

ANALYZED PARAMETERS

- **TOTAL CHOLESTEROL**
- **HDL CHOLESTEROL**
- **LDL CHOLESTEROL**
- **TRIGLYCERIDES**
- **HOMOCYSTEINE:** sulphate amino acids essential for the proper functioning of bio molecules such as DNA, phospholipids and neurotransmitters. Several studies have found that high blood levels of homocysteine are related to a higher risk of cardiovascular pathologies.
- **C-REACTIVE PROTEIN HS:** many studies have found that C-Reactive Protein plays a major role in predicting cardiovascular disease. Levels of this protein are usually higher in acute inflammatory processes like atherosclerosis.
- **LIPOPROTEIN A:** an LDL-like particle. It has been considered a risk factor for atherosclerosis and coronary plots. An increase in levels of this protein has been showed in post-menopausal women. This is linked with increased risk for cardiovascular events.
- **BLOOD FATTY ACIDS OMEGA-6/OMEGA-3:** many studies have confirmed the importance of integrating the diet with omega-3 fatty acids to prevent cardiovascular diseases; the ratio between these two families of fatty acids is able to determine if the ingestion of these nutrients through diet is correct.

In your city, you can contact:

OTHER DIAGNOSTIC TESTS CARRIED OUT BY NATRIXLAB:

- **FOOD INTOLERANCE TEST:** assessment of food intolerance with the ELISA (Enzyme Linked Immuno Sorbent Assay) method.
- **GLUTEN SENSITIVITY TEST:** non-celiac gluten sensitivity evaluation.
- **HORMONAL PROFILES:** Weight Loss, Stress, Sport, Goodnight, Woman (Fertility\Menopause), Man.
- **ANTI-AGING PROFILE:** (Free Radical Test + Antioxidant Capacity Test) global assessment of oxidative stress.
- **LIPIDOMIC PROFILE:** Evaluation of plasmatic or membrane fatty acids profile.
- **CHECK UP PROFILES:** prevention of the main diseases of organs and systems.
- **IN FLORA SCAN:** the most in-depth assessment panel for intestinal health.

Tele
nutrizione



*YOUR NUTRITIONIST
ALWAYS BESIDE YOU*

After the analysis, you can request on-line a specific nutrition program through the telemedicine service called "Telenutrizione". A team of doctors and nutrition specialists can assist patients during their nutrition program. For further information, visit the site.

www.telenutrizione.com

For more information you can contact us from Monday to Friday from 09:00 to 13:00 and 14:00 to 18:00 (+39 0522 232606).



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CARDIO WELLNESS TEST (C.W.T.)

*Evaluation of heart wellness and health
integrated with cardiovascular risk
factor based on 8 parameters*



YOUR CARDIOVASCULAR
SYSTEM WELLNESS
INDICATOR

The "Cardio Wellness Test" is one of the most complete screening of cardiovascular risk prevention. There are 8 parameters which are examined and integrated in a single result according to the scientific research directions. Testing your cardiovascular disease risk factor is the starting point in order to prevent cardiovascular disease. This test is able to tell you if your lifestyle is correct and if "you love your heart".

In the last years the medical science has worked in order to give important data about the origin, the evolution and the cure of diseases. Thus today we have been working enthusiastically on a new charter of medicine whose target is prevention.

MAJOR CARDIOVASCULAR PATHOLOGIES

Hypertension: also known as the “silent killer”. Though it can often be asymptomatic for many years it can bring to sudden death (heart attack, ictus).

For this reason it is important to check your blood pressure in order to consider changes to your diet to keep it under control. Physical activity also plays an important role: exercise regularly helps maintaining your blood pressure within acceptable limits (80/120 mm/Hg).

Myocardial Infarction: it is the death of heart muscle from the sudden blockage of a coronary artery by a blood clot. Blockage of a coronary artery deprives the heart muscle of blood and oxygen. Though it seems to be a medical emergency, heart attack is the result of a long process which can last many years. Simple changes in your lifestyle can prevent it.

Angina: chest pain due to a lack of oxygen supply of the heart muscle. This is caused by a less or more serious obstruction of the coronary arteries. Angina can affect patients in different ways: some of them live a normal life avoiding physical activity, others can experience permanent disability.

Ictus: a disturbance in the blood vessels supplying blood to the brain. This is caused by a clot inside the blood vessel obstructing the regular flow of blood and oxygen. Few minutes are enough to

bring neurological cells to death. As they cannot be changed they won't be able to do their job leading to permanent damage.

Heart Failure: a disorder that impairs the ability of the heart to fill with or pump a sufficient amount of blood through the body. Under normal condition the heart pumps blood to arteries so that it can reach the entire body thanks to artery contraction as well. When cardiac failure occurs the heart is no more able to accomplish this important work.

CARDIOVASCULAR RISK FACTOR

“One of the main purposes of primary prevention is to identify people with high cardiovascular risk factor. This is the necessary premise to introduce valid actions in order to reduce modifiable risk factors; “From a Change in Lifestyle to Pharmacological Intervention”

(National Institute of Health).

The innovative aspect of “C.W.T.” is that you can have 8 parameters monitored with a simple blood test. These parameters are integrated in a single result with the help of the patient's medical history. This index allows detecting subjects at high risk which are not affected by any apparent pathology giving an objective and precise data. In the end the cardiovascular risk factor evaluation is a simple mean to test a patient's health condition.

Only one result easy to understand instead of

different dates difficult to read.

Besides C.W.T. can be used to detect whether your habits (not only diet) are correct to keep your cardiovascular system healthy.

THE IMPORTANCE OF DIET AS PREVENTION

Care to be given to your cardiovascular system is never enough. Healthy diet habits play a very important role and they are the first instrument for prevention. Moreover, though cardiovascular diseases can be very different from one another, you should be aware that by preventing one only you can prevent all of them. So prevention is a very powerful instrument which is able to prolong life's expectancy and quality. Let's have a look at some examples:

- Many studies find a moderate wine intake is important (2 glasses a day); you should not over drink because there is a large difference between a good and a bad habit;
- Salt reduction in food is very important (especially for people suffering from hypertension); it is recommended not to add salt to food because it contains salt already;
- Garlic plays an important role in preventing these pathologies: a regular intake of garlic keep cholesterol level low; it is a good habit to eat the clove of garlic you used for cooking;
- Dark chocolate intake lowers high blood pressure level as well as regular intake of fruit and vegetables (about 400 g a day);
- By simply reducing the intake of red meat (rich in omega-6 fatty acids) and by increasing the amount of fish (not from fish farm if possible) you will be able to have amazing results on a long-term base.