PLAC Test Better Indicator of Stroke or Heart Attack by Dr. Langenderfer

The PLAC test is the only blood test cleared by the FDA to aid in assessing risk for coronary heart disease and ischemic stroke. The PLAC test is a blood test that measures the level of Lp-PLA2, an enzyme associated with inflammation of the arteries. Increased levels of Lp-PLA2 increases your risk of having a heart attack or stroke.

The PLAC test is different form other tests assessing cardiovascular disease in that it is specific to plaque. C reactive protein (hsCRP) is not specific to plaque and any inflammation in the body can cause the levels to be high such as an infection. Also, a person may have a normal lipid profile (normal cholesterol levels) and still be at a high risk for stroke or heart attack because their PLAC levels are high.

In most adults, cholesterol causes a fatty deposit called plaque to build up in the walls of the arteries. When these walls become inflamed, your body produces an enzyme called Lp-PLA2. If the amount of Lp-PLA2 is high, this may indicate that plaque is more likely to rupture through the inside lining of your artery into your bloodstream. This can cause a clot that could result in heart attack or stroke.

The PLAC test helps identify patients with hidden cardiovascular risk.

- 1/2 of all heart attacks occur in patients with low to moderate cholesterol levels
- cholesterol is a useful tool in assessing coronary heat disease but not reliable predictor of stroke
- patients with high Lp-PLA2 and high blood pressure are a higher risk for ischemic stroke

Call today to schedule a consult with Dr. Langenderfer if you would like to have your PLAC levels tested.