



## ABOUT SPECTRACELL

SpectraCell Laboratories, Inc. is a leading clinical laboratory specializing in personalized disease prevention and management solutions. Our pioneering nutritional and cardiometabolic testing, driven by state-of-the-art technology, assesses a spectrum of risk factors and biomarkers for optimum wellness. Through our dedication to research and development, SpectraCell also provides innovative solutions for hormone health and genetics.

We are committed to providing scientific excellence, superior disease prevention and management solutions, and the highest quality of service to patients worldwide.

## CARDIOMETABOLIC TESTING


by SpectraCell Laboratories

Poor blood sugar regulation and unhealthy triglyceride and lipoprotein levels often present long before a diagnosis of Type 2 Diabetes. SpectraCell's CardioMetabolic Test offers a clinically relevant evaluation to help define risk for atherosclerotic cardiovascular disease (ASCVD), progression toward Type 2 Diabetes, and inflammation.

Whether you are at high risk of heart disease or managing an existing diabetic condition, SpectraCell's CardioMetabolic Test is appropriate and recommended.

**Ask your provider for  
more information today!**

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## CARDIOMETABOLIC TESTING

 **SpectraCell Laboratories**  
Science + Health + Solutions





## WHAT IS CARDIOMETABOLIC TESTING?

Our CardioMetabolic test is a series of blood tests (LPP™ Plus, Pre-Diabetes, OmegaCheck™) that can help assess your risk for developing inflammatory conditions such as heart disease (cardio) or diabetes (metabolic).

## DO I REALLY NEED IT?

Yes! Metabolic dysfunction - a chronic, inflammatory state - is often the root cause of weight gain, diabetes, hormone dysfunction, and heart disease. Weight gain, which is often the first noticeable sign of inflammation, reflects the accumulation of excess body fat. This excess fat can produce and secrete inflammatory substances which, uncontrolled, can contribute to dysglycemia and dyslipidemia.

According to Physician's Health Study, blood levels of omega-3 fatty acids was one of only two cardiovascular risk factors that were statistically significant for sudden cardiac death after adjusting for factors like smoking and age. C-Reactive protein was the other risk factor. Some propose that omega-3 fatty acid status may be more informative than any other cardiovascular disease risk factor since it is physiologically relevant and easily modified.

## WHAT DOES THE TEST TELL ME?

SpectraCell makes it easy to monitor your overall cardiometabolic health. This test helps define your:

- ✓ **CardioMetabolic Risk Assessment:** Your general risk for developing cardiovascular disease, including stroke and diabetes.
- ✓ **Type 2 Diabetes (T2D) Risk Assessment:** An estimate of your risk for developing T2D.
- ✓ **Specific blood test results in three key areas:**

### PRE-DIABETES MARKERS

Losing the ability to control blood sugar is the first step in progressing to a diabetic state. Too little blood sugar (hypoglycemia) causes unpleasant symptoms like headaches, fatigue, and irritability. Too much circulating blood sugar damages blood vessels first, and eventually, your internal organs.

### LIPID PROFILE

Lipoproteins accumulate in your arteries in the process of carrying cholesterol to cells, and not all lipoproteins have the same risk level. SpectraCell's LPP™ Plus answers the question: Do your lipoproteins protect you or do they increase your risk of cardiovascular event?

### VASCULAR INFLAMMATION

Your environment, age, smoking, diet and weight can cause inflammation in your blood vessels and create a damaging inflammatory cycle. Chronic inflammation typically precedes heart attacks, stroke and diabetes, and tends to get worse over time unless corrected.

## WHO SHOULD BE TESTED?

Consider SpectraCell's Cardiometabolic testing if any of the following pertain to you:

- Family history of heart disease, stroke or diabetes
- Poor diet
- Sedentary lifestyle
- Smoker
- Excess weight, especially around the midsection
- Over 45 years old
- High blood pressure
- Hormone imbalances
- Hypothyroidism
- Sleep Apnea
- Polycystic Ovary Syndrome

## MICRONUTRIENTS – THE KEY TO PREVENTING DIABETES AND MAINTAINING A HEALTHY HEART

Regular exercise and eating a healthy diet are lifestyle behaviors that can optimize health. A micronutrient analysis can yield powerful information that can be used to improve your individual health status.

Factors that impact micronutrient (and cellular) health include: age, gender, past and present medication use, past and present illness and injury, intestinal health and absorption, hormonal health, smoking and alcohol intake, stress (physical, emotional, and environmental), and exercise intensity.

SpectraCell's Micronutrient Test measures 35 of these compounds within your white blood cells, and conveys how well these substances are utilized at the cellular level. Micronutrients are involved in the body's countless metabolic reactions; therefore, a single deficiency can affect cardiac and metabolic health. Regardless of your medical history and current health, micronutrient testing in combination with our CardioMetabolic evaluation can help your health care provider identify your risk and design a personalized treatment plan for you.