#1 Best Test to Find Clogged Arteries Transcript

(Transcripts are generated by AI and may contain errors)

Introduction: Rethinking Heart Attack Risk

you're worried about clog you keep hearing is get a get the scan, get your num what to do. I totally dis approach when it comes t risk. That's not where I Dr Jack Wolfson and I wor By the end of this video, you're going to know which tests I use to investigate your heart attack risk, what data this actually gives me and gives you, and why I'm against the routine coronary artery CT scan you've been told to get.

Why Routine Coronary CT Scans Are Questioned

If you've already had the scan, still continue to watch, I've got a lot of information for you. You want to protect your heart and be here for your family for years to come.

I get it. i'm a husband. I've Got four children.i want To live. Let me help you by walking you through the four steps I use to turn worry into a plan. Let's get into it!

Step number one. Question why you're getting the Scan. I'm against using the Coronary CT as the starting point for everyone worried about heart disease.

These scans use radiation. Before we expose you to it, I want a clear reason and a clearer explanation of what the result will change. Let's get a number is not enough for me.

I wanna know what you're going to do with the number. Are you gonna take drugs? Is the test gonna lead to more tests that you don't need? To be clear, i'm talking about routine, coronary screening tests.

What the Scan Misses About Root Causes

in a medical emergency, t care. Now let's get in th what the scan leaves un a scan tells you what's b entire life. It measures A CT angiogram can show better images of the plaque and narrowing, but neither tell me what's driving the problem in your life and why you're at risk.

You've got a result, now what? What's happening with things like inflammation, oxidative stress, insulin resistance? How are you eating, sleeping, and living?

how are thinking? Finding the problems and understanding what to do are different jobs. So step number three, investigate the real drivers of heart attack risk.

And this is why I prefer the most advanced blood and urine testing in the world.

Blood, Urine, and Ultrasound Testing Options

We're looking at markers like inflammation and oxidative stress, insulin resistance, intracellular vitamins, minerals, proteins, fats, and all the different toxins, hundreds of different markers, not just a scan number.

Now, these questions that we generate here they help to give you more information and then now you can decide what the next step is. Sometimes you could use ultrasound like CIMT to get further information without the radiation.

Now these aren't pictures of your coronary arteries, but the point is to choose a test that we can actually follow over time without dangerous radiation, that's my problem with the Coronary CT and making it the foundation of the plan.

You can’t follow it over time. It doesn’t meaningfully change except for the worse. So what we want to know is, okay, what do the metrics tell us right now?

And then how do I move forward? Then we can retest down the road. You want understand what’s happening inside of the arteries, inside the vessels. What’s active?

What not? How to really protect your heart and ultimately live your best life doing the things you love with the people who you That’s why my approach is test don’t guess.

Investigating what is contributing to the problem, then use that information to guide the next step.

Using Results to Build a Clear Plan

Collecting more numbers is not the goal. Making the information useful to you, that’s the GOAL. If you want to investigate what could be affecting your heart beyond the scan, check the test-don’t-guess link in the description below.

You’ll find all of our heart health testing options there with an explanation of what each one helps you understand and how to get started. you can also use this to ask your doctor to see if they can do similar testing but we do have it there for you.

The next step should leave you more clear about what you’re investigating and why. This is step number four. Step number four, whether you test with us or another doc, don’t leave the results appointment without a report that you still can’t use.

I want three questions answered. What does the result mean in my situation? What are we going to do differently because of it? And how will we know if we’re actually improving?

If someone says you have inflammation, that’s the beginning of the conversation.

Questions to Ask After Testing

What do we investigate next? A label by itself doesn’t tell you what to do. I don’t want a coronary CT scan to become your entire heart health strategy.

risk and what we’re going to do about it. So definitely question the scan, investigate the real root cause of what leads to heart attacks, strokes and dying, then build the plan.

Test, don’t guess, and let’s get you on track for the 100 year heart.