



Apo E Test

Would you like to have precise and specific information at your fingertips for the following:

- Should you be on a low fat or very low fat diet?
- Is a glass of red wine good for you?
- Can you continue to take fish oil?
- Can your body get rid of heavy metal toxicity like everyone else?
- Whether I have Alzheimer's disease in my family history or I am adopted, could I be at risk for early Alzheimer's disease?
- What can I do?

What is Apo E? It is a genetic marker that instructs our cells to produce transport proteins for our fats and cholesterol. Each of us receive 1 part from each parent and it can either be 2, 3 or 4. So the possible Apo E genotypes are 2,2 or 2,3 or 2,4 or 3,3 or 3,4 or 4,4.

BUT: Apo E 4s carry potential risks for heart disease and Alzheimer's. That's why everybody should have their Apo E status checked, because it can give us valuable information on how to modify our diet and lifestyle accordingly and to counter these risk factors.

How do we test for this? A simple blood test, that doesn't require fasting and only needs to be done once in your lifetime.

How much does it cost? The blood draw, testing for Apo E and meeting with the physician to discuss the results and what to do next in **2 easy steps: \$199.**

Where can I get this done? You can call for an appointment to have the blood drawn and pay for the consultation at **214-945-3621**. At the first visit, you will have your blood drawn, take home and fill out your health history in the comfort of your own home and schedule your next visit 1 week later. At this visit, Dr. Chowdhury will spend 30-45 minutes reviewing your history, test results and what actions to take.

Integrative Health & Heart

4060 Legacy Drive, Suite 302

Up the ramp by Starbucks at Legacy and Lebanon

214-945-3621

4060 Legacy Drive, Suite 302 Frisco, TX 75034
Office: 214.945.3621 Fax: 888.511.6306



