

## BALE DONEEN - ANTI-ATHEROGENIC IMPACT

		ATHEROGENIC IMPACT			
		Reduces Vascular Smooth Muscle Cell Transformation to Migratory	Reduces ApoB Concentration	Reduces Endothelial Vulnerability	Reduces Thrombus Growth
L I F E S T Y L E	Weight Loss to Below BMI 25 in women, Below BMI 30 in men		Requires $\geq 20$ pound loss		
	Intermittent Fasting, Early Window				
	Mediterranean				
	Seeds				
	Mushrooms, Ginger, Licorice, Spinach, Soybeans, Green leafy vegetables, Green peppers, celery, Tomatoes, Red Carrots, Watermelon, Papaya, Nuts				
	Coffee if CYP1A2 normal				
	Apo E fat/alcohol		Based on Genotype		
	Hap 2 gluten restriction				
	Pre-biotic foods				
	Pro-biotic foods				
	Soluble Fiber 30 grams total = AHA Diet Benefit				
	Sodium Restricted based on BP				
	Vegetarian				
	Magnesium enriched foods				
	Alcohol				
	Calcium rich foods				
	Avoid Artificial Sweetener				
	Dark Chocolate				
	Aerobic				
	Resistance				
HI-IT					
Oral Health					
Stress Mangement					
Stop Nicotine					
Sleep					
Raise Bilirubin level					
s	Cinnamon-Chromium-Biotin for Insulin Resistance				
	Berberine for Insulin Resistance				
	Omega 3 EPA-DHA				
	Vitamin D3				
	Vitamin C				

U P P L E M E N T S	Curcumin				
	Phytosterols		Approximately 10% lower		
	Nicotinic Acid				
	Melatonin				
	Ubiquinol with statins				
	Magnesium				
	Red Yeast Rice				
	L-Carnitine if Vegan for Lp(a)				
	Vitamin K2				
	Natural alpha-D Tocopherol 400 units if T2DM and Hap 2-2				
M E D I C A T I O N	Vaccines for Influenza, Zoster, Pneumococcus, COVID				
	Aspirin 81-162mg based on Aspirin Resistance Assays				
	Plavix				
	Ticagrelor, Prasugrel				
	Fibrates				
	Pravastatin				
	Lovastatin				
	Fluvastatin				
	Simvastatin				
	Rosuvastatin				
	Atorvastatin				
	PCSK9 Agents--Repatha				
	Ramipril				
	Preferred based on HOPE Trials				
	Lisinopril				
	ARB and Direct Renin Inhibitors only if ACE not tolerated				
	Thiazide-like diuretics chlorthalidone, indapamide				
	Carvedilol, Nebivolol				
	Dihydropyridine Calcium Blockers--amlodipine, etc. in Black patients				
	Colchicine				
Metformin	NO!!	NO!!	NO!!	NO!!	
Pioglitazone					
GLP-1 Albi-, Semi-, Lira- glutides only					
SGLT-2 e.g. -flozins	Not sure		Maybe?	NO!!	
DPP-4 e.g. -gliptins	NO!!	NO!!	NO!!	NO!!	