Almost half of all heart attacks strike people who don't know they're at risk.

Counting on the well-hyped cholesterol wagon is a good way to keep heart disease at an all time high.

**Case in point:**

A 53 year old patient by the name of Ed wanted my advice on improving his risk of developing heart disease.

According to Ed, his doctor did a cholesterol check and a resting EKG and said everything looked fine and not to worry.

Fortunately, Ed had been reading some of my recent articles on heart disease and the importance of getting a comprehensive cardiovascular blood profile and wanted to see where he stood.

With that being said, can you tell me what **nine tests** should make up a comprehensive cardiovascular blood test?

The following is Ed's report:

As you can see this report is quite comprehensive and addresses much more than just cholesterol.

A thorough blood profile should include:

- Cholesterol
- LDL Cholesterol
- HDL Cholesterol
- Triglycerides
- C-Reactive Protein
- Fibrinogen
- Homocysteine
- LDL Density Patterns
- Lp (a)
What do these markers mean?

You may already be familiar with some of the lipid markers such as **LDL cholesterol and triglycerides**.

And **HDL cholesterol**, commonly called the "good cholesterol," which is bolstered by exercise and fish oils, and actually protects your cardiovascular system.

But besides these important standard markers, there are **new independent risk factors that can double or even triple your risk of heart attack and stroke**.

Researchers at Harvard recently discovered that **C-reactive protein**, a protein that indicates inflammation in the body, serves as a strong risk predictor of future heart attack and stroke.

Levels of this important protein are increased by past or current infections, such as chlamydia pneumoniae.

Another new marker, **homocysteine**, is an amino acid that can scrape the lining of blood vessel walls, triggering fatty deposits and atherosclerosis.
One study found that men with high homocysteine had 3 times greater risk of heart attack, even when adjustment for other risk factors was considered!

Lipids and proteins are transported through your bloodstream together in packages called lipoproteins.

**Lipoprotein(a)** has been cited by many researchers as the most important marker for predicting the severity of future heart disease. Like homocysteine, it is strongly influenced by heredity.

And finally, **fibrinogen** is an important agent in the blood clotting process, with high levels linked to both heart disease and stroke. Like the blood lipids, fibrinogen is affected by factors such as smoking, stress, obesity, and aging.

**My Comments:**

Doctors, as you can see my patient Ed was not in the best of health cardiovascular-speaking.

In fact, he was at a high risk of having heart disease. Without this test, it was probable that Ed may have succumb to a fatal heart attack or stroke.

Doctors, you hold in your hands the future of medicine. We as chiropractors "march to a different drum" than most traditional medical physicians. We are trained to think outside the box. To our delight and more importantly, to the delight of our present and future patients we will have the opportunity to save thousands of lives.

I have provided you with the ammunition to prove to your patients the importance of ordering a comprehensive cardiovascular blood profile.

**Click Here for a Summary of Ed's Treatment Protocol**

**Supporting Citations:**


Ed's Treatment Protocol

Here is a breakdown of Ed's Blood Chemistries before and after treatment:

<table>
<thead>
<tr>
<th>Labs</th>
<th>Optimal range</th>
<th>01/03/02 Before Treatment</th>
<th>01/14/03 Before Treatment</th>
<th>10/23/04 After Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>150-185</td>
<td>230</td>
<td>218</td>
<td>193</td>
</tr>
<tr>
<td>HDL</td>
<td>&gt;55</td>
<td>34</td>
<td>31</td>
<td>37</td>
</tr>
<tr>
<td>Cholesterol/HDL ratio</td>
<td>&lt;3.0</td>
<td>6.76</td>
<td>7.0</td>
<td>5.2</td>
</tr>
<tr>
<td>LDL</td>
<td>&lt;120</td>
<td>143</td>
<td>151</td>
<td>110</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>70-120</td>
<td>263</td>
<td>249</td>
<td>132</td>
</tr>
<tr>
<td>CRP</td>
<td>&lt;.80</td>
<td>Not performed</td>
<td>.34</td>
<td>.39</td>
</tr>
<tr>
<td>Homocysteine</td>
<td>4.72-10.00</td>
<td>Not performed</td>
<td>9.81</td>
<td>7.65</td>
</tr>
<tr>
<td>Fibrinogen</td>
<td>180-350</td>
<td>Not performed</td>
<td>369</td>
<td>268</td>
</tr>
</tbody>
</table>

Treatment Protocol included the following:

- Glycemically Balanced Diet
- Resistive Weight Training: twice per week
- High Intensity Interval Aerobic Training: three times a week
- Increased spring water consumption to nine glasses a day

Based on additional lab results specifically red blood cell mineral test and in-house biochemical testing, I prescribed the following supplements:

1. Taurine
2. Methionine
3. 18% Liquid Magnesium
4. Udo' Essential Blend
5. A product called Formula ES: L-Carnitine, Coenzyme Q10, Magnesium, Bromelain and Chondroitin-4-Sulfate

Overall I am pleased with Ed's progress and his willingness to comply to my recommended treatment protocol.

Chiropractic Mentors
4200 East North Street Suite 14
Greenville, South Carolina 29615
Phone: 864-292-0226
FAX: 864-268-7022
E-mail: drgrisanti@charter.net