Conventional and innovative new markers include an evaluation of:

- Homocysteine
- C-reactive protein
- Fibrinogen*
- Red blood cell magnesium
- Coenzyme Q10
- Vitamin E
- Lipid peroxides
- Total testosterone
- Sex hormone binding globulin
- Free androgen index (calculation)
- Insulin
- Ferritin
- A thorough cholesterol panel including:
  - Total cholesterol
  - HDL cholesterol
  - LDL cholesterol
  - Triglycerides
  - Lipoprotein (a)

*Not reported in New York

What factors contribute to cardiovascular disease?

- High blood pressure
- High blood cholesterol
- Tobacco smoke
- Physical inactivity
- Obesity and overweight
- Diabetes (Type 2)
- Increasing age
- Male gender
- Race

[Source: www.americanheart.org]

Why should I use the Metametrix Cardiovascular Health Profile?

Evaluating cholesterol levels to adequately assess and modify your risk for developing cardiovascular disease is not enough to maintain a healthy heart. While cholesterol and cholesterol fractions inform us about the status of your blood lipids, the Metametrix Cardiovascular Health Profile goes beyond blood lipid markers to include markers of nutrition, oxidative damage, inflammation and hormone imbalances. Innovative new markers—chronic inflammatory markers combined with lipoprotein factors—provide a more complete assessment of your cardiovascular disease risk.

Chronic inflammatory markers include:

- **C-reactive Protein (hs):** A general marker of inflammation or infection in the vascular network. Elevated levels have been shown in individuals with mild or subclinical CVD.
- **Ferritin:** The best measure of iron deficiency, elevated ferritin is also an important marker of cardiovascular health. High levels are found in ischemic heart disease, iron overload and hemochromatosis.
- **Fibrinogen**: In states of tissue injury/inflammation, elevated fibrinogen is correlated with early CVD and is a better marker of risk for a coronary event than elevated cholesterol.

What difference will having this set of comprehensive test results make to me?

Prevention! Many of the multiple risk factors for cardiovascular disease can be reduced or eliminated with individualized integrative therapies. When abnormalities are found with this panel of indicators, a treatment plan can be customized to your specific needs and risk factors. This plan typically includes lifestyle, diet and nutritional recommendations.