



GENERAL HEALTH TESTING

# C-Reactive Protein (hs-CRP)

## What is C-Reactive Protein?

C-reactive protein (CRP) is a protein in the blood that non-specifically increases during inflammation and infection, as well as following a heart attack, surgery, or trauma. In many instances, tissue damage causes a significant spike in the blood concentration of CRP. However, even just minimal but persistent levels of inflammation result in small CRP increases. Consistently elevated CRP is associated with an increased risk of cardiovascular disease.

## What are optimal CRP levels?

CRP levels of 1 – 3 mg/L are associated with an average risk of cardiovascular disease. Lower levels (< 1 mg/L) decrease the risk of cardiovascular disease, while higher levels (> 3 mg/L) are associated with an increased risk of cardiovascular disease (1). Values above 5 mg/L are more commonly associated with acute infection, active arthritis, or other inflammatory illness.

## How can I reduce my CRP levels?

Non-pharmacological methods for reducing CRP include aerobic exercise, abstaining from smoking, losing excess body weight, and following a heart-healthy diet with whole grains, reduced unhealthy fats and sodium, and lots of fruits and vegetables. Various medications are also available that have been shown to reduce CRP levels, including statins, aspirin, and vitamin E (4).

## Link between CRP and cardiovascular health

Slightly elevated CRP levels in otherwise healthy individuals are indicative of the development of atherosclerosis (cholesterol deposits and plaque in the blood vessel walls), and help to predict the future risk of heart attack, stroke, and peripheral artery disease (2).

In addition, measurements of CRP are useful in patients who have already suffered a myocardial infarction. Elevated CRP in these patients is associated with subsequent risk of major adverse cardiovascular events and death (3)

# C-Reactive Protein (hs-CRP) Information Sheet

## Where can I find more info?

Visit [www.genetrackdiagnostics.com](http://www.genetrackdiagnostics.com) for full test information, including specimen collection requirements

### CONTACT US:

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### NOTE:

This brochure is provided for general information purposes only. It is not intended to replace medical advice from a health professional.

### References:

- (1) Pearson TA, et al. (2003). Markers of Inflammation and Cardiovascular Disease, Application to Clinical and Public Health Practice, A Statement for Healthcare Professionals from the Centers for Disease Control and Prevention and the American Heart Association. *Circulation*. 107(3), 499-511.
- (2) Kamath DY, et al. (2015). High sensitivity C-reactive protein (hsCRP) & cardiovascular disease: An Indian perspective. *Indian J Med Res*. 142(3), 261-268.
- (3) Carrero JJ, et al. (2019). hsCRP Level and the Risk of Death or Recurrent Cardiovascular Events in Patients with Myocardial Infarction: a Healthcare-Based Study. *JAHA*. 8.
- (4) Prasad K. (2006). C-reactive protein (CRP)-lowering agents. *Cardiovasc Drug Rev*. 24(1): 33-50.