

# 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 — VO<sub>2</sub>max

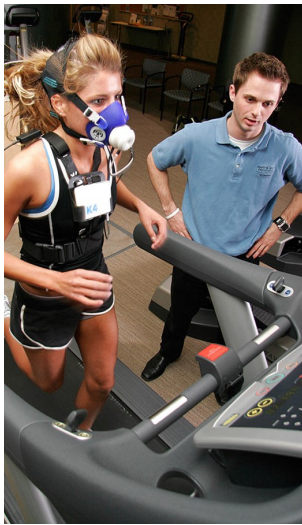
- **NUTRITIONAL CONSULTATION**

- 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

- **PERSONAL TRAINING (\$80PER SESSION)**

Onsite personal training at POTENTRx is conducted by staff who have completed a degree in exercise physiology and/or have been certified by one of several major governing bodies including the American Society of Exercise Physiologists (ASEP), the American College of Sports Medicine (ACSM), and the American Council on Exercise (ACE) to develop individualized exercise prescriptions to increase physical fitness and/or athletic performance. The staff creates a training prescription designed for a specified purpose and supervises training to ensure proper movement techniques, specific workloads (intensity), number and duration of training sessions (frequency), nature and schedule of adjustments across time (periodization and progressive overload), and precautions.

- **WEIGHT LOSS PROGRAM (\$2,400 total)**

In the initial phase of our weight loss program you work with our naturopathic physician to develop a safe diet that utilizes a whole-foods, low-calorie, low-glycemic eating plan to stimulate your metabolism and fat loss over the course of five weeks.

After this initial diet, our nutritionist will work with you to design a longer-term diet to support further weight loss and maintenance, foster insights on portion control, learn nutritionally valuable food choices and resolve unhelpful behaviors around food. Throughout the program, our exercise physiologist will work with you to design an individualized exercise program that facilitates lipid metabolism and increased energy.

- **LIFESTYLE COACHING (\$385 for 4 sessions)**

We offer personal coaching to help you achieve your health or performance goals by developing skills and behaviors that will get you there. You and your coach will explore and define your goals and create an action plan that will provide mutual commitment, accountability and encouragement to achieve your objective. We can help you address your personal stress, adhere to exercise, prevent or manage a chronic illness and give you objective feedback on building your health portfolio for lasting vitality.

- **PERSONALIZED EXERCISE EDUCATION**

(Basic \$80, Advanced \$220)

The personalized exercise program ranges from a one-on-one educational session to a detailed and personalized day-by-day training prescription. Basic exercise education is used to design a personalized resistance training program that matches your goal. Our exercise physiologist will teach proper exercise technique, ensure correct workout intensity, and inform when and how to adjust your workout across time. At the advanced level, you will receive a 16 week, day-by-day personalized training prescription designed to help you train for your specified purpose. We will provide daily specific workloads (intensity), duration of training sessions (frequency), nature and schedule of adjustments across time (periodization and progressive overload), and precautions related to overtraining, age, and health conditions. All of this is tailored to fit your schedule's demands and time allowances to maximize your training time and prepare to reach your performance or health goal.

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## 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 Outdoor • YMCA of Greater Seattle