

The Cardiovascular Risk Assessment Program at Naturopathic Family Care is a ten-week program that is ideal for anyone at risk for heart disease. Our program includes extensive laboratory analysis which allows our physicians to determine each participant's unique health needs. Included laboratory testing includes:

Complete Blood Count: checks total red and white blood cell status and characteristics.

Complete Metabolic Profile: electrolytes, kidney and liver function

Cholesterol Panel (including total cholesterol, triglycerides, HDL, LDL, VLDL, and ratios)

Apolipoproteins A1 and B: specific measures of cardiac risk

Fibrinogen: viscosity of the blood

Homocysteine: cardiovascular risk marker

Bio-Impedance Analysis (BIA): total body weight, fat mass, lean body weight, and toxic status

SpectraCell: measures vitamin, mineral, and healthy protective fat levels in the body

HS-CRP: cardiac risk factor and measure of heart inflammation

These tests are collected during both the first and third visit. This allows our physicians to check the participant's progress as they go through the program. Also during the first visit participants are given recommendations on exercise, a dietary suggestion packet, and asked to complete a 2-week diet diary. A complete cardiovascular-specific physical examination is performed. General supplement recommendations are also given. The second doctor visit focuses on reviewing the majority of laboratory results, discussing the diet diary, and answering questions regarding the lifestyle and dietary suggestions. Repeat BIA testing is also performed. Specific supplement recommendations based on laboratory results are also discussed.

The third visit typically occurs in the eighth week of the program. During this visit laboratory tests will be re-collected, repeat BIA analysis, and continued education on healthy lifestyle choices are all covered.

During the fourth visit, the results of the repeat-laboratory testing are discussed and suggestions for sustaining cardiovascular health are covered. Extra time is allotted to ensure that all of the participant's questions and concerns are adequately addressed.

The total cost of the Cardiovascular Risk Assessment Program is \$1999.00. All laboratory tests, doctor visits, and physical exams are included in this price. For more information please call our office at 602-493-2273.