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THRIVE @ 55 AND BEYOND!

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SECTION B

Community Bulletin

Paul Ziaika M.D., director of the Florida Lipid Institute in Winter Park, is one of the first doctors in Winter Park to use a new FDA-approved test that helps identify hidden risk for heart attack and stroke for his patients. It's called the PLAC Test.

The PLAC Test is a simple blood test that goes beyond traditional risk factors to identify patients at increased risk of heart disease and stroke. This is a medical breakthrough for 2008. The test measures Lp-PLA2 (lipoprotein-associated phospholipase A2), a vascular-specific inflammatory enzyme implicated in the formation of rupture-prone plaque, and is the only FDA-cleared blood test to assess risk for heart attack and stroke. The results of this test can enable doctors to initiate an aggressive treatment program to prevent these events from occurring.

Recently, a group of leading cardiologists and neurologists published a consensus recommendation in a supplement to *The American Journal of Cardiology* proposing Lp-PLA2 testing for individuals identified at moderate or high risk by traditional risk factor assessment. More information can be found on *The American Journal of Cardiology* Web site at:

[http://www.ajconline.org/issues/contents?issue_key=S0002-9149\(08\)X0017-7](http://www.ajconline.org/issues/contents?issue_key=S0002-9149(08)X0017-7)