

CASE STUDY

A HIGH-STRESS EXECUTIVE WITH ADVANCED CARDIOVASCULAR RISK



THE CHALLENGE

- Predisposed to diabetes
- Recent heart catheterization, overweight, high stress, low libido, sleep apnea
- Family history of lung cancer and cardiovascular disease (CVD)
- Goal to be proactive with his health versus reactive

MORE DETAILS

Client had a medical history of hypertension, high cholesterol, gout, obesity, and coronary artery disease (CAD), which resulted in a heart catheterization procedure one year prior to beginning this case study. An entrepreneur running a business with over 250 employees, client was highly stressed and had put his health on hold while building his business. Using food for comfort and foregoing sleep for work, he was beginning to see his body's negative response to his lifestyle. Additional issues included low libido and sleep apnea.

ENDING STATS

WEIGHT	BP	LpPLA2	hs-CRP	EXERCISE	MEDICATIONS
313 LBS.	130/85	129	4.9	NONE	7 DAILY
233 LBS.	120/74	99	1.8	60+ MIN	3 DAILY

HEALTH GOALS

Client wished to establish care with a medical team to address current health issues. In addition, he sought **in-depth testing** to proactively mitigate future health concerns based on familial history. Client aspired to **change lifestyle habits** to improve **long term health outcomes**. Specific goals included education on nutrition, stress management and exercise.

THE APPROACH

90-minute initial appointment to understand full medical & familial history and health goals.

These previously prescribed medications were reviewed and initially continued:

- Atorvastatin
- Furosemide
- Allopurinol
- Aspirin
- Fluoxetine
- Losartan
- Doxycycline

Comprehensive panel of labs done:

- Hemoglobin A1C
- Lipids
- Cleveland Heart Lab (CHL) to assess advanced cardiovascular markers such as Apolipoprotein B (ApoB) and Lipoprotein A [Lp(a)], and inflammatory markers including Lipoprotein-associated phospholipase A2 (LpPLA2)
- ZRT saliva test to evaluate sex and stress hormone levels

Test results reviewed:

- CHL showed elevated C-Reactive Protein (hs-CRP) and elevated Lp(a)
- ZRT hormone saliva test showed high levels of cortisol throughout the day and into evening

Client and provider met every 4-6 weeks to review progress, make adjustments, and assist with ongoing goal setting.

Provider centered discussion on **long-term medical goals and overall health optimization.**

Client began a twice-a-month health coaching program to work on **lifestyle modifications like nutrition, stress management, exercise & sleep.**

Client started taking supplements prescribed to help **lower inflammation and aid with sleep.**

THE RESULTS

Results included:

- Weight loss of **80 pounds**
- **Reducing blood pressure (BP)** medication Losartan by half while maintaining better blood pressure control
- Implementing prescribed daily movement, **taking daily walks, and working out** with a strength trainer at least 3 days a week
- Focusing efforts on stress management, boundary setting, self care, and strategic food preparation
- CVD labs significantly **improved**
- Inflammation markers **reduced**

Discontinued the following medications:

- Furosemide
- Allopurinol
- Fluoxetine
- Doxycycline

Client reports significant improvement in:

- Nutrition
- Sleep
- Libido
- Activity levels
- Stress management
- Pain
- Mental clarity
- Self-awareness
- Self-confidence

What's Next?

Client has genetically linked Lp(a).

- Additional goals include hormone optimization and longer-term management of Lp(a).

