

WELCOME TO OUR
Monthly Newsletter
Advanced Cardiovascular Biomarkers



February is American Heart Month! But unfortunately, heart disease remains the number one killer in the United States. There are many reasons that contribute to this terrible medical condition, and today we have many ways to assess our own cardiovascular risk for a possible future event. Of course, many of us know that frequent exercise, healthy nutrition, and "good genes" all contribute towards a lower risk for future heart disease.

In Functional Medicine, we have many tools to evaluate and treat heart disease. One particular important tool is the lab assessment from Boston Heart Labs (R). These labs provide the most complete evaluation of our biochemistry that influences our cardiovascular risk factors. Most of us are knowledgeable about how high total and bad cholesterol can cause plaque buildup in our arteries; but, there are actually even more important biomarkers that can help us to decide whether to prescribe treatment such as a statin as well as determine if we have a disorder that can cause our blood to clot.

These advanced cardiovascular biomarkers can pinpoint the source of our high cholesterol such as fat overabsorption from our gut or the overproduction of it in our liver. Our bodies are "pre-programmed" by our genes to direct the function of our body's metabolic pathways. One example includes our levels of our good cholesterol since that type of cholesterol actually helps to remove the bad cholesterol from our system.

Overall, an in-depth lab assessment of your cardiovascular biomarkers can help us to focus on the correct pathway to lower your cardiovascular risk profile, and thus ensure a healthy heart! At Premier Wellness, we can help you to review your risk profile and provide personalized treatment plans to optimize your heart health and longevity.

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