



Functional Nutrition Working Group Newsletter

June 2023

Cardiovascular Disease

- Heart disease is the leading cause of death for both men and women.
- About 600,000 Americans dies from heart disease each year
- Most people have at least 1 risk factor that includes obesity, diabetes, diet, and physical inactivity
- Assessment should include the following:
- BP readings bilateral and lower extremities, eye assessment to look for arterial changes, metabolic syndrome analysis, and multichannel blood chemistries

What to look for?

Labs:

- Lipid Panel to look for cholesterol changes and to assess CV risk
- Fibrinogen to see inflammatory process during the clotting sequence
- HgbA1c to assess metabolic syndrome
- Homocysteine for inflammatory risk and nutritional deficiency
- ESR/CRP for inflammation markers
- CBC for evaluation of blood
- Lipoprotein (a)

Considerations:

- Discuss with your patients on lifestyle changes including diet, supplementation, and physical activity
- Don't just look at blood levels, make sure to see how they are feeling as well
- Make sure to retest blood panels and know that it may take some time to see any changes



[Register for Upcoming Webinar](#)

[Male Hormonal Imbalances](#)

Presented by:

[Dr. Shannon Smith](#)

[June 22, 2023 12:30-1:30 PM](#)

MALE HORMONAL IMBALANCES
THURSDAY JUNE 22 @ 12:30PM
CLICK HERE TO REGISTER
PCA MEMBER \$24
NON MEMBER \$32
1 CE
Common Signs and Symptoms of Presenting Male Hormonal Imbalance, Different Presentations in Low T Syndrome and Blood Chemistry for Assessment in this and Other Common Male Presentations.

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