

Lowering Risk Scores

Lifestyle Modifications

Here are some recommended lifestyle changes for lowering SmartVascular Dx™ (SVDx) risk scores. These changes have been shown in multiple studies to significantly improve vascular health, reduce overall inflammation, and decrease the risk of cancer.

Diet Recommendations

- Nutrition audit
- Avoid processed foods and added sugars
- Anti-inflammatory diet
- Follow a Mediterranean or plant-based diet, rich in fruits, vegetables, olive oil, nuts, and fish
- Modified Paleo diet
- Increase vegetable intake
- Add antioxidant-rich foods: blueberries, cherries, pomegranate, and dark greens
- Kyolic aged garlic extract formula 110 with CoQ10
- Avocado oil (for cooking)
- 4 Tablespoon of olive oil per day
- Omega-3 fish oil with high EPA (2,000-4,000mg)
- Natural probiotics
- Vitamin D and B complex

Exercise Suggestions

- Walking briskly 3x/week for 30 minutes
- High-intensity interval training (HIIT) or resistance training at least 3x per week
- Light resistance training 2-3x/week
- BMI is not as important as body fat percentage
- Keep blood sugar/pressure in a healthy range

Lifestyle Examples

- Stress reduction such as meditation, day dreaming, gratitude, self care, dark chocolate, etc.
- Apps: Aura, Calm, Headspace, etc.
- Improve sleep and check for sleep apnea
- Apps: Sleep Cycle, Sleepio, SleepWell, etc.

Hormone & Metabolic Health

- Balanced hormones (e.g., thyroid, testosterone, estrogen) help keep vessels flexible
- Address insulin resistance and maintain normal blood sugar
- Additional medical support
- Your provider may recommend advanced tests (calcium score, stress echo) or therapies (e.g., statins, chelation) if needed



Key Nutrients & Supplements

- Vitamin C (Ascorbic Acid) oral or IV can help with endothelial function
- CoQ10
- MAD - Patch, sub-q injections, oral or IV, all help improve mitochondrial function within the vascular wall
- Daily avocados, olive oil in your diet
- Daily cold water fish (salmon) or fish oil/omega-3
- Foods rich in nitrates such as beets
- Arginine to help with the NOS system (nitric oxide syntheses) This can be found in pistachios or supplement form
- Vitamin D and Vitamin K2 to reduce inflammation
- Vitamin E
- Pre-biotic fermented foods with probiotic daily
- Bergamet supplement which can lower cholesterol and reduce inflammation
- Berberine or ALA to lower glucose if needed
- We can test for heavy metals and treat if elevated with oral or IV chelation

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Lifestyle Modifications

Suggested Re-testing Interval

Optimal: Yearly

Moderate: 6 months

Elevated: 3 to 4 months

(if a treatment program has been agreed to)

Understanding the SVDx Test and Overview

SVDx Test – At a Glance

- Measures multiple inflammatory biomarkers with a proprietary risk-scoring algorithm to detect early endothelial damages and vascular risks
- Acts like a “check engine light” for your overall vascular health

Why Inflammation Matters and What May Cause it

- Heart-related issues
- Stress, poor diet, excess weight
- Autoimmune or gut inflammation
- Post-COVID effects (can raise scores)

What an Elevated Score Means

- Not a diagnosis, but a sign to reduce inflammation and lower long-term risk
- Guides 5-year prevention planning

Typical Next Steps

- Weight management
- Healthy diet and regular exercise
- Stress reduction and mindfulness
- Addressing specific inflammatory triggers

If Your Results Suggest Higher Risk

- We may recommend further testing (e.g., calcium score, detailed heart scan, stress treadmill, or stress echo) to better assess your heart health
- This helps us detect risk early and prevent future events
- In some cases, we may also lower cholesterol through medication or natural approaches

Additional Work Up (if >5x risk)

- Review additional inflammatory markers (if symptomatic): MPO, TMAO, hsCRP, troponin and/or Lp-PLA2
- Review MTHFR, folate, B12, B7, Vit D, ApoA/B/E and/or microalbumin
- Review genetic tests, food sensitivity, microbiome, hormones and/or if a JAK 2 mutation is present (clotting issue)

- Assess autoimmune and infectious diseases, rheumatoid arthritis, sleep apnea, and hematologic abnormalities

Potential Intervention (if >5x risk)

- To rule out hemodynamic abnormalities: stress echo, coronary artery calcium (CAC), CTA/perfusion, fractional flow reserve (FFR), angiogram



MorningStar Laboratories supports your vascular health through advanced diagnostics and actionable lifestyle strategies.

For more information or ordering:
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