VITALS VAULT

FREE GUIDE

Inflammation Marker Tracker

A simple tracker for hs-CRP with the context that changes it. One reading is a snapshot, so write down what else was going on.

WHERE HS-CRP FALLS (MG/L)

Reading	Category used by AACE/ACE guidance	My result
Under 1	Normal	
1 to 3	Intermediate cardiovascular risk	
Above 3	High risk category	

LOG EACH READING

Date	hs-CRP (mg/L)	Illness in past 2 weeks?	Notes

WHY TWO READINGS

For heart-risk purposes, two readings at least two weeks apart are advised because of individual variation. A 14-study analysis of 83,995 people linked higher hs-CRP to higher death rates, especially at 1 mg/L or above.

QUESTIONS TO ASK

- [ ] Was I sick or injured before this draw, and should we repeat the test?
- [ ] Is this a regular CRP or a high-sensitivity CRP?
- [ ] Which other markers should be read with this one?
- [ ] What does my trend say, not just one number?

Sources: Li 2017 (14 studies, 83,995 people); Jellinger 2017. Association only; the cut-offs are not a diagnosis.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com