

WHAT'S UP DOC PETE?

I asked my doctor if we could measure my C-reactive protein. His reply was "Why measure it? There is nothing we could do about it anyway." Is this true? Are there other important cardiac lab tests, and can we do something about it?



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You can change your vascular and cardiac profile. I see it happen every day in my practice. To begin with, C-reactive protein is a measurement of inflammation and has a direct correlation with the development of cardiovascular and cerebral vascular disease. Elevated cholesterol as the leading indicator of cardiac health is a myth. The unequivocal scientific facts are: 35% of patients with coronary artery disease have a total cholesterol less than 200 mg/dl; 50% of the heart attacks occur in patients without prior history of heart disease; and 33% of these initial heart attacks are fatal. It is inflammation that changes the low-density lipid (LDL) to harmful fat that begins the cascade of clogging the arteries or atherosclerosis. This was published in Time magazine as a cover story in 1998.

So it is the management of inflammation that becomes the link to oxidative stress and overall health of the body. Another blood test measuring fibrinogen shows how inflammation causes an increase in thickness or viscosity of the blood. An increase in fibrinogen is an indication of thicker blood that can lead to increased clot formation along the walls of the arteries. These clots can dislodge and float to clog a smaller diameter vessel causing a stroke or heart attack. Other lab tests include Lp(a), homocysteine, and fasting insulin to name a few. In the next article we will explore the way to reverse these conditions. Here is a hint.

Join Dr. Pete and Sandy Muran, clinical nutritionist, for "Quantum Health" a talk radio show airing on KVEC at 1pm on Saturdays. Our next guest will be internationally known cardiologist, Stephen Sinatra, MD, FACC, as he discusses his book, "Reverse Heart Disease Now."



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