



# Optimal Cardiac DNA and Telomere Testing

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## Our Member-Patients' Pressing Questions

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Cardiac DNA and Telomere testing helps to provide answers for patients who have asked questions such as:

- I'm afraid of my family history. How can cardiac DNA testing help me now?
- I'm worried I might have the heart attack gene? And how do I fight it?
- What is my own "internal" or biological age compared with my chronological age? How can I improve this?
- Do my genes help me decide which supplements I should take?
- What in the world is my ApoE gene?
- Can I safely drink alcohol?
- Am I at genetic risk for heart rhythm problems like Atrial Fibrillation?
- How should I divide up my exercise regimen between cardio and muscle work based on my genes?
- How do I metabolize caffeine and how does this affect my heart?
- Am I at genetic risk of Alzheimer's disease and if so, what can I do about it?
- How do my genes work with the top cardiac medications?
- What can I do if my Telomeres are too old for the rest of me?
- Am I at genetic risk for blood clots in my legs or my heart?
- Am I at genetic risk for injury with exercise, and how do I protect myself?
- Am I a good "methylator"?
- Should I avoid taking all Vitamin E?
- Am I at increased genetic risk for gluten intolerance?
- How can my genes guide my favorite foods?
- Am I at genetic risk for developing leg artery blockages?
- Do my genes prevent me from taking a statin drug? If yes, what can I do instead?
- What can I do if I'm genetically "programmed" to have high blood fats?

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Total Body Health

**The Optimal Health Report Card**