

HDL3 Particle Activation for CVD and Poor Diet Patients

The observation that small HDL particles (HDL3-P) are produced immediately on the consumption of protein is important in the functionality of HDL. There are many markers known today for CVD risk but, since HDL3-P is the primary player in reverse cholesterol transport (RCT) it has promise as a leader. Limited testing shows poor HDL3-P activation for patients with existing CVD, Metabolic Syndrome, T2D or poor diet regardless of the HDL-C level. HDL3-P activation is a modifiable risk factor through medication, exercise and diet. A straight forward assay using any lipoprotein testing method that measures HDL3 or small HDL particles can determine the patent pending HDL3-P Activation Index (HDL3-P AI) assay. Discussion or potential study collaborator inquiries are welcome, (LipidRisk@hotmail.com). Examples of a healthy patient, a CVD patient and a poor diet patient are presented.

