

## BALE DONEEN - MYOCARDIAL MARKERS

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RESULT PARAMETERS	NTproBNP	Galectin-3	hsTroponinT
FREQUENCY OF TESTING	Every 3-12 months		
	OPTIMAL VALUES		
ClevelandHeartLab/Quest	< 253 pg/mL men < 372 pg/mL women	< 17.9 ng/mL AND low rate of rise	< 6 ng/L OR IF ABNORMAL level drop > 50% over 2-3 years to reduce HF risk OR level drop > 25% to reduce ACS
Boston Heart	< 125 pg/mL if ≤ 75 y.o. < 450 pg/mL if > 75 y.o.	N/A	≤ 14 ng/L men ≤ 22 ng/L women
LabCorp	< 450 pg/mL *cut point for HF in patients with acute dyspnea	< 17.9 ng/mL	< 14 ng/L
L I F E S T Y L E	Weight Loss to Below BMI 25 in women, Below BMI 30 in men		
	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		
	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		
	Calcium rich foods		
	Avoid Artificial Sweetener		
	Dark Chocolate		
	Aerobic		
	Resistance		
	HI-IT		
Oral Health			
Stress Mangement			
Stop Nicotine			
Sleep			

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S U P P L E M E N T S	Cinnamon-Chromium-Biotin for Insulin Resistance			
	Omega 3 EPA-DHA			
	Vitamin D3			
	Vitamin C			
	Curcumin			
	Phytosterols			
	Nicotinic Acid			
	Melatonin			
	Ubiquinol with statins			
	Magnesium			
	Micronized Pectasol			
	L-Carnitine if Vegan for Lp(a)			
	Vitamin K2			
	Pectasol			
Natural alpha-D Tocopherol 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			
	Metformin			
	Pioglitazone			
GLP-1 Albi-, Semi-, Lira- glutides only				
SGLT-2 e.g. -flozins				
DPP-4 e.g. -gliptins				

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	<p>MISCELLANEOUS NOTES</p> <p><b>TREAT ROOT CAUSES</b></p>	<p>ST2 Soluble to assess risk for MACE</p> <p>ECHO to evaluate etiology, follow response to therapy</p>	<p>Micronized Pectasol 650 mg tid with food lowers it</p>	<p>Evaluate for Insulin Resistance</p> <p>watch diastolic pressure to prevent inadequate perfusion</p>