BALEDONEEN METHOD - GENETICS PANEL

	TRAIT	9p21			APOE			HAPTOGLOBIN			KIF6		4q25		Cyp1A2		Cyp2C19		
	GENOTYPE	AG only	AG or GC	GC only	APOE 2 2-2, 2-3	APOE 3 3-3, 2-4	APOE 4 4-4, 3-4	1-1	1-2	2-2	Arginine Non-Carrier	Arginine Carrier	CC	any T	Slow Metabolizer	Fast/Normal	Loss of Function Slow Metabolizer	Normal Metabolizer	Gain of Function Fast/Ultra-Fast Metabolizer
	OPTIMAL RESULT LOW RISK																Prasugrel (for Recent Coronary Events or Ticagrelor (for Recent Brain events)	For All P2Y12 Inhibitors	
	MODERATE RISK																		
	HIGH RISK														If more than 1-2 cups/day		If Plavix used		
	ATHEROGENIC TRIAD IMPACT																		
	Vascular Smooth Muscle Cell Transition																		
	Apo B				If Increased Triglycerides														
	Endothelial Permeability																		
	Thrombotic Potential		Increased Platelet Reactivity	Increased Platelet Reactivity													if Plavix used		
LIFESTYLE	Diet - High Fat (calories from fat - > 35%) Mediterranean Diet																		
LIFESTYLE	Diet - Moderate Fat (calories from fat - 20% - 35%)																		
LIFESTYLE	Diet - Low Fat (calories from fat < 20%)																		
LIFESTYLE	Starch Restriction																		
LIFESTYLE	Sugar Restriction							A1C < 6.25%	A1C < 7%	A1C < 6.5%									
LIFESTYLE	Artificial Sweeteners								Limit	Limit									
LIFESTYLE	Fish Oil						Limit to 1000mg							DHA benefit?					
LIFESTYLE	Olive Oil						Limit to 20% of total calories from fats							Unless ApoE 4					
LIFESTYLE	Soluble Fiber 30 grams total = AHA Diet Benefit																		
LIFESTYLE	Pre/Pro Biotic Foods																		
LIFESTYLE	Gluten								AVOID	AVOID									
LIFESTYLE	Coffee								Gut biome	Gut Biome					Decaf preferred				
LIFESTYLE	Alcohol				OK	In moderation	AVOID as it lower good cholesterol and raise bad cholesterol							Moderation needed					
LIFESTYLE	Exercise				will help reduce cholesterol following a meal	will help reduce cholesterol following a meal	Good; however, it will not reduce the increase in cholesterol following a meal						Caution on frequent high intensity training in men	Caution on frequent high intensity training in men	Limit if poor metabolizer slow metabolizer	Enhances performance fast metabolizer			
LIFESTYLE	Sleep																		
SUPPLEMENTS	Vitamin C									AVOID									
SUPPLEMENTS	Vitamin E natural d-tocpherol	AVOID	AVOID	AVOID	AVOID	AVOID	AVOID	AVOID	AVOID	If Type-2 Diabetic, 400 units	AVOID	AVOID	AVOID	AVOID					
SUPPLEMENTS	Potassium																		
SUPPLEMENTS	Magnesium												Keep at 2 mg/dL or above	Keep at 2 mg/dL or above					
SUPPLEMENTS	Omega 3 - DHA						Limit to 1000 mg												
MEDICATION	Pravastatin																		
MEDICATION	Atorvastatin																		
MEDICATION	Rosuvastatin																		
MEDICATION	Simvastatin																		
ADDITIONAL NOTES	REMINDERS	OPTIMIZE ALL ROOT CAUSES!!!! 1. Check abdominal aorta for aneurysm periodically 2. Check brain for aneurysm if 1st degree relative has had brain aneurysm. 3. Be aware that Quinolones increase risk of aortic aneurysms in all people 4. If type-2 diabetic, control blood sugar and maintain below 6.5% in homozygotes (or their Haptoglobin target)					Fats get shunted into LDL production and away from HDL production	A1C <= 6.25 if Hap 1-1 to reduce dementia risk	Made in the liver. If 2, then inefficient picking up free hemoglobin. If not picked up, iron is released in the blood stream , causing inflammation. If 2, makes Zonulin which makes all barriers in the body leak. This increases risk of cancer, auto-immune disease and central nervous system disease. Avoid Antibiotics		Increases risk of plaque formation. Helps in the selection of statins. If non-carrier of arginine, then avoid pravastatin and atorvastatin			If this gene is present, 70% lifetime risk of a fib Avoid Diabetes and PreDiabetes, Resting heart rate below 75 BP <130, BMI <30					