

Heart Health

We promise the following:

1. Introduction to and comprehensive health review with Dr. C.
2. Understanding what your heart health goals are.
3. Data collection by our concierge MA, consisting of biometrics and blood tests.
4. Reviewing the test results in context of your current and past medical health
 - a. Advanced cholesterol panel
 - b. Advanced inflammatory panel
 - c. Genotype and what it means to your phenotype
5. Reviewing the recommendations to address these results.
6. Strategizing ways to achieve your heart health goals in (2)
 - a. With medication
 - b. With physician grade supplementation
 - c. With holistic approach to lifestyle changes
 - d. With additional imaging, testing and biometrics