

# Understanding Your CRP Test

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## What is C-Reactive Protein (CRP)?

C-Reactive Protein, or CRP, is a substance produced by your liver. When there is inflammation somewhere in your body, your liver releases CRP into your bloodstream. A CRP test measures the amount of this protein in your blood.

Think of it as your body's natural alarm system. When the alarm (CRP) is ringing, it tells your doctor that there is inflammation that needs to be investigated.

A CRP test is a simple and common blood test that helps your doctor:

- **Detect Inflammation:** It is one of the most reliable markers to check for inflammation from infections (like pneumonia or sepsis), autoimmune diseases (like rheumatoid arthritis), or chronic conditions.
- **Monitor Conditions:** If you have a known inflammatory disease, your doctor can use the CRP test to see how well your treatment is working or if your condition is flaring up.

It is important to understand that CRP is a **non-specific** marker. This means it can confirm that inflammation is present, but it cannot tell your doctor **where** the inflammation is or what is causing it. It is one piece of the puzzle that your doctor will use along with your symptoms and other test results.

## Understanding Your CRP Results

CRP levels are measured in milligrams per liter (mg/L). While labs may have slightly different ranges, here is a general guide:

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CRP Level (mg/L)	What It Generally Means
<b>Less than 10</b>	<b>Normal.</b> No significant inflammation is detected.
<b>10 to 100</b>	<b>Moderate Elevation.</b> This can be caused by a variety of things, including a bad cold, a urinary tract infection, a recent injury, or a flare-up of a chronic condition.
<b>Greater than 100</b>	<b>High Elevation.</b> This usually signals a serious

bacterial infection, major trauma, or an uncontrolled autoimmune disease.

**\*\*Important Note:\*\*** A single high CRP reading is not always a cause for alarm. It can be temporarily elevated due to minor infections, smoking, or even intense exercise. Your doctor will interpret your result based on your overall health and symptoms.

\*This guide provides general information and is not a substitute for professional medical advice. Always discuss your test results with your doctor to understand what they mean for you.\*