outcomes in diabetes and heart disease

The nation's obesity epidemic continues to fuel a rise in patient risk for a growing number of cardiometabolic diseases, including prediabetes and type 2 diabetes. FQHCs are seeing increasing rates of type 2 diabetes, which is a risk factor for heart disease.¹

% growth in health center patients diagnosed with selected chronic conditions, 2013-2017¹



68%

of people with diabetes die from heart disease²



16%

of people with diabetes die from stroke²

Quest offers a wide range of routine and advanced testing to help guide high-quality preventive care across the cardiometabolic continuum. We can help you **prevent costly outcomes** by enabling earlier risk detection for disease, progression, and adverse events.

Cardiometabolic testing to help you personalize risk assessment and preventive care strategies

Quest offers routine and advanced testing for cardiovascular disease (CVD) to aid in prevention of disease and complications. Individual tests and innovative panels range from early identification of **insulin resistance** and **metabolic risk** to the diagnosis of prediabetes and diabetes, as well as monitoring for progression to **chronic kidney disease** or **heart disease**.

Cardiometabolic Testing with a Focus on Obesity and Diabetes

	Screening	Diagnosis	Management
Routine		Fasting Glucose	
		HbA1c	
		Kidney Profile	
	Lipid Panel		
Advanced	Insulin Resistance Panel with Score		
	Metabolic Risk Panel		
		Cystatin C	
	Advanced Lipids and Inflammation Panel		
	Myeloperoxidase		Myeloperoxidase
	LP-PLA2		LP-PLA2

The importance of advanced testing for CVD

50% of patients hospitalized with coronary artery disease have normal LDL cholesterol levels.^{3,4} Quest offers advanced cardiometabolic testing to search beyond standard lipid panels for danger signs. Our menu includes:

- **Advanced lipid testing** for assessing risk of developing coronary heart disease (CHD) in patients with metabolic syndrome and other risk factors
- **Inflammatory biomarker testing** for assessing risk of CHD progression and events

50%

50% of patients hospitalized with coronary artery disease have normal LDL cholesterol levels^{3,4}

Reducing inflammation, independent of LDL cholesterol, has been shown to **significantly lower recurrent cardiovascular events**,⁵ such as blood pressure and total cholesterol levels

Keep patients working toward healthier habits with 4myheart®

Patients who receive advanced testing from Quest are eligible for **4myheart®**, a comprehensive, personalized approach for improving heart health. The online program provides access to certified clinical educators who work with patients to create a risk-reduction plan, address food choices, fitness goals, medication adherence, and coping with stress. Learn more at 4myheart.com.

More personalized testing and solutions for more effective prevention

Cardiometabolic testing solutions from Quest can help you deliver high-quality care that may prevent costly outcomes. Contact your Quest representative to learn more.

References

1. 2010–2017 Uniform Data System. Bureau of Primary Health Care, HRSA, DHHS. Federally funded health centers only. 2. American Heart Association. Cardiovascular disease and diabetes. Accessed August 21, 2020. <https://www.heart.org/en/health-topics/diabetes/why-diabetes-matters/cardiovascular-disease--diabetes> 3. Ridker PM, Danielson E, Fonseca FA, et al. Rosuvastatin to prevent vascular events in men and women with elevated C-reactive protein. *N Engl J Med*. 2008;359:2195–2207 4. Sachdeva A, et al. Lipid levels in patients hospitalized with coronary artery disease: an analysis of 136,905 hospitalizations in Get With The Guidelines. *Am Heart J*. 2009;157:111–117 5. Ridker PM, et al. Antiinflammatory therapy with canakinumab for atherosclerotic disease. *N Engl J Med*. 2017;377(12):1119–1131

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