

## About Meridian Valley Lab

Meridian Valley Lab specializes in integrative diagnostic testing services. We are the first lab in the USA to offer comprehensive 24-hour urine hormone and metabolite testing to help doctors use Bio-Identical Hormone Replacement Therapy safely and effectively.

Meridian Valley Lab is also active in food allergy testing, offering tests that cover up to 190 foods.

Together with our Medical Director, Dr. Jonathan Wright, we have been taking lab testing to the next level since 1976. Our mission includes:

- Innovative diagnostic testing
- Supporting our community of doctors
- Research and development
- Education and awareness

### How to Get Your Complete Blood Viscosity Profile

Ask your doctor about Meridian Valley Lab's Complete Blood Viscosity Profile.

Your doctor's office may draw your blood or may write a script for your blood draw and for the CBVP.

If you have any questions about the Complete Blood Viscosity Profile, please contact our friendly Customer Service at 425.271.8689 or toll free 855.405.TEST (8378).



## Is Your Heart Pumping *Sludge?*

*The thicker your blood, the more damage it can do.*

### On your way to a healthier heart.

Meridian Valley Lab is dedicated to serving humanity and helping you get healthier with our "Healthier Heart" campaign which aims to create awareness about cardiovascular health.

The "Healthier Heart" icon is designed with Meridian Valley Lab colors surrounding a red blood stream. The stream represents your blood's viscosity changing from thicker to thinner resulting in a healthier and happier you.

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## The Complete Blood Viscosity Profile

Find out how healthy your heart is.

## Here are the facts

- Every 40 seconds someone has a stroke.
- Coronary Artery Disease kills 4,000 people per day.
- Many people with cardiovascular disease are unaware of it.
- Last year, more than half of people who died of heart attacks had normal cholesterol.

### Hardening and thickening of the arteries lead to heart attack and stroke.

How does this happen? Plaque build-up happens only at certain points in your cardiovascular system where flowing blood causes the most friction against the arterial walls. Like a river bank, erosion in your arteries usually occurs at the curves and forks. Your arteries protect themselves by hardening and building a defensive shield against the abrasion. This shield is plaque.

### Your blood can be thick like ketchup or thin like wine.

Blood thickness is different in every person. Knowing the thickness of blood can help you to understand the potential for serious health conditions. Thick, sticky blood damages arteries and triggers inflammation which can lead to plaque build-up, increasing the risk of heart disease, mental decline, and other serious problems.

### Thick blood is abrasive blood.

We don't think of a liquid as abrasive, but to delicate artery walls, thick blood is abrasive. It forces your arteries to shift into defensive mode and form a protective layer of plaque along the arterial wall. It also hardens and thickens the arteries, narrowing the passageways through the blood moves.

### Are you at risk?

Major risk factors include high "bad" cholesterol, or LDL, high blood pressure, obesity, diabetes, physical inactivity, gender, family history, age, and smoking.

*Even if you don't have these risk factors, you can still have high blood viscosity.*

## Three Key Measurements for Predicting Heart Disease:

### Blood Pressure, Cholesterol, and Blood Viscosity

Combined with your blood pressure and cholesterol levels, knowing your blood viscosity provides a more thorough picture of how hard your heart has to work to pump blood and the damage the blood is causing to your arteries. This will allow you to consider changes to your lifestyle that may halt or reverse the damage.



## Give your Heart an Early Warning System. Get a Blood Viscosity Profile.

### What is the Complete Blood Viscosity Profile (CBVP)?

The Complete Blood Viscosity Profile (CBVP) is a diagnostic measurement of the thickness of your blood. It helps to detect underlying conditions that can lead to heart attacks and stroke. The benefit of a CBVP is its ability to act as an early warning before any symptoms arise.

### What does the CBVP involve?

It is best to be fasting and normally hydrated. Several vials of blood are drawn which and sent to Meridian Valley Lab for testing. The results sent to your doctor.

### What does a CBVP tell me?

Your CBVP tells you how thick and sticky your blood is. You and your doctor can discuss the implications and treatments that can correct any problems.

### I know my cholesterol levels and blood pressure. Why do I need a CBVP?

Your cholesterol levels and blood pressure only tell a part of the story. Many people with good cholesterol levels and low blood pressure die of sudden heart attacks or are debilitated by a stroke.

### I have no symptoms of heart disease and my doctor hasn't said anything. Why should I get a CBVP?

The CBVP can detect underlying conditions that can lead to heart disease. Most people don't know they have a heart issue until it's too late.

### Doesn't a stress test tell me what I need to know?

A stress test shows plaque after it exists only in its advanced stages when your arteries are already 70% blocked. A CBVP can detect issues before plaque even forms allowing you to make heart healthy lifestyle changes.

### How often should I get tested?

A yearly CBVP will allow you and your doctor to be certain that you are maintaining optimal blood viscosity.