

Coronary Artery Disease and Vascular Longevity PROGRAM



Coronary Artery Disease Program
Created by Dr. Stephen Parcell, ND, ABAAHP





Welcome to the comprehensive coronary artery disease program with Dr. Stephen Parcell, ND. Congratulations for making this serious commitment to your health. Heart attacks are the #1 cause of death in the United States. Up to 75% of patients admitted for heart attacks have normal cholesterol. Cholesterol is only about 25% of the problem. What about the other 75%? This is where we come in. There is much more that needs to be investigated, tested, and treated. This is what NatureMed does.

We have been practicing cardiovascular medicine for 20 years. All testing you will receive has proven clinical value. As a cardiovascular patient himself with an unfavorable family history, Dr. Stephen Parcell has devoted his life to understanding every aspect of cardiovascular prevention. This culminated in his first book published in 2011 called *Dare to Live: a Complete Naturopathic Guide to the Prevention and Treatment of Cardiovascular Disease*.

We see patients typically from their late thirties up until old age. We treat patients who have had stents, bypass surgery, valve replacement, heart attacks, and strokes, as well as patients with no symptoms who want to take proactive control of their health.

This program is designed to be affordable yet thorough. If you are interested in an individualized comprehensive approach to reducing your risk rather than just a prescription, then you are in the right place. Keep reading to find a detailed overview of what is included in the program.





What Type of Patient is a Good Candidate for This Program?

Anyone who is interested in:

1. Preventing stroke, heart attack, arrhythmias, and adverse cardiovascular events of all types
2. Improving blood pressure and cholesterol
3. Obtaining individualized cardiovascular risk assessment
4. Obtaining highly sensitive plaque analysis
5. Learning strategies and tactics to optimize all measures of risk
6. Combining longevity medicine concepts into the cardiovascular realm
7. Improving both health span and life span
8. Being able to do physical activities well into old age

Program Goals

1. Prevent major adverse cardiovascular events such as stroke, heart attack, and heart failure
2. Identify and treat all known risk factors
3. Optimize cardiac function, circulation, and exercise performance
4. Optimize all modifiable risk factors such as blood pressure and cholesterol
5. Prevent vascular dementia, the second most common type of dementia after Alzheimer's disease
6. Discuss and implement strategies to slow down brain, vascular, and musculoskeletal aging
7. Provide patients with a longevity-based diet, lifestyle, and exercise program
8. Incorporate optimal aging and longevity concepts into the overall plan



Program Details and What's Included

Program Cost: \$5,000

Visit Related:

- One, 90-minute initial visit
- Four, one-hour return visits to be used within 12 months
- Medication and supplement review and recommendations
- Diet and lifestyle review and recommendations
- Exercise prescription and recommendations
- Analysis of all previous imaging and test results
- Detailed review of all tests performed by our office
- Direct messaging through the patient portal

We also offer discounts on “add-on” testing, supplements, and intravenous treatments such as IV vitamin C, glutathione, Myers cocktail, etc.

Testing Related (included in price):

- Coronary CT angiogram (Cclearlyhealth.com)
- Max Pulse arterial elasticity and autonomic nervous system testing
- Carotid artery arterial age, intima media thickness, and plaque analysis
- Cardiovascular risk genetic testing
- Micronutrient testing
- Comprehensive blood work (Lapcorp/Quest)

Because we are not contracted with Medicare, we will not be able to bill Medicare. It is for this reason that we offer discounts through our wholesale lab account. There is a 10% discount on out-of-pocket lab work for patients on Medicare.



Coronary CT Angiogram

Coronary CT angiography (Coronary CTA) is a non-invasive imaging technique that uses computed tomography to visualize the coronary arteries that supply blood to the heart muscle. It provides detailed images of the heart and its blood vessels, helping doctors to diagnose and assess various heart conditions.



The clinical benefits of coronary CTA include:

- 1. Detection of coronary artery disease (CAD):** Coronary CTA is highly sensitive and specific for detecting the presence of CAD, including the presence and extent of coronary artery blockages or narrowing. This information is crucial for determining the appropriate treatment strategy for patients with suspected CAD.
- 2. Evaluation of plaque composition:** Coronary CTA can help differentiate between different types of plaque within the coronary arteries, such as calcified, non-calcified, and mixed plaque. This information can be valuable in assessing the stability of plaques and the risk of future cardiovascular events.
- 3. Assessment of coronary artery anomalies:** Coronary CTA can identify congenital anomalies of the coronary arteries, which can have important implications for patient management and treatment planning.
- 4. Preoperative planning:** Coronary CTA can be used to assess the anatomy of the coronary arteries prior to certain cardiac procedures, such as coronary artery bypass surgery or percutaneous coronary intervention (PCI). This information can help guide the treatment approach and improve procedural outcomes.
- 5. Risk stratification:** Coronary CTA findings, such as the presence and extent of coronary artery disease, can help stratify patients into different risk categories for future cardiovascular events. This information can be valuable for guiding treatment decisions and optimizing patient care.



Max Pulse Cardiovascular Screening

The Max Pulse is an FDA Class II cardiovascular medical screening device that assesses your cardiovascular risk. This device utilizes pulse wave analysis technology, monitoring the waveform and pressure wave intensity blood from the heart to fingertips. It identifies arterial hardening and assesses stress levels through advanced Heart Rate Variability (HRV) autonomic nervous system analysis. By analyzing fingertip blood using a photoelectric clip, the Max Pulse creates a dynamic graph of your heartbeat, capturing both systolic and diastolic phases.

Parameters Measured with Max Pulse Testing:

- Heart Rate Variability (HRV)
- Differential Pulse Wave Index (DPI)
- Arterial elasticity
- Stress levels – mental and physical stress
- Stress resistance
- Mean heart rate
- Eccentric Constriction (EC): reflects the force of vessel constriction originating from the left ventricle
- Arterial Elasticity (AE): evaluates blood circulation, vascular elasticity, and vessel resistance. Identifies early signs of cardiovascular conditions such as atherosclerosis.
- Remaining Blood Volume (RBV): depicts the residual blood within vessels post-systolic heart contraction. Healthy blood vessels typically exhibit minimal remaining blood volume.





Carotid Intima-Media Thickness

Found on both sides of the front of the neck, the carotid arteries are the most important conduit for blood supply to the brain. Carotid intima-media thickness (CIMT) testing is a non-invasive method used to assess the thickness of the innermost two layers of the carotid artery wall. This test is commonly performed using ultrasound imaging.

The clinical benefit of CIMT testing lies in its ability to provide information about the extent of atherosclerosis in the carotid arteries, which are the major arteries that supply blood to the brain. Atherosclerosis is a condition characterized by the buildup of plaque (composed of fat, cholesterol, calcium, and other substances) on the inner walls of arteries, which can lead to narrowing and hardening of the arteries, potentially restricting blood flow.

By measuring the thickness of the carotid intima and media layers, CIMT testing can help identify individuals who may be at higher risk of developing cardiovascular disease, including stroke and heart attack. Studies have shown that increased CIMT is associated with an increased risk of cardiovascular events.

Overall, CIMT testing can help assess the presence and extent of subclinical atherosclerosis, identify individuals at higher risk of cardiovascular events, and tailor preventive measures to reduce the risk of future cardiovascular events. This test also identifies all the types of plaque in those large arteries of the neck.

We will also coordinate with your current medical providers and refer to specialists if necessary. We hope you join me on this journey to improve your overall wellness, longevity, and cardiovascular health. It is time to take control of your health instead of ending up as a statistic.

What's Included in Blood Work?



[See the comprehensive blood work list on our website](#)



Our Naturopathic Philosophy

Every person has their own unique medical history, childhood exposures, eating habits, and genetic tendencies. It is our job to find the underlying cause of your medical complaints and concerns. We work with you to develop a personalized treatment plan that will offer the greatest benefit within your budget. By addressing the underlying cause of disease, we can optimize health, extend your “health span” and help you avert expensive medical procedures and illnesses. Your benefit is disease prevention and peace of mind. We will spend the time it takes to answer all your questions and develop a detailed, long-term treatment plan that addresses all your health concerns.



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