

# C-Reactive Protein and Heart Disease

**C-reactive protein (CRP)** is a protein your body makes. Measuring CRP is one way to identify inflammation.

Inflammation is the body's natural response to injury, infection and certain conditions. It helps us heal. But long-term (chronic) inflammation can be harmful.

The amount of CRP in the blood rises when there is inflammation.

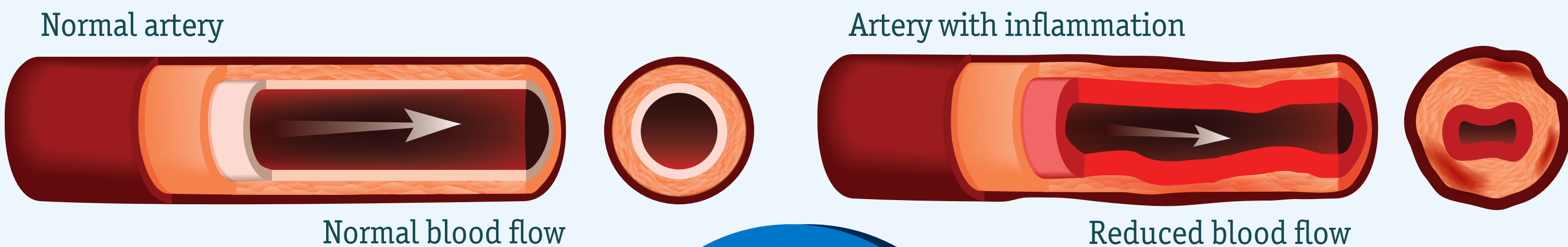
**High CRP is linked to a 3x greater risk of heart attack**



## High amounts of CRP can speed heart disease.

It's been linked to a greater likelihood of:

- ▶ Damaged, narrowed arteries (heart disease)
- ▶ Heart attack
- ▶ Stroke
- ▶ Peripheral artery disease



## How is CRP measured?

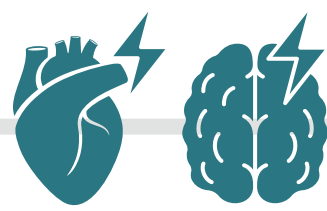
A simple blood test called **high-sensitivity CRP (hs-CRP)** can detect very low levels of CRP in the blood.

**Ask about having your CRP checked. Like cholesterol, CRP helps predict your chance (risk) of developing heart disease.**

Result	What it means for heart disease
More than 3.0	High risk
1.0 to 3.0	Medium risk
Less than 1.0	Low risk




hs-CRP level (mg/L)

**It's best used with other tests:**  
**hs-CRP + cholesterol test + Lp(a), for some**  
 → Gives a better picture of your risk



## What you can do

Talk with your doctor. Certain conditions like diabetes, rheumatoid arthritis or lupus can also raise your CRP level. You can lower your CRP and risk of heart disease by:

-  Eating heart-healthy foods
-  Moving more (walking counts)
-  Losing weight, if needed
-  Not smoking
-  Asking about statins and other anti-inflammatory drugs

For more information, visit [CardioSmart.org/Atherosclerosis](http://CardioSmart.org/Atherosclerosis)  
 @ACCinTouch #CardioSmart

