

M E D I C A T I O N	Natural alpha-D Tocopherol 400 Units if T2DM and Hap 2-2								
	RESULT PARAMETERS	Fasting Glucose	One Hour OGTT	Two Hour OGTT	Hgb A1C	Triglyceride/HDL Ratio	Uric Acid	AST	GGT
	Vaccines for Influenza, Zoster, Pneumococcus, COVID								
	Fibrates	Diabetic and Metabolic Syndrome benefits Microvascular Disease Risk							
	Pravastatin								
	Rosuvastatin								
	Simvastatin								
	Atorvastatin								
	Ramipril								
	Preferred based on HOPE Trials								
	Lisinopril								
	Thiazide-like diuretics chlorthalidone, indapamide								
	Carvedilol, Nebivolol								
	Pliglitazone								
	GLP-1 Albi-, Semi-, Lira- glutides only								
Allopurinol									
SGLT-2 e.g. -flozins					If Diabetic and HF Risk				

Red Flags	HISTORY	LAB
	Acanthosis Nigricans	Elevated Triglycerides
	Central Adiposity	Low HDL
	Erectile Dysfunction	Abnormal Trig/HDL
	Family History	Fasting glucose > 88 mg/dL
	Gestational Diabetes	A1C > 5.7%
	Gout	Elevated ALT
	ASCVD	Elevated GGTP
	Obesity	Elevated MACR
	Sleep Deficiencies	Elevated hsCRP
	Periodontal Disease	Elevated Fibrinogen
	Pre-eclampsia/Eclampsia	Elevated LpPLA2
	Low birth weight with rapid weight gain between 2-11 yo	Elevated ADMA
		Elevated Uric Acid