

## **Required New Patient Screening Test Package**

3<sup>rd</sup> Opinion Co. is a functional medicine clinic. In functional medicine, we try to raise your level of WELLNESS to the point that disease simply cannot be sustained. For that reason, we are often looking for things differently than standard medical clinics. The following are basic tests of your general physiology that we do on **all new** patients. This testing is a holistic assessment of your overall health.

**Heart Test.** Heart disease is the number one killer in America. We do a DPA test. This looks at the compliance or elasticity of the large, small and tiny arteries. This tells us if you are showing evidence of “hardening of the arteries,” which is a risk factor for heart disease. It also calculates a vascular age. If this test is abnormal, we would most likely order a multifunction cardiogram (MCG). This is a very sophisticated test that can assess your current burden of heart disease and more importantly allow us to follow that number into the future so we can know if what we are doing is correcting the problem.

**Autonomic Nervous System Testing (ANS).** The ANS is the interface between the brain and the body. It governs all of your “automatic” systems like heart rate, breathing and the immune system. This test also looks at your current state of physiologic and psychologic stress. Many common diseases of mankind are related to stress. Assessing and managing stress is an important component of functional medicine.

**Body composition.** While a body composition test will give us your percent body fat, it is not my primary interest in the short term. The way water is distributed in your body whether intra or extra cellular gives us clues as to your degree of toxicity. By knowing if you have an abnormal distribution of water, we can move towards more sophisticated testing to determine precisely what toxins may be present. Additionally, this test gives us a phase angle that can help us determine a “physiologic age,” another number we can follow into the future.

**Visual Contrast Sensitivity (VCS) Testing.** As an extension of the brain, the retina is very sensitive to environmental insults and nutritional inefficiencies. This test will give us clues to the extent of your body struggling with these sorts of toxins or nutritional challenges. Again, if this test is abnormal, it may point us in the proper direction to look for the specific causes.