

High Sensitivity C-Reactive Protein Quick Reference Guide

Measurement of CRP by high sensitivity assay, hs-CRP, allows for a lower detection limit related to chronic, low grade inflammation which is associated with heart disease. Hs-CRP may add to the predicative value of other markers used to assess a patient's risk of cardiovascular and peripheral vascular disease.

RISK FACTORS FOR HEART DISEASE^{i,ii}

MODIFIABLE	NONMODIFIABLE
Smoking or exposure to environmental tobacco smoke	Male sex
Obesity	Age older than 50 years
Sedentary lifestyle	Family history of heart disease
Diabetes	Post-menopausal
High cholesterol or abnormal blood lipids	Race (African Americans, American Indians, Mexican Americans)
Hypertension	
Poorly controlled stress and anger	
High CRP	
Diet (sodium, saturated fat, trans fat, cholesterol, refined sugar)	

C-reactive protein remains a general nonspecific marker of inflammation in the body which may occur for other reasonsⁱⁱⁱ:

Infection

Injury

Burns

Recent major surgery

Autoimmune condition (Rheumatoid Arthritis, Lupus)

Long-term disease (Cancer)

CRP may be used to monitor treatment measures for the inflammatory condition once identified.

ⁱ WebMD www.webmd.com

ⁱⁱ JAMA Vol. 290 No. 7, August 20, 2003 **Risk Factors for Heart Disease**

ⁱⁱⁱ MedicineNet www.medicinenet.com



This reference guide is intended for use by the clinician for informational purposes only. These suggestions cannot be considered as representing all possible situations, but are provided as guidance.