

BALE DONEEN METHOD WORK FLOW

RED FLAG SURVEY
 ANY POSITIVES=>CONTINUE EVALUATION THROUGH LINE 105

PAST MEDICAL HISTORY
 ANY EVENTS OR TRADITIONAL RISK FACTORS INCLUDING SLEEP=>CONTINUE EVALUATION THROUGH LINE 105

FAMILY HISTORY
 ANY VASCULAR EVENTS OR T2DM=>CONTINUE EVALUATION THROUGH LINE 105

VACCINE STATUS
 Influenza
 Pneumococcal
 Zoster
 COVID

PLAQUE-FINDING SURVEY
 Chart Review of Radiologic Studies for evidence of arterial calcification
 Plain films--Chest, extremities, abdomen/pelvis
 CT scans--Chest, Brain, Neck, Abdomen/pelvis, extremities
 MRI/MRA scans--Chest, Brain, Neck, Abdomen/pelvis, extremities
 Ultrasound--any vascular, Abdomen/pelvis, cardiac echo findings
 Mammogram
 Dental--Panorex, Cone Beam
 Angiogram--any site

BIOMETRICS
 Waist line just above iliac crest
 Height--peak adult to calc BMI
 Pulse
 Blood Pressure, Right and Left
 Neck Circumference

PHYSICAL FINDINGS
 Frank's sign ear creases
 Baldness
 Xanthoma or Xanthelasma
 Comeal arcus
 Fordyce's granules
 Atrial Fibrillation
 Resting heart rate > 75

COGNITIVE ASSESSMENT
 MMSE
 Montreal Cognitive Assessment

CAFES-CAVE Criteria	IMT >1mm	Non-obstructive plaque	Obstructive Plaque
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STUDIES TO PERFORM
 Carotid +/- Femoral IMT
 Abdominal Aorta US
 Ankle-Brachial Index
 Coronary Calcium Score

PLAQUE TYPE	Soft	Heterogenous	Calcified
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LIFESTYLE EVALUATION
 Nutrition Survey
 Movement Survey
 Sleep Survey STOP-BANG and duration, quality, shift workers, etc
 Stress Survey
 Environmental Survey
 e.g. nicotine, air pollution, marijuana

IF ABNORMAL:
 Home or Facility Sleep Study
 Connected Mind digital evaluation

BASIC LABS
 Standard Lipids with calculation of TG/HDL and Chol/HDL
 ApoB

Lp(a)
BMP
Liver Profile including Bilirubin and GGTP
Magnesium
Vitamin D
Microalbumin/creatinine ratio
hsCRP
Calculate Framingham and Reynold's Risk Scores

Helps only if high risk

INFLAMMATION PANEL	
F2iso	
hsCRP	
MACR	
Fibrinogen	
LpPLA2	
MPO	
Optional: ADMA/SDMA	

Positive mandates expedited ROOT CAUSE EVALUATION AND TREATMENT PLAN PER SECONDARY & TERTIARY PATHWAYS

METABOLIC SYNDROME EVALUATION	
Caucasian	
Waist line	
≥ 40 inches men	
≥ 35 inches women	
See other ethnic cutpoints	
Fasting glucose ≥ 100 mg/dL	
Fasting triglyceride ≥ 150 mg/dL	
SBP ≥ 130	
OR	
DBP ≥ 85	
HDL < 40 mg/dL men, < 50 mg/dL women	
3 or more positive = MetSyn	

African or Middle Eastern men ≥ 37 women ≥ 31.5	Chinese men ≥ 33.5 women ≥ 31.5	Japanese men ≥ 33.5 women ≥ 35.5	Asian or Central-South American men ≥ 35.5 women ≥ 31.5
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2 HOUR OGTT	
ALL Plaque Formers (70% likely)	
ALL Metabolic Syndrome (90% likely)	
ALL Abnormal TG/HDL (70+% likely)	
ALL Women with any:	
ALL with TG ≥ 150 mg/dL	
ALL with SBP ≥ 130 OR DBP ≥ 85	
ALL with HDL < 40 male, < 50 female	
ALL with Fasting glucose ≥ 100 mg/dL	
ALL with Periodontal Disease	

Caucasian >3.5	Mexican-Americans >=2.5	Non-Hispanic Blacks >= 2
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PCOD OR Brothers of index case	Gestational Diabetes	Gestational HBP	Eclampsia/Pre-eclampsia	Infertility	Miscariage
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GENETICS	
9p21	
ApoE	
KIF6	
4q25	
Haptoglobin	
CYP 2C19	
Pharmacogenetics with CYP 1A2	
Lipoprotein(a)	
(not a gene test, but inheritable!)	

MYOCARDIAL EVALUATION	
NTproBNP	
hsTroponin	
Galectin-3	

PRIMARY
 NO ROOT CAUSES "YET"
 NO INFLAMMATION "YET"

PREVENT DISEASE

REASSESS
 EVERY 1 YEAR

2-Hour OGTT
 If not already performed

GENETICS
 If not already performed
 9p21, ApoE, KIF6, 4q25, Haptoglobin
 Pharmacogenetics with CYP 1A2

All
 if on Polypharmacy

PERIODONTAL & ENDODONTIC EVALUATION
 Refer out to begin with Pathogens/Cone Beam
 Revisit Sleep Apnea question

AUTOIMMUNE/ INFLAMMATORY DISEASE SURVEY

No tests unless clinical indications

GUT
 TMAO

SECONDARY
 OR
 ANY ROOT CAUSE
 ANY ARTERIAL INFLAMMATION
 HIGH REYNOLDS OR FRAMINGHAM SCORE

HALT DISEASE
 PREVENT EVENTS

REASSESS
 EVERY 3 MONTHS UNTIL STABLE
 EVERY 3-6 MONTHS ONCE STABLE

2-Hour OGTT
 If not already performed

GENETICS
 If not already performed
 9p21, ApoE, KIF6, 4q25, Haptoglobin
 Pharmacogenetics with CYP 1A2
 CYP2C19
 Familial Hyperlipidemia

All
 if on Polypharmacy
 if on Plavix
 if Simon-Broome Criteria met

PERIODONTAL & ENDODONTIC EVALUATION
 Refer out to begin with Pathogens/Cone Beam
 Revisit Sleep Apnea question

AUTOIMMUNE/ INFLAMMATORY DISEASE SURVEY

No tests unless clinical indications

GUT
 TMAO

ASPIRIN RESISTANCE
 Aspirin Works

PLAVIX RESPONSE
 Various platelet aggregation studies

TERTIARY
 INCLUDE:
 COGNITIVE ISSUES
 "EXTRINSIC" CKD

STABILIZE DISEASE
 PREVENT RECIDIVISM