

EDFROG with EASE

THE GUIDE FOR BDM SUCCESS*

* This document serves as a guide. Individual patients may require additional and/or unique testing.

FIRST ESTABLISH THE MEDICAL/DENTAL BDM PROVIDER RELATIONSHIP FOR COLLABORATION

ASSESSMENT

1. **Gather all information using the BaleDoneen patient data forms (see Health History Checklist – under Forms/Letters/Templates on the BDM member site)**
2. **Order all labs/gather results – blood, urine, structural testing for disease, genetics, etc.**
 - **Common Labs:** CHL/Quest, Boston Heart, MyGenetx, others
 - **cIMT companies:** CardioRisk, Vasolabs
 - **Oral Health** — oral pathogens, genetics, cone beam
 - **Physical Exam** – comprehensive biometrics and medical and dental exam
 - **Sleep:** STOPBANG, Home or clinic Sleep Study – as indicated and provider preference
 - **Depression/Anxiety screening** – AssessMD, Epworth, and others
3. **EDFROG with Patient: Use slide deck provided and input all results (See Syllabus – Preceptorship Day 1)**
 1. **Education** – Event Reality
 2. **Disease** – Primary/Secondary/Tertiary: cIMT, fMT, CACS, AAA, ABI, EKG
 3. **Fire** – Inflammatory Testing:
 - F2-Isoprostane
 - Bilirubin
 - Fibrinogen
 - hsCRP
 - Micro-albumin creatinine urine ratio
 - Lp-PLA2
 - MPO

4. **Root Causes** – Evaluate ALL roots (See Syllabus - Preceptorship Day 1)
5. **Optimal Goals** – Individualized goals for each patient to include:
 - Blood Pressure
 - NT-ProBNP
 - hsTnT/hsTnI
6. **Genetics** – to include:
 - KIF6
 - 9P21
 - Apo E
 - Haptoglobin
 - 4Q25
 - Pharmacogenetics

AFTER DELIVERY OF EDFROG

4. **Move into EDRROG-IRA (see Syllabus – Preceptorship Day 2)**
 - Individualized management of root causes – Action Plan!
 - Re-assess Inflammation regularly
 - Assess Disease annually
5. **Formulate the Plan of Care and discuss continuation of care model that is designed by your personal practice.** All referral and collaborative communication complete, letters sent, calls made, or data shared. Patient report/letter sent to patient and all providers on his/her healthcare team.



Coaching is available individually or through our BDM Advantage Program.