

# True Health Diagnostics



## **Early Detection Of Diseases**

Advanced testing provides the early detection you need to steer clear of very preventable chronic conditions like diabetes, strokes, and heart attacks.

- New testing biotechnologies uncover “hidden” warning signs
- Patient-friendly report shows color-coded results
- Interpretive comments explain what it all means to you

True Health Diagnostic testing examines proven risk indicators that other laboratory testing does not.

## **Disease Risk Indicators**

### **Cardiovascular disease (CVD)**

Cardiovascular disease (CVD) encompasses a number of conditions affecting the heart; however, the most common type—and the leading cause of the death in the U.S.—is coronary artery disease (CAD). CAD occurs when plaque, made up of fat, cholesterol, calcium, and other substances in the bloodstream, builds up in your coronary arteries. This buildup restricts the flow of blood to your heart. But, if the plaque ruptures, as a result of inflammation or other factors, it can also cause a blood clot that completely obstructs the passage of blood. Depending on where the obstruction occurs—in the arteries that feed the heart or the brain—blood clots can trigger a heart attack.

### **Diabetes mellitus**

Diabetes mellitus (or diabetes) is a chronic metabolic

condition in which your body is unable to properly process food for energy and growth. When you eat, your body breaks down food into a special sugar called glucose, which fuels the cells in your body. But critical to this process is insulin, a hormone made by the pancreas that allows your cells to take in glucose and use it for energy. If you have diabetes, your body doesn't make enough insulin or doesn't effectively use the insulin it does make. This deficiency or resistance to insulin causes glucose to build up in your bloodstream and can lead to heart disease, blindness, kidney failure, and lower-extremity amputations.

### **Metabolic syndrome**

Metabolic syndrome isn't a disease. Instead, it's a group of conditions –increased blood pressure, high blood sugar, excess belly fat, and abnormal cholesterol levels–that, in combination, can increase your risk for heart disease, stroke, and diabetes. With aggressive lifestyle changes, you can minimize these risk factors and prevent or delay the serious health issues they can cause.

### **Non-alcoholic steatohepatitis – Fatty Liver Disease (NASH)**

Non-alcoholic steatohepatitis (NASH) is an inflammation of the liver, caused by fat buildup there. Over time, inflammation may lead to scarring and hardening of the liver, or cirrhosis. While many people have liver fat, only in some cases does this fat lead to liver damage. NASH is not a result of alcohol abuse and often has no obvious symptoms.

## **Test Components**

### **Traditional Lipid Profile**

This basic group of tests to determine risk for cardiovascular and related diseases is a good start but should always be combined with advanced testing to unveil a more accurate picture of total health.

## **Lipoprotein Particles**

Lipoprotein particle size/number and Apolipoprotein concentrations reveal levels of good and bad cholesterol particles, which provide a far better predictor of risk than traditional lipid profiles alone.

## **Inflammation**

Inflammatory processes are independent predictors of risk. Testing reveals the level of inflammation of blood vessels that may lead to plaque rupture, ultimately resulting in a heart attack or stroke.

## **Heart Function**

Advanced tests strain or other damage to the heart muscle, which can lead to more appropriate treatment for preventing heart attacks.

## **Genetics**

Genetic markers predict risk for heart attacks and strokes, plus sensitivity to commonly prescribed medications.

## **Metabolic**

Metabolic markers can lead to early detection of diabetes and cardiovascular disease, which may reduce or eliminate a patient's need for insulin.

## **HS-Omega-3 Index**

A Fatty Acid Profile is a potent indicator of the nutrients in a patient's diet that can improve cardiovascular health.

## **Hormones**

A hormone panel can detect deficiency or excess of hormones which can affect many different functions of the body from energy levels to metabolic function.

## **Tumor Markers**

Tumor markers can show early detection for common cancers such as breast, blood, ovarian, prostate, or liver cancers.

For more information please visit <http://www.truehealthdiag.com/>

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## **Singulex in Monterey Park CA**

### **Singulex: heart disease and wellness monitoring services for a healthier you!**

Singulex advanced clinical laboratory tests are used to assess your health risks, providing earlier detection and monitoring of disease over time. For example, your physician can assess your heart disease risk prior to the occurrence of an event, such as a heart attack, as well as evaluate your risk for worsening heart disease.

The comprehensive test reports help your physician effectively manage chronic disease and monitor disease progression—so your treatment is customized to your risks and needs.

#### **Cardiopathology Tests**

The cardiopathology tests measure the health of your heart. These tests can tell you if your heart is being overly stressed or stretched.

#### **Vascular Inflammation Tests**

Inflammation is the body's natural response to injury or infection. Low levels of inflammation over time may be a sign that your blood vessels are under attack, and this can contribute to diseases such as heart disease, cancer, diabetes, and arthritis.

### **Dyslipidemia Tests**

The dyslipidemia tests look beyond just your cholesterol and identifies the quantity (amount) and quality (size) of your cholesterol particles.

### **Cardiometabolic Tests**

The cardiometabolic tests are used to assess your risk for developing diabetes and heart disease in the future.

For more information on understanding the test results please visit

<http://www.singulex.com/understand-health-risks-and-test-results>

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## **Advanced Lab Diagnostic Screening in Monterey Park CA**

### **What is Advanced Diagnostics?**

At Optimal Health & Wellness we have access and provide advanced diagnostic screening tests from blood tests to body and brain scanning. These tools are very helpful in allowing us to reach the underlying cause of your disease and also providing an individualized treatment approach. Many of these tests can be covered with your PPO insurance. Please click on

the links below to find more information.

### [Singulex Labs](#)

Singulex advanced clinical laboratory tests are used to assess your health risks, providing earlier detection and monitoring of disease over time. Singulex provides lab testing assessing inflammation and damage to the heart, arteries, and metabolic system.

### [True Health Diagnostic Laboratory](#)

THD lab. testing examines proven risk indicators that other laboratory testing does not. THD testing can be used to assess inflammation, genetic deficiencies, nutritional deficiencies, hormones, diabetes, tumor markers, and liver issues.

### [Corus CAD](#)

A simple blood test that provides your physician with a score indicating the likelihood that you have a significant narrowing or blockage in your heart arteries.

### [Innovative Diagnostics](#)

Innovative Diagnostics can be used for early detection of cancers with testing for colon cancer, lung cancer, and prostate cancer.

### [3D Body Analyzer](#)

A comprehensive scan that provides 3-D images of your body organs and systems and fast, precise, scientific measurements of your health and risk factors. The test is non-invasive and very quick to complete.

### [Brain Health Evaluator](#)

The Brain Health Evaluator is an FDA registered, fully integrated brain peak performance and injury assessment and rehabilitation system designed for a wide range of uses. It

can be used to evaluate the brain function if you have symptoms of memory loss, fatigue, insomnia, and more.