

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

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

CONSULTATION WITH BOARD CERTIFIED CARDIOLOGIST

Complete physical exam with Sarah Speck, MD, FACC

SPECIALIZED CARDIOVASCULAR LIPID BLOOD PANEL AND DIAGNOSTIC IMAGING

- Carotid Intima Media Thickness (for arterial plaque) and EKG imaging
- Lab work including:
 - NMR Lipid panel
 - Genetic testing
 - Inflammation
 - HGA1c

FITNESS 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

- Analysis of food diary reviewing 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 (\$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.

- **EXPONENTIAL HEALTH (\$1299-2299)**

The Exponential Health Program is grounded in scientifically proven techniques to help you achieve your health, diet, exercise and lifestyle goals based on your unique biological makeup that we can assess in our office. Our program is designed to scientifically and precisely measure your nutrition, exercise, and mental outlook on life to help you live a strong, disease free life at your fullest potential. The program starts with a thorough assessment of your current lifestyle, fitness and health. Your team then analyzes your results to craft and deliver a highly personalized plan. Every week, your program will focus on a different area of wellness through education and actionable lifestyle changes, providing you with the tools for a lifetime of health and disease prevention. You will focus on all aspects of a healthy lifestyle, from sleep and stress, to diet and exercise, and more in order to optimize your health.

- **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.

- **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.

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-