



\*Metabolic Success

- \* 56 y/o woman with exertional dyspnea for several years
- \* Overweight, hypertension, dyslipidemia, chronic chest pain, depression, arthritis, fatty liver (abnl LFTs, sono), metabolic syndrome, elevated hsCRP and pro-insulin
- \* Multiple cardiac and pulmonary tests over several years, no structural or ischemic heart disease, no pulmonary diagnosis (\$\$\$)
- \* Several ER visits (\$\$\$)
- \* Poor exercise tolerance and poor diet
- \* Good medication compliance (Metoprolol, Diovan HCT, Celexa, Alprazolam, Seroquel, NSAIDS)

\* **Sick/Not Well**

BIOMETRICS	JANUARY 2015	MARCH 10th	MARCH 25th	MAY 2015	Percent Change
WEIGHT (lbs)	257	260	248	242	-5.6%
BMI	45.5	46.1	43.9	42.9	-5.7%
HEIGHT (in)	63	-	-	-	

LAB MARKERS (fasting)	JANUARY 2015	MARCH 2015	MAY 2015	Percent Change
GLUCOSE (mg/dL)	131 H	129 H	123 H	-6.1%
HDL(mg/dL)	55	57	61	+1.8%
CHOLESTEROL (mg/dL)	226 H	213 H		-5.7%
LDL (mg/dL)	141 H	105	102 H	-27.6%
HBA1C (%)	7.1 H	NA	6.3 H	-0.8%
TRIGLYCERIDES (mg/dL)	100	70	78	-22%

\* Baseline and On FIYG Program

# \* Case Discussion

## \* Symptom Improvement:

- \* Dyspnea resolved
- \* Chest pain resolved
- \* Exercise tolerance improved to 1 mile per day

## \* Weight Loss:

- \* Modest, comparable to pharmacological weight loss drugs
- \* Unlike drugs, no side-effects, part of sustainable lifestyle modification

## \* Reversal of Diabetes and Dyslipidemia:

- \* Metabolic remodeling (inflammation and oxidative stress reduction) produced significant decreases in fasting glucose, HgA1C, and drastically improved cholesterol profile

# \*ASCVD Risk Modification

**10 year ASCVD risk:**

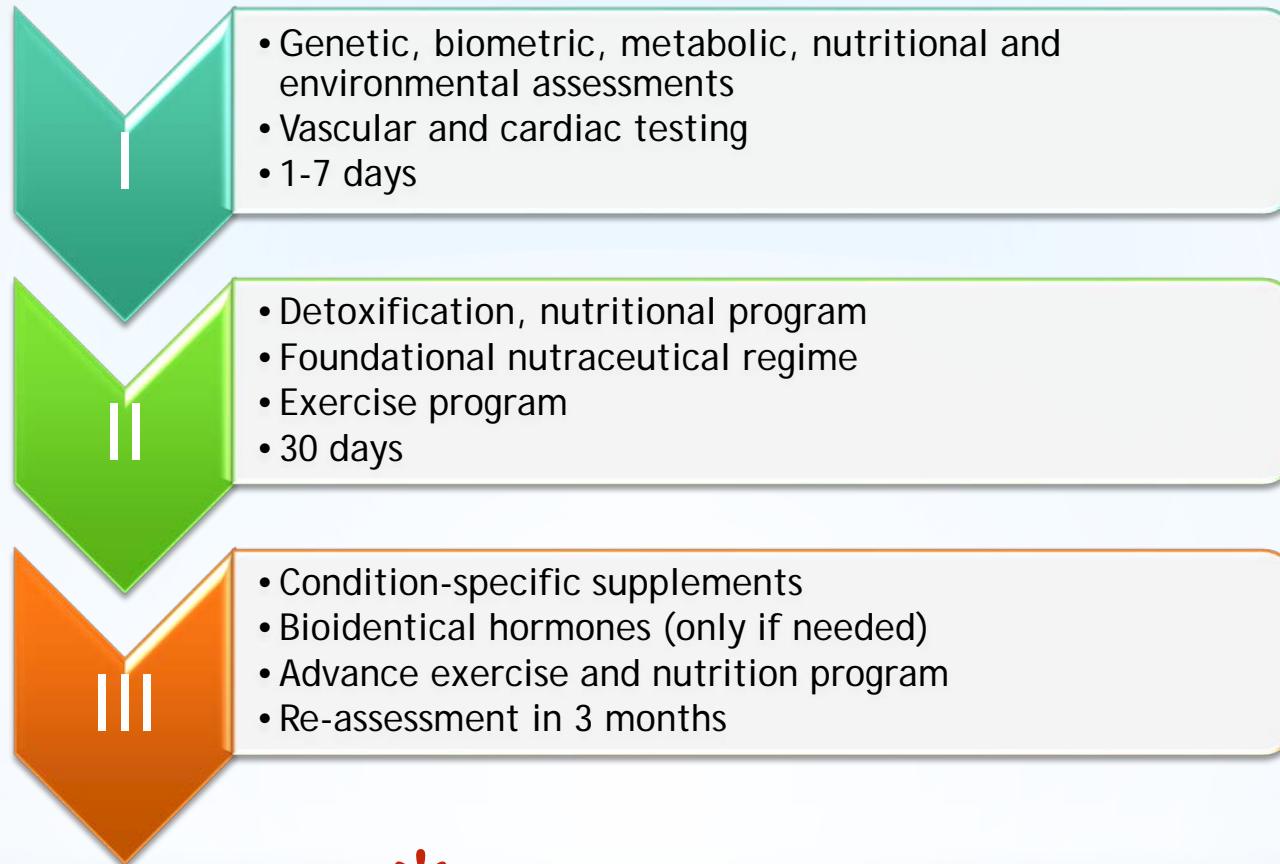
**Baseline 6.6%**-moderate intensity statin recommended

**FIYG program at 4 months 3.0%**-ASCVD risk <5%, not in statin-benefit group

<http://tools.cardiosource.org/ASCVD-Risk-Estimator/>: SBP 130 mmHg, non-smoker, white, woman

\*FIYG Program resulted in sustained lifestyle modification through application of genomic, environmental, nutritional, exercise and supplements approaches. As a result, patient experienced weight loss, and reversal of metabolic cardiac disease risk factors, such as diabetes and dyslipidemia. Her ASCVD short-term risk was decreased in half in 4 months on the program. She experienced dramatic improvement in symptoms, and regained wellness and vitality.

## \*Metabolic Success Case Conclusion



# \* 3 Phases of FIYG Program



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