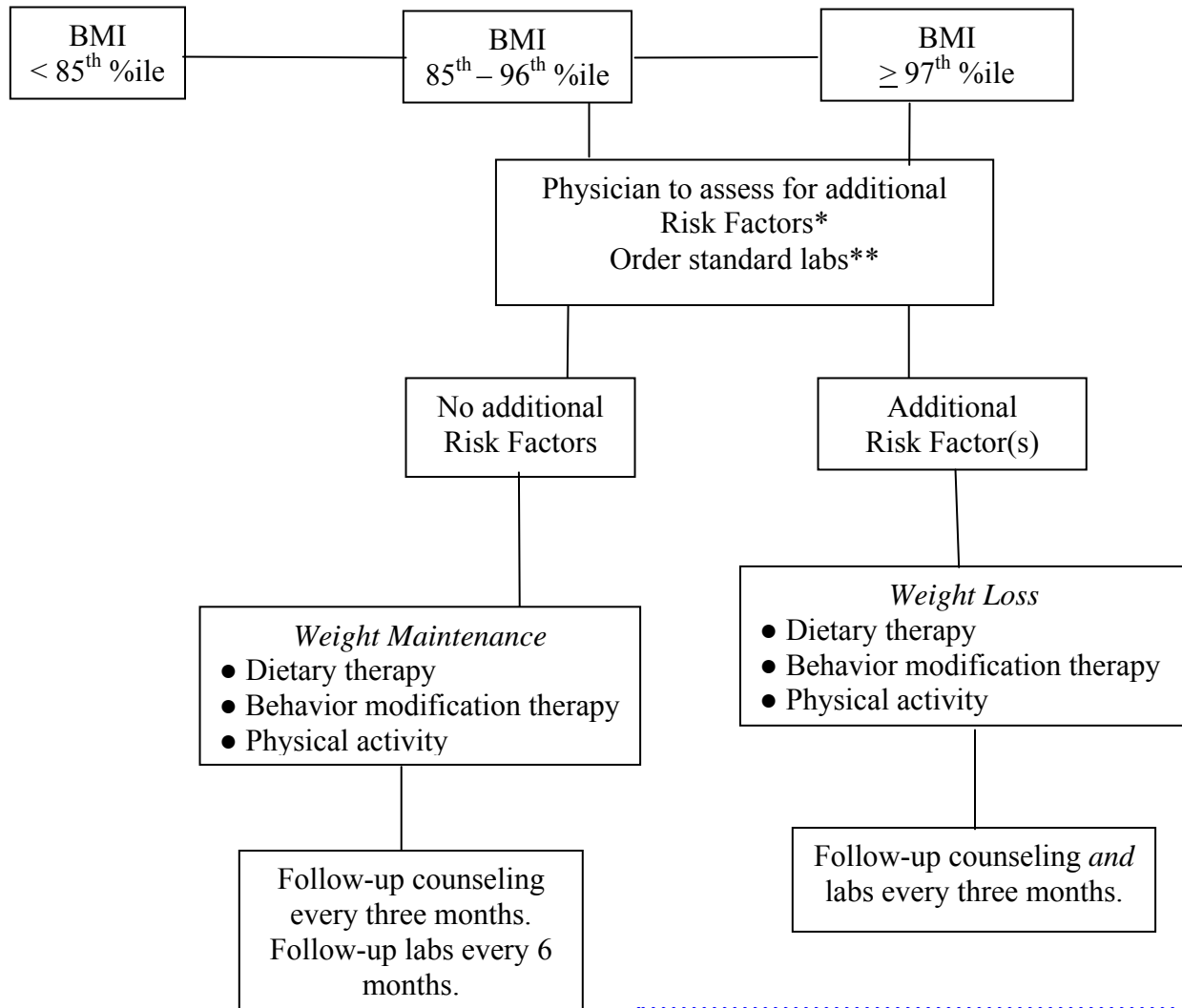


# Cardiac Risk Factor Reduction Program Treatment Protocol



\*Risk Factors: e.g., hypertension, diabetes, dyslipidemia, hyperinsulinemia. Family history of any of the above.

\*\*Standard labs:

- Basic Chemistry Profile 1
- Comprehensive Metabolic Panel
- Fasting lipid panel / cholesterol
- Cardio CRP
- Hemoglobin A1C
- Insulin level
- Thyroid panel

**Physician:** Manages patient's risk factors and coordinates patient's overall progress.

**Dietitian:** Determines appropriate dietary recommendations necessary for gradual weight loss.

**Exercise physiologist:** Determines appropriate exercise plan to aid in weight loss/maintenance.

**PhD Psychologist:** Assists in behavior modification necessary to achieve goals

