



Age Diagnostic Labs

1341 West Fullerton Ave #123
Chicago, IL 60614
1-773-528-8500

TEST PATIENT

Date of Birth : 08/10/1924
Sex : M
Lab id : 2095428
Collected : 04/28/2006

INTEGRATIVE MEDICINE

04/28/2006

URINE, SPOT

	Result	Range		
Total (OH)Corticosteroids, Spot Urine	28.0	22.0 - 56.0	ug/gCR	
17-Ketosteroids, Spot Urine	22.0	15.0 - 55.5	ug/gCR	
17K-Steroids/Tot OHCorticoids, Spot U	0.8		RATIO	

Urine Adrenals Comment

URINE 17KETO/11OHCORTICOID RATIO <1

Excess levels of glucocorticoids known as Adrenal Catabolic syndrome, which is too much wear and tear and not enough rest and repair. Consider adrenal androgen therapy or reducing cortisol therapy. Other factors contributing to this less than optimal ratio are excessive levels of stress & or exercise and lack of rest & recovery.

BLOOD SPOT

ArachidonicAcid/EPA Ratio B/S	6.1 *h	1.5 - 3.0	RATIO	
C-Reactive Protein, B/S	12.9 *h	0.0 - 5.0	mg/L	

C REACTIVE PROTEIN ELEVATED:

CRP is an acute phase reactant which rises rapidly in response to tissue injury and inflammation and falls more rapidly than the ESR with resolution.

Suspect: Inflammation/Acute-phase process, Diabetes, Smoking, Subclinical or reactive infections with Chlamydia pneumoniae, H. pylori, EBV, HSV.

Higher incidence of CVD even without other laboratory or familial risk factors, Compounded probability of CVD with high CRP and fibrinogen.

Consider the following actions: Address causes of acute-phase response (i.e. infection, inflammation, smoking), use of anti-inflammatory prescriptives, Boswellia, tumeric. Supplement with carotenoids (CRP often elevated in deficient patients), Test for C. pneumoniae, H. pylori (both associated with CV risk).

AA/EPA ratio of 3 is good whilst the ideal ratio to aim for is 1.5.

Titrate the patient with increasing doses of Omega 3 EFAs until the desired ratio is achieved.

The following doses are suggestive guidelines as indicated in the literature:

Maintenance: 2.5 g/day

Improve Heart Function: 5g/day

Treat Chronic Pain: 7.5g/day

Treat Neurological Disease: >10g/day

Bill Anton

(*) Outside reference range.

(h) Above reference range.