

Bullet-Proofing Your Heart

Heart Disease: The #1 Killer of Active and
Retired Cops

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Law Enforcement Longevity Statistics

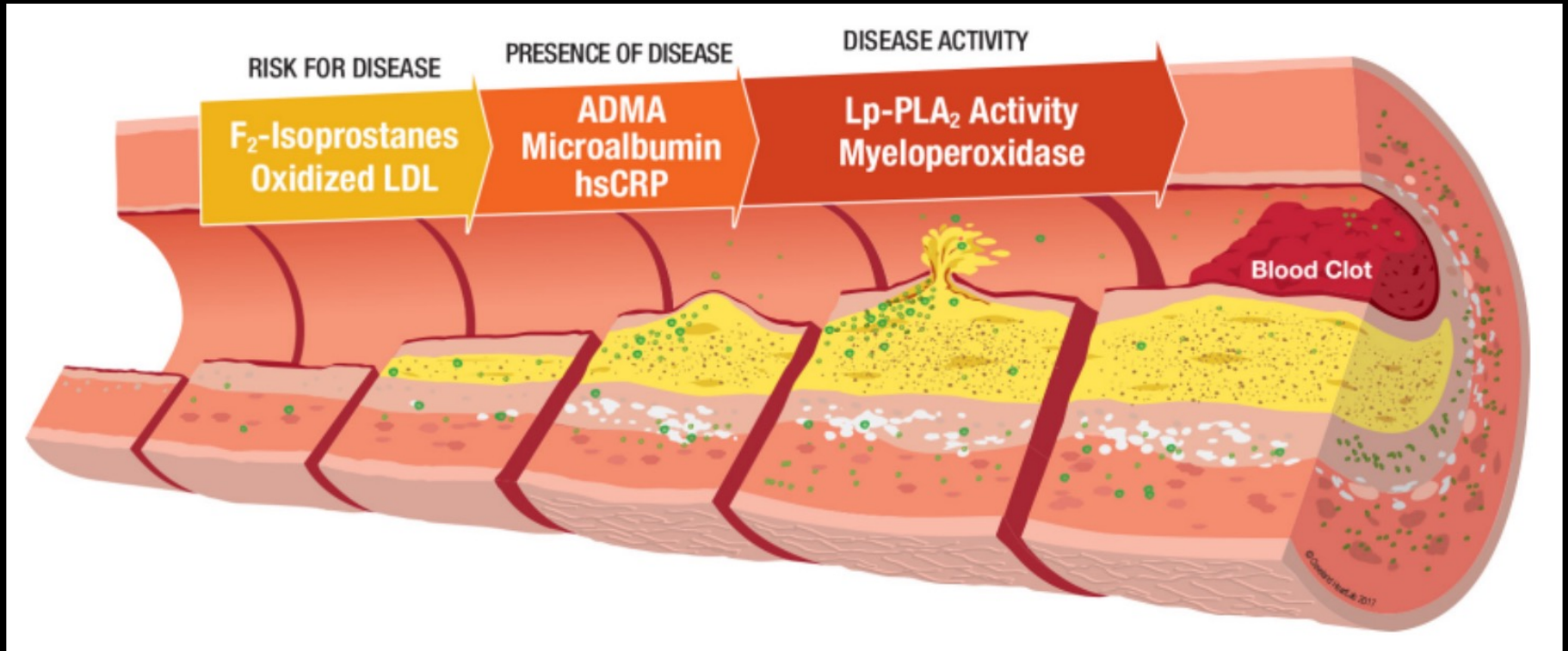
	Law Enforcement	Civilian
Average age of patient with heart attack	49 Years	65 Years
Heart attacks under age 45	45%	7%
Average Life Expectancy	57 Years	79 Years

Now 46
Years!

The Way it *really* works...

- Plaque formation doesn't happen the way scaling develops on the inside of PVC pipe
- The amount of cholesterol in circulation doesn't determine one's propensity to develop plaque – It's about the **CONDITIONS** for plaque development
- Inflammation inside the vascular space (due to genetics, smoking, poor diet, stress, lack of sleep, etc) contribute to plaque development
- Plaque can develop in the arteries of fit-looking and young men and women who present with normal or low total cholesterol

Cardiology 101



Cardiology 101

- Cardiac inflammatory markers can determine the stage of plaque development more accurately than traditional civilian-based risk scoring
- Lp-PLA2 indicates late stage, soft plaque development much better than traditional risk scoring which is largely derived from civilian data populations

CAN INDICATE SIGNIFICANT CARDIAC RISK – up to 40% CHANCE OF DEVELOPING A HEART ATTACK IN 4 YEARS...

...regardless of age, cholesterol level, fitness, or physical presentation

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ORIGINAL ARTICLES

Liposomal-Associated Phospholipase A₂ Is More Effective in Predicting Cardiac Risk in Law Enforcement Than Framingham Risk Score and Coronary Artery Calcium Score Calculation

Sheinberg, Jonathan MD, FACC; Rajaram, Pranav BS; Callaway, Joshua MS

Current Research

- Traditional risk scoring does NOT adequately predict cardiac risk in members of public safety ESPECIALLY LAW-ENFORCEMENT
- **92% MIS-IDENTIFICATION** of members in law-enforcement with low-risk according to traditional scoring models (Framingham)
- Traditional risk scoring was only **24% INEFFECTIVE** in identifying risk within civilian populations indicating that LEOs could be represented as a **special population**
- Male and female LEOs are NOT dissimilar in terms of cardiac risk as once suspected – especially seen in younger (20yr-25yr old) populations

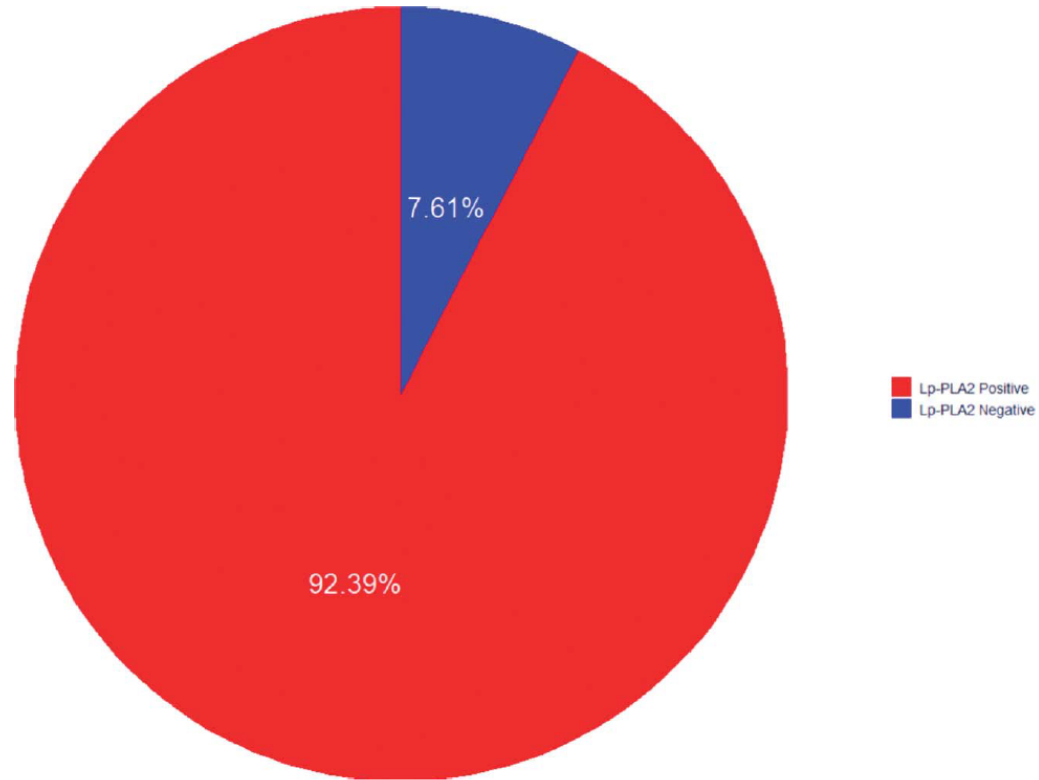
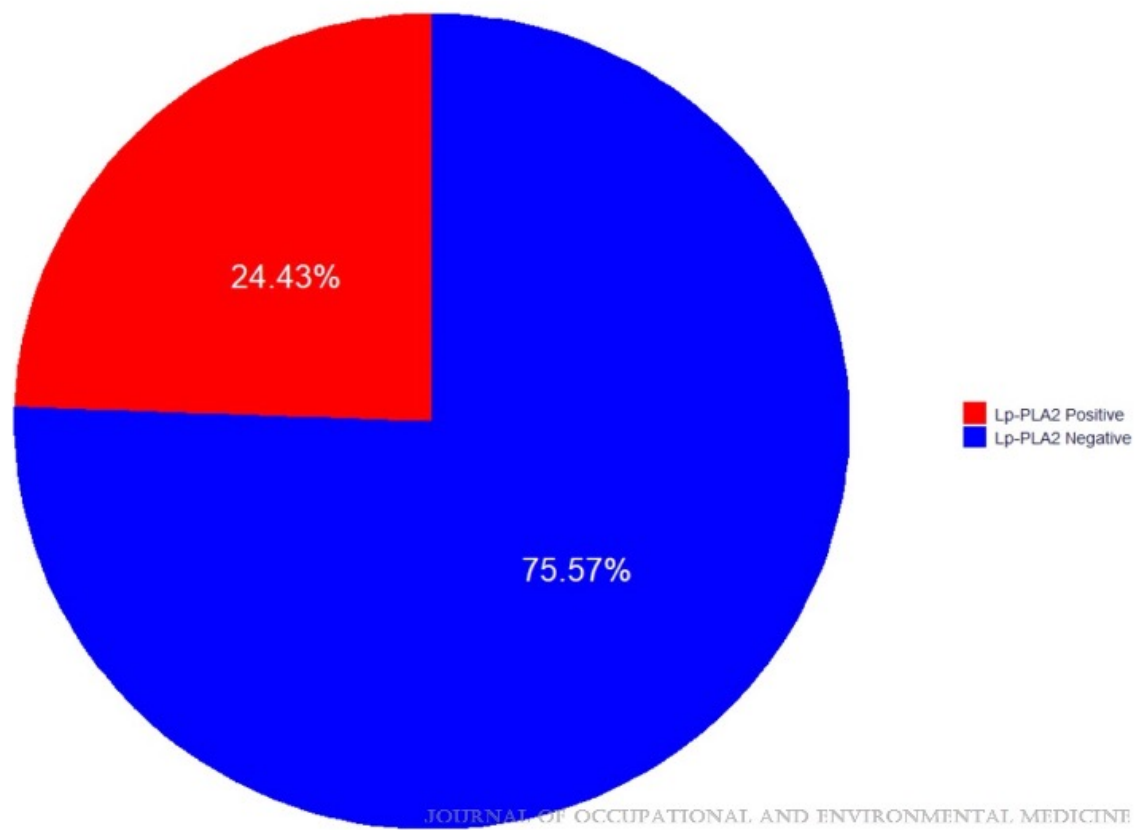


FIGURE 6. Low/intermediate Framingham risk vs Lp-PLA2 positivity in LEOs.



Percentage (%)

75%

50%

25%

0%



CIVILIAN_FEMALE



CIVILIAN_MALE



LAW ENFORCEMENT_FEMALE



LAW ENFORCEMENT_MALE

Blood Testing

What Blood Tests Should you receive as part of a comprehensive wellness program?

Advanced Cardiac Panel:

Lp-PLA2 – marker associated with late-stage rupture-prone plaque development

OxLDL – measure of early-stage inflammation (leading to plaque development)

Apolipoprotein B – represents the sum total of atherogenic (plaque producing) particles in circulation

Lipoprotein A – important data regarding your genetic predisposition towards biosynthetic cholesterol production

Thank you for your Interest!

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