



Can I prevent having a heart attack or stroke?

The PLAC Test can help.

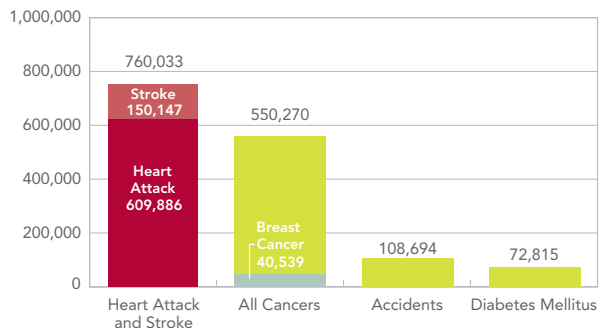
PLAC[®] Facts

The PLAC[®] Test is the only blood test cleared by the FDA to aid in assessing risk for both coronary heart disease and ischemic stroke associated with atherosclerosis. 87% of strokes are ischemic¹.

WHAT IS THE PLAC TEST?

The PLAC Test is a blood test that measures the level of Lp-PLA₂, an enzyme associated with the inflammation of your arteries. Increased levels of Lp-PLA₂ increase your risk of having a heart attack or stroke.

HEART ATTACK AND STROKE ARE THE MAJOR LEADING CAUSES OF DEATH IN THE US¹



¹Source: CDC, AHA Statistical Update 2007

HOW IS THE PLAC TEST DIFFERENT FROM OTHER HEART AND STROKE TESTS MY DOCTOR MAY ORDER?

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 the plaque is more likely to rupture through the inside lining of your artery into your bloodstream, where it may cause a clot that could result in heart attack or stroke.

The PLAC Test can provide you and your doctor with information about the health of your arteries that was not available in the past.

WHY MIGHT MY DOCTOR ORDER THE PLAC TEST FOR ME?

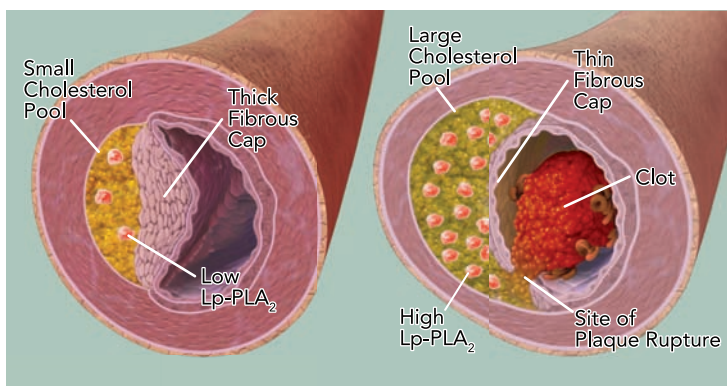
When you have an infection in a cut, the cut becomes inflamed and hurts! Your arteries do not have the same type of pain receptors, and are unlikely to hurt when they are inflamed. The PLAC Test measures an enzyme that increases when your arteries are inflamed. That is why the PLAC Test can help your doctor better understand what is happening in your arteries, and assess your risk for heart attack and stroke.

Your doctor probably has ordered other tests for you such as cholesterol and is ordering the PLAC Test to gain more specific information about your health, and to help identify the best course of treatment for you.

68% of all heart attacks and strokes occur from clots, not from narrowing of the arteries.

STABLE PLAQUE

RUPTURED PLAQUE



Risk factors for heart attack and stroke:

- Family History of Heart Attack or Stroke
- High Blood Pressure
- Diabetes
- Being Overweight (more than 20 lbs.)
- Not Being Physically Active
- Smoking
- Borderline or High Cholesterol
- Metabolic Syndrome

WHAT DO MY TEST RESULTS MEAN?

LOW RISK

Lp-PLA₂ < 200 ng/mL

BORDERLINE RISK

Lp-PLA₂ = 200-235 ng/mL

HIGH RISK

Lp-PLA₂ > 235 ng/mL

IF YOUR PLAC TEST IS HIGH, YOU ARE AT INCREASED RISK FOR HEART ATTACK OR STROKE.

Now is the time to work with your doctor. Your doctor may prescribe lifestyle changes, such as exercise or diet. Your doctor may also order prescription medication, or medicine you can buy without a prescription.

Remember, your arteries do not hurt when they are inflamed—you may have problems without knowing it. Over 50% of people who have a heart attack or stroke have no symptoms until the heart attack or stroke occurs.

It is important that you follow your doctor's directions! Following the treatment plan your doctor recommends can significantly reduce your risk of a heart attack or stroke.

IF YOUR PLAC TEST IS LOW, YOU ARE AT LOWER RISK FOR HEART ATTACK OR STROKE.

In a study from the Mayo Clinic, 95% of individuals who had Lp-PLA₂ levels below 200 ng/mL **did not** have either a heart attack or stroke over a 4-year period, even though they had coronary artery disease.

HOW DO I PREPARE FOR THE PLAC TEST?

There is no preparation required. The test just requires the drawing of a tube of blood at your doctor's office or local laboratory patient service center. You don't need to fast. Also, it is OK to have the test done if you have taken medication.

Results of the PLAC Test are not usually affected by smoking, having a cold, recent asthma attack or arthritis flare-up, the flu or other similar illnesses.

WHO PAYS FOR THE PLAC TEST?

- Medicare reimburses for the PLAC Test.
- Many health plans reimburse for the PLAC Test. However, even with FDA clearance, Medicare reimbursement and over 60 peer-reviewed publications, some insurance companies may deny payment because the test is fairly new. You may have to pay out-of-pocket. diaDexus is actively working with health plans to encourage them to cover the PLAC Test.

Talk to your doctor about the PLAC Test.

for more information please visit
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