## Can you answer your patient's question: "What is MY risk for developing type 2 diabetes, heart attack, or stroke? What do I need to do to reduce MY risk?"

What if, with just 30 seconds of pre-visit preparation, you could answer this question completely within the relevant guidelines from the ACC, ESC, NLA, AACE, ADA and DCRM using a patient-specific report to guide your shared decision-making?
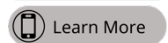
Limitations of Current Cardiometabolic Risk Tools

Cardiometabolic risk represents the totality of the patient-specific factors that together increase a person's risk for type 2 diabetes, heart attack, and stroke. Much of this risk is modifiable...*if measured*.

[Learn More]

Integrating personal clinical history, biometrics, biomarkers, insulin resistance, and risk enhancing factors with complex national and international guidelines is very time-consuming and not doable in clinical daily practice.

Unfortunately, existing cardiometabolic tests and reports from labs like Boston Heart Lab or Cleveland Quest lack the patient-specific details and guidelines- based targets necessary to deliver a comprehensive individual assessment.

Our Solution – The Cardiometabolic Risk Report

Our guideline based Cardiometabolic Risk Report empowers your shared decision-making with each of your patient. Each report combines comprehensive clinical history, biometrics & outcome-proven biomarkers, and harmonizes the multiple guidelines including consideration for 40+ risk enhancing factors. You receive a personalized, actionable assessment for each individual patient to discuss their risk scores and targets of therapy.

Metabolic Risk Details

"How at-risk is this individual for a clinical diagnosis for metabolic syndrome which is an indicator of greater risk for developing type 2 diabetes and further increased risk for an ASCVD event?"
- Gender-specific (NMR) Lipoprotein Insulin Resistance (LP-IR) Score https://bit.ly/3dNz5nX
- Metabolic Syndrome Factors (Waist circumference, glucose, blood pressure, HDL, & triglyceride values)
    Systemic inflammation (NMR GlycA) https://bit.ly/3wk8Pbc
    Atherogenic particle number via nuclear magnetic resonance (NMR) measured ApoB or LDL-P
- Metabolic Syndrome Severity Score (weighted multimarker of gender, ethnicity, and metabolic syndrome values that reflects metabolic syndrome-related diabetic and cardiovascular risk) https://bit.ly/3qPKVmx

Diabetic Risk Details

"How at-risk is this individual for developing type 2 diabetes within the next 8 years?"
- Fasting glucose, Hemoglobin A1C with gender-specific NMR-measured LP-IR Score
- Gender-specific 8-year diabetic risk https://bit.ly/3dNz5nX

Cardiovascular Risk Details

"How at-risk is this individual for suffering an ASCVD event such as a heart attack or stroke? What is his/her lipoprotein targets to reduce risk?"
- Based on the guidelines from the American College of Cardiology, European Society of Cardiology, American Diabetes Association, American Association of Clinical Endocrinology, and National Lipid Association
- Calculated 10-year and Lifetime cardiovascular risk by the Pooled Cohort Equation (PCE)
- Consideration for 40+ patient-specific risk enhancing factors (examples: noninvasive imaging results, family history, diabetic status, past ASCVD events, other chronic conditions)
- Overall Cardiovascular Event Risk score informed by the PCE and risk enhancing factors
- Lipoprotein targets for LDL-C, Non-HDL-C, and atherogenic particle number (ApoB or LDL-P)

Risk Tracking Pages
- Cumulative tracking of the highly predictive biomarkers that indicate the effectiveness of interventions.

How a Cardiometabolic Risk Assessment works

PRECISION HEALTH REPORTS

"What is __my__ risk for diabetes, heart attack, or stroke, and what can I do to reduce __my__ risk?"
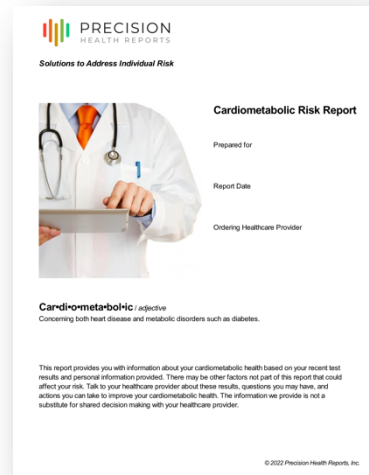
Details of the individual components of cardiometabolic health:

- **Insulin resistance** and **metabolic syndrome severity**
- **8-year Type 2 Diabetes Risk**
- 10-year & lifetime **cardiovascular event risk** w/ 30+ age, gender, & ethnicity specific risk enhancing factors
- Personalized **lipoprotein management goals** to optimize risk

Tracking individual progress over time:

- Shows the **impact of changes** through lifestyle, dietary, and clinical
- Visually **motivates improved behaviors**
- Becomes a working document to set personalized goals to **reduce future risk**

Attached complete LabCorp Nuclear Magnetic Resonance (NMR) assessed biomarker values including:

- **Advanced lipid panel** with atherogenic lipoprotein particles (ApoB or LDL-P with traditional lipids)
- **Lipoprotein insulin resistance** using lipoprotein insulin resistance (LP-IR) score
- **Lipoprotein (a)** an often-unchecked CV-disease risk factor **Systemic inflammation** (GlycA)
- **Hemoglobin A1C** & **fasting glucose**