



## Heart Disease Risk Is More Than High Cholesterol...



*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](http://www.americanheart.org)]

### *Why should I use the Metamatrix 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 **Metamatrix 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.

## PATIENT INFORMATION SHEET



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