

Executive Physical Treatments

In Body 570 Advanced Body Composition Analysis Scan.

Abdominal Ultrasound Requisition

Abdominal Ultrasound:

An abdominal ultrasound is a medical imaging test that uses sound waves to see inside the belly (abdomen) area.

Why it's done

- An abdominal ultrasound is done to see the blood vessels and organs in the belly area. Your health care provider may recommend this test if you have a condition affecting any of these body areas:
- Blood vessels in the abdomen
- Gallbladder
- Intestines
- Kidneys
- Liver
- Pancreas
- Spleen
- For example, an abdominal ultrasound can help determine the cause of stomach pain or bloating. It can help check for kidney stones, liver disease, fatty liver, tumors and many other conditions

Cardiac CT Requisition

Cardiac CT:

Cardiac computed tomography (CT) is an imaging process that uses X-rays to show details of the arteries and veins of the heart. The images are used to determine whether plaque or calcium deposits are present in your blood vessels and whether they are causing a blockage

What does a CT scan of the heart show?

Your healthcare provider will be able to see your:

- Coronary arteries that supply your heart.
- Heart chambers, muscle and valves.
- Pulmonary veins.
- Thoracic aorta, and sometimes abdominal aorta.
- Sac around your heart (pericardium).

Stress Test Referral: A stress test shows how the heart works during physical activity. It also may be called a stress exercise test. Exercise makes the heart pump harder and faster. A stress test can show problems with blood flow within the heart.

A stress test usually involves walking on a treadmill or riding a stationary bike. A health care provider watches your heart rhythm, blood pressure and breathing during the test. People who can't exercise may be given a medicine that creates the effects of exercise.

Your health care provider may recommend a stress test if you have symptoms of coronary artery disease or an irregular heart rhythm, called an arrhythmia.

A stress test is a very commonly performed test to learn:

- How well your heart pumps blood.
- Whether your heart is receiving an adequate blood supply.
- How you perform on physical activity (riding a treadmill or stationary bike) compared with other people your age and sex.
- If your symptoms (chest discomfort, shortness of breath, feeling like your heart is racing or even dizziness) can be reproduced while performing physical activity.

This makes it easier to identify and evaluate certain heart issues, such as:

- Issues with your muscle or valves.
- Adequate blood supply to your heart muscle.
- Electric stability of your heart at rest and during exercise.

Bloodwork Panels Including:

CBC, Hematology, Lipids, Metabolic and endocrine markers, Liver and Kidney function tests, Female and Male hormones, Vitamin D, Thyroid markers, Inflammatory Markers

CBC: A complete blood count, also known as a full blood count, is a set of medical laboratory tests that provide information about the cells in a person's blood. The CBC indicates the counts of white blood cells, red blood cells and platelets, the concentration of hemoglobin, and the hematocrit.

Hematology Panel: A serum iron test — measures the iron in your blood. A ferritin test — measures the amount of stored iron in your body. A transferrin test — measures how well your body transports iron in your blood. A total iron-binding capacity test (TIBC) — is another way to measure how well your body transports iron

Lipid Panel: A lipid panel is a blood test that measures lipids—fats and fatty substances used as a source of energy by your body. Lipids include cholesterol, triglycerides, high-density lipoprotein (HDL), and low-density lipoprotein (LDL). This panel measures: Total cholesterol level

Metabolic and Endocrine markers: This screening tests for Type 2 diabetes, Prediabetes and Insulin Resistance.

Glucose: This is a type of sugar that provides energy for your body and brain. Glucose is also known as blood sugar. Elevated fasting blood glucose is often a sign of Type 2 diabetes. Very high glucose levels, whether fasting or not, usually indicate Type 1 diabetes.

Calcium: Calcium is one of the most important and common minerals in your body. While most of your calcium is stored in your bones, you need calcium in your blood as well. Blood calcium is essential for proper functioning of your nerves, muscles and heart.

Total protein: This is a measurement of the total amount of albumin and globulins, which are proteins in your blood.

Bilirubin: This is a waste product that's made from the breakdown of red blood cells. Your liver is in

Creatinine: This is a byproduct of muscle activity. It's a waste product that your kidneys filter and remove from your blood.

Albumin: This is a protein that your liver makes. It transports important substances through your bloodstream and keeps fluid from leaking out of your blood vessels.

This test also measures electrolytes. Electrolytes are minerals that carry an electric charge when they are dissolved in a liquid. These electrolytes in your blood control nerve and muscle function and maintain the acid-base balance (pH balance) of your blood and your water balance.

Sodium: Most of your sodium comes from the food you eat, and your kidneys help regulate your body's sodium levels.

Potassium: Potassium comes from the food you eat and is present in all tissues of your body.

Bicarbonate: Bicarbonate indicates the amount of carbon dioxide (CO₂) in your blood.

Chloride: Chloride functions along with sodium, potassium and bicarbonate to control many processes in your body.

A metabolic screen also measures the following three liver enzymes. Enzymes are substances that act as a catalyst and allow certain bodily processes to happen.

Alkaline phosphatase (ALP).

Alanine transaminase (ALT).

Aspartate aminotransferase (AST).

Healthcare providers often use a metabolic panel to get a broad assessment of your overall physical health.

With 14 individual measurements, it can check several body functions and processes, including:

- Your liver and kidney health.
- Your blood sugar levels.
- The acid and base balance in your blood.
- Your fluid and electrolyte balance.

Female and Male Hormones: A blood test is one of the most common ways to test hormone levels. This test can detect testosterone, estrogen, progesterone, FSH/ LH, cortisol, and thyroid levels.

Vitamin D: The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Vitamin D helps control calcium and phosphate levels in the body.

Thyroid Markers: Tests to evaluate thyroid function include the following:

TSH TESTS: The best way to initially test thyroid function is to measure the TSH level in a blood sample. Changes in TSH can serve as an “early warning system” – often occurring before the actual level of thyroid hormones in the body becomes too high or too low. A high TSH level indicates that the thyroid gland is not making enough thyroid hormone (primary hypothyroidism). The opposite situation, in which the TSH level is low, usually indicates that the thyroid is producing too much thyroid hormone (hyperthyroidism). Occasionally, a low TSH may result from an abnormality in the pituitary gland, which prevents it from making enough TSH to stimulate the thyroid (secondary hypothyroidism). In most healthy individuals, a normal TSH value means that the thyroid is functioning properly.

T4 TESTS: T4 is the main form of thyroid hormone circulating in the blood.

T3 TESTS: T3 tests are often useful to diagnosis hyperthyroidism or to determine the severity of the hyperthyroidism

THYROID ANTIBODY TESTS

In many patients with hypothyroidism or hyperthyroidism, lymphocytes react against the thyroid (thyroid autoimmunity) and make antibodies against thyroid cell proteins. Two common antibodies are thyroid peroxidase antibody and thyroglobulin antibody. Measuring levels of thyroid antibodies may help diagnose the cause of the thyroid problem. For example, positive anti-thyroid peroxidase and/or anti-thyroglobulin antibodies in a patient with hypothyroidism result in a diagnosis of Hashimoto’s thyroiditis.

Inflammatory Markers: Inflammatory markers are blood tests used by doctors to detect inflammation in the body, caused by many diseases. This can include infections, auto-immune conditions and cancers. The most commonly used inflammatory markers are called C-reactive protein (CRP), erythrocyte sedimentation rate (ESR).

Colon Cancer screening

The screening test for colon cancer is called the fecal immunochemical test (FIT). FIT detects blood in your stool (poop) which can be a sign of pre-cancer. FIT can be done in the comfort of your own home by following the instructions provided in your kit

Cardiometabolic profile and in office blood draw (Sent in previous email with Info and Links. Link to a sample lab report and what it tests. Lab is Doctor’s Data, can link to website)

CardioMetabolic Profile; serum

This advanced test evaluates risk factors for cardiovascular disease (CVD) plus metabolic factors associated with metabolic syndrome and type II diabetes. In addition to the traditional CVD risk factors, the test includes much more clinically sensitive atherogenic lipoprotein sub-species, the primary apolipoproteins, arterial inflammation and the activity of the lipoprotein-associated phospholipase- A2 (PLAC®). PLAC® activity is a very sensitive indicator of active atherogenesis and instability of advanced arterial plaque. Metabolic syndrome (MetS) is centered around insulin resistance and atherogenic dyslipoproteinemia, and is a risk factor associated with CVD and kidney disease. The test includes cystatin C to better assess glomerular filtration, and 1,5-anhydroglucitol (Glycomark®) that is a better indicator of hyperglycemic episodes than HbA1C. The primary adipokines associated with insulin sensitivity and hepatic fatty acid metabolism are also addressed.

Useful for:

- Family or personal history of CVD
- Excess abdominal fat
- Obesity
- Insulin resistance
- Fatty liver disease

Detailed Information

Cardiovascular disease (CVD) remains the second leading cause of death in North America. Metabolic syndrome (MetS) is a risk factor for CVD and renal damage. Therefore this comprehensive test evaluates risk for CVD plus too often associated MetS. Many of the risk factors and metabolic abnormalities associated with both CVD and MetS are lifestyle related. Objective advanced laboratory assessment of abnormalities in glucose, lipid and lipoprotein metabolism and adipokines facilitate individualized clinical intervention and can improve clinical outcomes.

Cardiovascular Risk

Well beyond the traditional levels of serum total lipids and lipoprotein cholesterol levels, this test assesses the levels of the most highly atherogenic apolipoprotein B containing lipoproteins. Formulas can be used to calculate the levels of low density (LDL) and very low density VLDL lipoprotein cholesterol, but when plasma triglycerides (TG) are high the calculated LDL and VLDL cholesterol values may be markedly underestimated. Assessment of non-HDL lipoprotein cholesterol levels, irrespective of TG levels provides accurate assessment of cholesterol transported in atherogenic LDL sub-species, VLDL, LDL and remnant particles. The levels of the real LDL culprits such as oxidized LDL, small dense LDL and lipoprotein(a) have much greater predictive power than LDL-cholesterol. The levels of the important protein constituents of anti-atherogenic HDL (apo AI) and atherogenic LDL species (apo B) are also reported. CVD is an inflammatory condition so artery-specific hsCRP levels are reported. The enzymatic activity of lipoprotein-associated phospholipase-A2 (PLAC®) provides an indication of very significant atherogenic disease activity, inflammation and increased risk for rupture of advanced plaque. Elevated PLAC® activity is a very strong predictor of coronary events and CVD-related mortality regardless of cholesterol levels.

[Click here to see a Sample Report](#) (website link)

Micronutrient Status test and in office blood draw:

Cellular testing for nutrient sufficiency, antioxidant capacity, and specific protective antioxidants

Metabolism happens within cells. Cells need nutrients to be metabolically active.

The Cellular Micronutrient Assay (CMA) tests for insufficiencies in micronutrients (vitamins and minerals) as well as amino acids, and other nutrients within immune cells. This is a reflection of long-term nutrient status not just a “snapshot” as is seen in serum nutrient tests.

An overload and accumulation of free radicals (from pollution, toxins, medication, radiation, etc) in our bodies can result in oxidative damage which plays a major role in the development of chronic and degenerative illness. Antioxidants can help protect the cells from oxidative damage.

Nutrient requirements are unique to each individual so everyone would benefit from the Cellular Nutrition Assays

Women’s health- fertility, pregnancy, lactation, perimenopause, menopause, and others

High performance and/or severe stress

Sports nutrition

Pre and post -surgery

Weight management, obesity

Burnout, fatigue, depression, mood swings, low vitality

Chronic conditions, and/or metabolic syndrome (increased blood pressure and blood sugar, excess body fat, abnormal cholesterol)

Nutritional and health status optimization

[Click here for Sample report \(website link\)](#)

Detailed Nutrition Guidebook:



The Program

A Nutritional Guide for Weight Loss
& Longevity

Dr. Steven Blyth, MD

Detailed Exercise Guidebook:

Initial Visit 60 minutes: An Initial visit will review all past and current medical history, and involve a thorough investigation of chief complaints and concerns, with necessary in office testing and outpatient requisitions provided in the visit.

Follow up and report interpretation 30 mins: 1 follow up visit to review results and establish an appropriate treatment plan is included as part of the executive physicals. Subsequent follow ups and continuation of medical care and prescription refills, will be done on a private MD visit booking basis.