

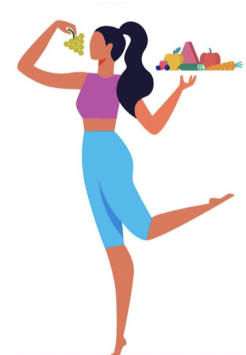
# RENEW

— WELLNESS —

Comprehensive Functional Medicine Lab Testing

Boston Heart  
*Sample Report*

Dr. Helene Pulnik ND



# PATIENT LAB SUMMARY REPORT

Prepared For  
**John Heart**

Ordered By  
**Ernst Schaefer MD**



Account No.  
**0000**  
Accession No.  
**A1234567**  
Patient ID  
**0000000**  
Report Date  
**2/16/2016**



## John, you have risk of heart disease.

### PART 1: LIPIDS

	CURRENT	
	02/12/16	02/16/16
Total Cholesterol	187	171
LDL-C	112	94
HDL-C	52	50
Triglycerides	204	136
ApoB	101	94
LDL-P	1314	944
Non-HDL-C	135	121
sdLDL-C	64	58
Lp(a)	32	30
ApoA-1	182.7	177.7
<b>Boston Heart HDL Map®</b>		
Alpha-1		25.9
Alpha-2		74.6
Alpha-3		27.9
Alpha-4		15.6
PreBeta-1		38.2
<b>Boston Heart Cholesterol Balance®</b>		
Lathosterol (production)	80	111
Desmosterol (production)	118	106
Beta-Sitosterol (absorption)	110	76
Campesterol (absorption)	129	79

### PART 2: INFLAMMATION

	CURRENT	
	02/12/16	02/16/16
Fibrinogen	416	407
hs-CRP	4.0	2.2
LpPLA <sub>2</sub>	246	244
MPO	405	694

Note: previous results are for comparison only

### PART 3: METABOLICS

	CURRENT	
	02/12/16	02/16/16
HbA1c	6.1	5.6
Glucose	108	116
GSP	215	207
Adiponectin	3.4	4.7
Insulin	21	10

### PART 4: GENETICS Results may be from previous lab testing

Statin Induced Myopathy Gene (SLC01B1)	You are less likely than others to experience muscle aches and pains on a statin.
Apolipoprotein E Gene (ApoE)	You should respond well to lifestyle changes, medication and/or supplements.
Blood Clot Protein Genes (Factors II and V)	Your Factor II and Factor V genetic test results are not linked to increased clot formation.

**COLOR KEY**

- GOOD
- CAUTION
- DANGER
- NOT AVAILABLE

# PATIENT PLAN FOR WELL BEING

Prepared For  
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## John, this is your plan to “Get to Green.”

Your plan is based on your red and yellow test results. Your healthcare provider will determine the right treatment to improve your heart health.

MEDICATIONS	NOTES
<b>Statins</b> <i>lower cholesterol, bad cholesterol and inflammation</i>	
<b>Cholesterol Absorption Inhibitor (ezetimibe)</b> <i>lowers the bad cholesterol in the blood by reducing cholesterol absorption</i>	
<b>Fibrates</b> <i>lower fat in the blood and may increase good cholesterol</i>	
<b>Bile Acid Sequestrants</b> <i>lower bad cholesterol circulating in the blood</i>	
<b>Glucose Stabilizing and/or Insulin Sensitizing Medications</b> <i>reduce glucose and insulin levels</i>	
<b>Aspirin</b> <i>stops platelets from sticking together and forming a clot</i>	
<b>Beta Blockers</b> <i>help the heart to beat slower and with less force, reducing blood pressure</i>	
<b>ACE inhibitors</b> <i>help enlarge arteries making it easier for the heart to pump blood</i>	
<b>Other</b>	

SUPPLEMENTS	NOTES
<b>Niacin</b> <i>raises good cholesterol, especially the very large HDL particles, lowers fat in the blood, and lowers dangerous inherited bad cholesterol</i>	
<b>Fish Oil (Omega-3 Fatty Acids)</b> <i>lowers fat in the blood and slows the growth rate of plaque</i>	
<b>CoQ10</b> <i>helpful for muscle function in patients on statin therapy</i>	
<b>Soluble Fiber</b> <i>stabilizes blood glucose, tends to reduce blood cholesterol and permits better absorption of nutrients</i>	
<b>Other</b>	

Follow up appointment date:     /     /

Lab tests before next appointment:     Y     N

Next Steps:

## LIFESTYLE

## NOTES

### Maintain a healthy weight

*Eat only enough calories each day to maintain a healthy weight*

**For you:** *Keep your waist size below 40 inches*

### Eat healthy carbohydrates

*Eat more vegetables, whole grains and fiber*

**For you:** *Get at least 10-25 grams of fiber per day*

### Eat lean and healthy proteins

*Limit cholesterol from eggs, dairy and meat*

**For you:** *Eat no more than 300 mg of cholesterol per day*

### Include Omega-3 Fatty Acids

**For you:** *Eat oily fish (salmon) at least 2 times per week*

### Reduce unhealthy fats and eliminate trans fats

**For you:** *Limit saturated fats to no more than 10% of your total calories per day*

### Limit salt

**For you:** *Consume 1,500-2,300 mg per day*

### Add a little more exercise to your day

*Just 30 minutes of walking a day can make a powerful difference*

### Limit sugary foods and drinks

*Drink more water, limit alcohol and remember fruit juices contain sugar*

**For you:** *Drink no more than two alcoholic drinks per day*

### Other

## JOHN, TAKE ACTION TO IMPROVE YOUR HEALTH WITH THE LIFESTYLE PROGRAM.

Use this as a guide to balance the carbohydrates, proteins and fats you eat each day.

### Here is a preview of your daily nutrient breakdown

25% Proteins

45% Carbs

30% Fats

Saturated 8%

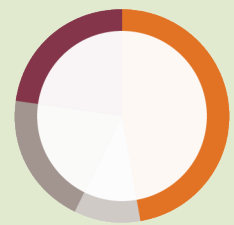
Unsaturated 22%

Trans Fats 0%

25% Proteins

45% Carbs

30% Fats



**Other recommendations** you'll get when you join:  
Calorie goal • Serving sizes • Weight goal • Activity goal

The Lifestyle Program is included with your testing. You'll get a personalized plan with a 7-day menu, heart-healthy recipes, food journal, and support from a Registered Dietitian.

Simply complete a brief questionnaire on **mybostonheart.com** or call **877.425.1252**.

Questions about joining the program? Call us at 877.425.1252 or email [support@mybostonheart.com](mailto:support@mybostonheart.com).

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## Here is what your test results mean:

### PART 1: LIPIDS

You are at risk of forming a blockage.



Your total cholesterol looks good.

Your amount of bad cholesterol looks good, but it is too small and too sticky.

You don't have enough good cholesterol, but it is strong, helping to remove your bad cholesterol.

You don't have enough very large HDL particles, and you have too many very small HDL particles.

Your body absorbs cholesterol from food as it should, but your liver produces too much cholesterol.

### PART 2: INFLAMMATION

You have too much inflammation. This may damage your artery wall lining.



If you have a blockage you are at high risk of it breaking and forming a clot.

Your near-term (1 to 6 months) risk of heart attack and stroke is increased.

### PART 3: METABOLICS

Your test results put you in the prediabetic range.



Your blood sugar levels put you in the prediabetic range.

When you were tested your insulin was in the normal range.

Your levels of adiponectin hormone are not high enough to protect you from heart disease.

### PART 4: GENETICS

Your genetic test results look good.



Your genetic test results should not stop you from taking prescribed medications. Monitor how you feel and talk with your healthcare provider.