

VASCULAR VITALITY & ENDOTHELIAL HEALTH TRACKER

Client Name: __ Date: __ Initial CAC Score: __

Understanding Your "Road"

In Functional Medicine, we look beyond just the "passengers" (cholesterol) and focus on the "road" (your endothelium). This tool helps us track how well we are "fixing the potholes" and protecting your arterial armor (the glycocalyx).

Section 1: The "Reveal" – Vascular Inflammatory Bridge

Record your advanced lab results here to identify where the "fire" is burning.

Biomarker	Result	Status (Optimal / High)	Clinical Significance
MPO (Myeloperoxidase)			Plaque rupture risk / "Vulnerable plaque"
Lp-PLA2 (Plac Test)			Active vascular-specific inflammation
Lipoprotein(a)			Genetic risk factor (Inflammatory LDL)
Oxidized LDL			Damaged LDL that initiates plaque
Homocysteine			Need for B-Vitamin vascular support

Section 2: "Fixing the Road" – Daily Endothelial Support

Check off your daily actions to support nitric oxide production and glycocalyx health.

Daily Action	M	T	W	T	F	S	S	Notes
Dietary Nitrates (Beets, Arugula, Spinach)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Targeted Movement (30 mins daily)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Stress Management (Protects Glycocalyx)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hydration (Electrolytes/Filtered Water)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Section 3: Targeted Vascular Protocol

List your specific "Big Three" interventions as discussed with your practitioner.

- **Lipid Modulation:** (e.g., Bergamot BPF, Red Yeast Rice) _____
- **Mitochondrial Protection:** (e.g., CoQ10/Ubiquinol) _____
- **Nitric Oxide Support:** (e.g., L-Citrulline, Beetroot Powder) _____

Section 4: Reflection & Monitoring

Vascular "Fire" Assessment: On a scale of 1-10 (1 being no inflammation, 10 being high risk), how would you rate your current vascular environment based on your latest MPO/Lp-PLA2 labs? **Score:** ____ / 10

Observations (Energy, Muscle Aches, Exercise Tolerance):

Next Steps:

- [] Re-test Inflammatory Markers (MPO/Lp-PLA2) in _____ months.
- [] Schedule CIMT (Carotid Intima-Media Thickness) ultrasound to track "soft plaque" progress.
- [] Review Mycotoxin/Mold screening if MPO remains elevated.

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