

Do You Need a Deeper Look at *Heart Health*?

Many people with cardiovascular risk have normal lab work.
Advanced testing can provide insight into inflammation, plaque development, and inherited risk.

Check Any That Apply

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|---|---|
| ☐ Family history of heart disease | ☐ History of high cholesterol or elevated blood pressure |
| ☐ Prediabetes, insulin resistance, or elevated blood sugar | ☐ Autoimmune disease or chronic inflammation |
| ☐ Certain pregnancy complications | ☐ Perimenopause or menopause |
| ☐ Ongoing concerns despite "normal" cholesterol results | ☐ Interested in a more proactive longevity strategy |

If you checked one or more boxes, advanced cardiovascular testing may provide additional information about your long-term risk profile and metabolic health.

ADVANCED TESTS WORTH KNOWING



ApoB

Measures the number of cholesterol particles that contribute to plaque formation.



Lp(a)

A genetic cardiovascular risk marker often not included in routine testing.



hs-CRP

A marker of systemic inflammation associated with cardiovascular risk.



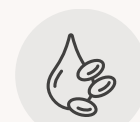
Fasting Insulin

Can identify early insulin resistance before blood sugar becomes abnormal.



CT Coronary Calcium Score

Measures calcified plaque within coronary arteries.



CT Coronary Angiogram

Provides a more detailed look at coronary artery plaque and blood flow.

PREVENTION STARTS BEFORE SYMPTOMS

Interested in learning whether advanced cardiovascular testing is right for you?

Schedule a consultation with Dr. Jennifer Timmons.