

Stroke & Heart Attack Prevention Evaluation



Did you know that thousands of heart attacks and strokes can be prevented each year if warning signs are detected early? With new laboratory and safe non-invasive imaging techniques, we can help identify your risk factors for a heart attack or stroke decades before any symptoms may appear. At POTENTRx, we provide you with an action plan to adjust your lifestyle to help reduce your risk of having a heart attack, stroke or diabetes.



S.H.A.P.E. stands for Stroke & Heart Attack Prevention Evaluation. We begin with a review of your personal and family history for risk factors associated with heart disease and stroke. Our medical director conducts a thorough preventive cardiovascular exam, including screening for peripheral artery disease (PAD) and carotid artery disease. Our blood panel testing detects early signs of diabetes, abnormal cardio genomics, inflammation in the blood vessel lining and measures the level of your cholesterol particles.

Finally, you complete a physiological and nutritional assessment that our team of professionals use to create a lifestyle prescription individually designed for you. Because we are focused on preventing heart attacks and strokes, our team guides you in making lifestyle changes that help you reach your goals for health and vitality. Your success is our success.

The following provides an overview of the evaluation:

Stroke & Heart Attack Prevention Evaluation

• CARDIOVASCULAR EXAM

The session establishes lifestyle and activity goals, and resolves specific issues of concern before testing begins and includes:

- Consultation with board certified cardiologist
- Specialized lipid and cardiovascular risk blood panel
- Genomic testing
- Non-invasive imaging (CIMT) for plaque
- ABI test for PAD (peripheral artery disease)

• ASSESSMENT

The testing includes, but is not limited to the following measures:

- Body Metrics
- Resting Metabolic Rate
- Body Composition
- Resting ECG
- Cellular Health
- ECG Monitored Cardiopulmonary Exercise Test — VO₂max

• NUTRITIONAL CONSULTATION

• Food diary analysis and review to assess macronutrients, micronutrients, and calorie intake.

• POST-ASSESSMENT CONSULTATION

At this session you will be presented with the results of the assessment and an understanding of how your body operates in relation to cardiovascular health. You will receive lifestyle recommendations and an exercise prescription that will complement the nutritional recommendations presented during your consultation.

(see reverse for support services)



Supplementary Services



Lifestyle Coaching



Exercise Prescription



Nutrition



Exponential Health



Executive Health



Performance Services



Year of Health



S.H.A.P.E.

Please see our flyers for additional information or ask one of our staff. We would be happy to discuss any of our services and pricing with you. Note: We do not bill insurance for our services.

POTENTRx Founders

Sarah Speck, MD, is a board certified cardiologist and medical director of the Swedish Heart & Vascular Institute Cardiac Wellness Program. With her help, the Institute has become a national leader in the early detection and prevention of heart disease, disease-reversal and disease management techniques. She is the former medical director for the Dean Ornish Program for Reversing Heart Disease.

Dan G. Tripps, PhD, recently concluded his academic career, leaving the position as Director of Center for the Study of Sport and Exercise at Seattle University. His research and clinical practice focus on attributes of high performance. Dr. Tripps has coached world-class athletes, served as Executive Director of the Olympic Scientific Congress during the 1984 Olympic Games, and has published 12 books on achievement and performance.

POTENTRx Affiliates

American Council on Exercise (ACE) • Bainbridge Fire Department • Club ZUM • Pocock Rowing Foundation • Precor • Rainier Vista Boys & Girls Club • Seattle Fire Department • Seattle Sockeye • Seattle Thunderbirds • Seattle University • Skillshow • Snohomish Fire Department • Technogym USA • USA Rowing • USA Rugby • Vicon • Washington Athletic Club • Waypoint Out-