

Will I Fall Prey To Heart Disease?



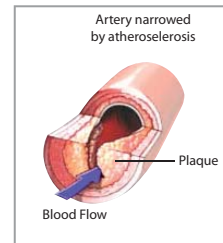
Will I Fall Prey To Heart Disease?



Heart disease is the second-largest killer in Hong Kong after cancer. In 2006, 3719 deaths were caused by cardiovascular disease, that means an average of 10 lives were killed per day. This figure continues to rise with today's big city lifestyle. More and more young people in their 20s or 30s are also developing heart disease. Often, heart disease is a silent killer producing no signs or symptoms until it is too late and in its advanced stages.

What Is The Principal Cause Of Heart Disease?

Atherosclerosis, a disease affecting arterial blood vessels, is the principal cause of heart attacks and strokes. It is a chronic inflammatory response in the walls of arteries, in large part due to the deposition of lipoproteins (plasma proteins that carry cholesterol and triglycerides). Atherosclerosis is commonly referred to as a "hardening" or "furring" of the arteries and is caused by the formation of multiple plaques within the arteries.



In the past, people usually attributed atherosclerosis to lipid disorder and they would try different ways to lower the LDL cholesterol levels and to reduce the amount of atherosclerosis. However, in the past 30-40 years, studies have shown that half of all heart attacks and strokes occur among people who have no abnormal cholesterol levels.

Inflammation & Cardiovascular Disease?



Researches have established that inflammation plays a very important role in atherogenesis. The chronic inflammatory response bring forth by atherosclerotic plaque formation may build up the C-Reactive Protein (CRP) levels in blood. The CRP which is used as an inflammatory marker may be a valuable predictor of future cardiovascular disease risk.

C-Reactive Protein?

C-Reactive Protein (CRP) is an acute phase of protein produced by the liver during systemic inflammation and is under the control of cytokine. Several studies have demonstrated that increased concentrations of CRP appear to be associated with increased risk for coronary heart disease, sudden death and peripheral arterial disease. Thus, measurement of CRP can assess the chronic and low grade inflammation which is associated with heart disease.

Am I At Risk For Cardiovascular Disease?

The following conditions may elevate the cardiac risk:

- Frequent traveling
- Lack of exercise
- Smoking
- Work with long hour
- Imbalance diet
- Family history of heart disease



How Can I Lower The Risk Of Having A Heart Attack?



HK BioTek Ltd. offers the latest **High Sensitivity C-Reactive Protein Test (hs-CRP test)** to assess your CRP level which help add to the predictive value of future cardiovascular diseases risk.

The hs-CRP test includes a quick and painless blood collection procedure that can be done at the convenience of your home or at the doctor's office. It merely requires a finger prick to obtain a few drops of blood that is absorbed onto a proprietary gauze strip.

After the sample being collected, you may return the dried strips with the completed order form to HK BioTek Ltd or your health care practitioner. The analysis will be completed by our Laboratories in United States and through the state-of-the-art and precise **Sandwich/ Capture ELISA** procedure, your CRP level which is associated with the future risk of cardiovascular disease and peripheral vascular disease can be determined.

Within 14 days, you will receive your personal CRP Report that indicates your CRP level. The result may be used as a discretionary tool in the evaluation of those at risk for cardiovascular disease to initiate and guide preventive measures or more aggressive therapy against heart attack.

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