

Cardiovascular biomarkers

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[Cardiovascular biomarkers](#) are measurable bodily substances that provide valuable information about heart health and disease risk. These biomarkers are typically found in blood and can help diagnose, monitor, and predict cardiovascular diseases (CVD). Some of the most commonly used cardiovascular biomarkers include:

1. **Troponins (cTnI, cTnT)**: Proteins released into the blood when heart muscle is damaged, commonly used to diagnose heart attacks (myocardial infarction).
2. **B-type Natriuretic Peptide (BNP) / N-terminal pro-BNP (NT-proBNP)**: Hormones released when the heart is under stress, often elevated in heart failure.
3. **C-reactive Protein (CRP)**: A marker of inflammation, elevated levels of CRP are associated with an increased risk of CVD, including heart attacks and strokes.
4. **Lipoproteins (LDL, HDL, triglycerides)**: Lipid levels in the blood, especially low-density lipoprotein (LDL) cholesterol, are key markers for atherosclerosis and coronary artery disease risk.
5. **High-Sensitivity Cardiac Troponin (hs-cTn)**: This is a more sensitive version of troponin assays that can detect very low levels of heart muscle damage, useful for early detection of acute coronary syndrome.
6. **Myoglobin**: A protein released during heart or skeletal muscle injury, although less specific than troponin for heart damage.
7. **Fibrinogen**: A blood clotting protein, elevated levels can increase the risk of heart attacks and strokes due to thrombosis.
8. **D-dimer**: A marker of blood clot degradation, often used to rule out thrombotic events like deep vein thrombosis or pulmonary embolism, and sometimes in cardiovascular risk assessment.
9. **Interleukin-6 (IL-6)**: A pro-inflammatory cytokine, elevated levels of which are associated with

increased cardiovascular risk.

10. **Homocysteine**: An amino acid linked to an increased risk of atherosclerosis when elevated.

These biomarkers are essential for evaluating patients with symptoms of cardiovascular diseases, guiding treatment strategies, and assessing long-term risk.

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