

SelectWell® ADVANCED CARDIOVASCULAR TESTING HELPS IDENTIFY UNKNOWN RISKS.



SelectWell's Cardiovascular test panel offers advanced blood-based tests to discern CVD risks using specific blood markers looking at inflammation, lipoprotein levels, cardiovascular muscle health, and potential heart dysfunction. With SelectWell®, early risk detection with improved lifestyle, proper nutrition, and high-quality supplements can prevent, manage, and even reverse progressing CVD. SelectWell® can help address the risks associated with heart attacks and strokes, drastically improving quality of life.



If you have a family history of heart disease or stroke, are currently managing CVDs, have been diagnosed as pre-diabetic or diabetic, or simply want a more complete picture of your cardiovascular health, then advanced cardiovascular blood testing can provide insights into your heart health that standard tests cannot offer.



Call to learn more

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CARDIOVASCULAR RISK



WHY FOCUS ON CARDIOVASCULAR RISK?

The heart beats over 2 billion times during the average lifetime, pushing millions of gallons of blood to every part of the body and providing the energy needed to live. Cardiovascular Diseases (CVDs) can introduce strain and inefficiencies in this process. CVDs are a group of disorders affecting the heart and blood vessels and are the **leading cause of premature death in the United States**. In fact, one person dies every 34 seconds in the United States from CVDs. Fortunately, as much as 80% of all CVD could be prevented by a healthy lifestyle focused on managing known existing risk factors. But this is only possible if one can recognize the “true” risk factors.

STANDARD TESTS DO NOT DETECT “TRUE RISK” TO PREVENT CVD & HEART ATTACKS

Whether we are active in our health or not, the standard of care we get from our annual bloodwork is not identifying our true cardiovascular and heart risks.

High cholesterol, specifically high LDL levels, have long been one of the top risk factors directly related to developing CVD and leading to heart attacks. However, studies tracking U.S. adults who suffered a heart attack (one study tracked 137K patients), have shown more than 75% of these individuals had LDL levels considered in a normal range.



“80% of all CVD could be prevented by a healthy lifestyle.”



ADVANCED LABORATORY TESTS ARE NEEDED TO IDENTIFY TRUE CARDIOVASCULAR & HEART RISK

LDL is a historical risk biomarker for CVD. However, there are different subtypes of LDL. Studies now show small **dense LDL (sdLDL) is the most atherogenic**, which means individuals with higher sdLDL are likely to have more fatty deposits in their blood that cause CVD. Lp(a), or Lipoprotein (a) is another low-density lipoprotein that transports cholesterol in the blood. Lp(a) tests the level of lipoprotein (a) in the blood and is used to diagnose several CVDs, including heart disease. **Individuals with high Lp(a) are 3 to 4 times more likely to develop cardiovascular disease.** While these two tests have been validated by highly accredited studies, they have not made it into mainstream clinical test panels.

Because most heart attacks (86%) occur with artery blockages that are not severely narrowed, it's possible that many heart attack victims could pass a typical cardio stress test the day before their heart attack. This would suggest many standard assessment tests are missing people at “true risk” for CVD and heart attacks.

