

Herrn
Dr. Peter Rosler
Am Weissen Haus 10

97772 Wildflecken

Lab-Report

Laboratory Number: 51	Patient: Demo PM-Panel "Male"
Date received: 05/24/2006	
Date outcome: 05/29/2006	
Specimen: Blood	

Bad Kissingen Diagnostics for Preventive Medicine

Cardiovascular Risk	Findings	Norm	Valuation	Graphic
Homocysteine	18.5 µmol/l	0-10 µmol/l	elevated	
Lipoprotein a	11.0 mg/dl	0-30.0 mg/dl	normal value	
CRP: C-Reactive Protein sens.	0.07 mg/dl	0.0-0,05 mg/dl	elevated	
Fibrinogene	220 mg/dl	180-350 mg/dl	normal value	
Cholesterol	180 mg/dl	0-240 mg/dl	normal value	
HDL cholesterol	80 mg/dl	> 60 mg/dl	normal value	
LDL cholesterol	120 mg/dl	0-150 mg/dl	normal value	
Triglycerides	90 mg/dl	0-175 mg/dl	normal value	
Oxidative Stress				
Perox: Lipid/H2-Peroxidase	260 µmol/l	50-180 µmol/l	elevated	
Imanox (TAC)	285 µmol/l	246-393 µmol/l	normal value	
GSH-Glutathione red.	395 µmol/l	620-970 µmol/l	reduced	
SOD-Superoxiddismutase	12.0 ng/ml	8.9-28.9 ng/ml	normal value	
Hormones				
Cortisol	350 ng/ml	45-240 ng/ml	elevated	
DHEA	2.5 µg/ml	0,52-2.95 µg/ml	normal value	
Estradiole	28.0 pg/ml	7.63-42.6 pg/ml	normal value	
Testosterone	180 ng/ml	250-750 ng/ml	reduced	
IGF 1	485 ug/l	261-1096 ug/l	normal value	
SHGB	23 nmol/l	10-80 nmol/l	normal value	
Melatonine sulfate	5.0 pg/ml	8.0-16.0 pg/ml	reduced	

Vitamins

Vitamin A	605	µg/l	200 - 800 µg/l	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin B1	45	ng/ml	32 - 95 ng/ml	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin B6	8.2	ng/ml	4.3 - 17.5 ng/ml	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin B12	425	pg/ml	180 - 900 pg/ml	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin C	4.5	µg/ml	4 - 20 µg/ml	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin E	5.3	µg/ml	3 - 14 µg/ml	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin D3 (1,25-OH)	23	nmol/l	10 - 40 nmol/l	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Folic acid	5.0	ng/ml	4- 17 ng/ml	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin K	1.3	ng/ml	0.09 - 2.12 ng/ml	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Minerals

Zinc	7400	µg/l	7000 - 9000 µg/l	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Iodine	51	µg/l	50-90 µg/l	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chromium	12	µg/l	6.5 - 107 µg/l	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Copper	802	µg/l	610 - 1280 µg/l	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Manganese	7.0	mg/l	5 - 15 mg/l	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Iron	95	ug/dl	60-140	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Selen	135	mg/l	130 - 200 mg/l	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Neurotransmitter

Histamine	30,5	nmol/l	0-10 nmol/l	elevated	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Serotonin	22,3	ng/ml	50-200 ng/ml	reduced	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 HTP-Tryptophan	0,005	mg/dl	0,002-0,01 mg/dl	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Dopamine	45,0	ng/l	0-60 ng/l	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Tyrosine	0,7	mg/dl	0-1,7 mg/dl	normal value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Interpretation:

Glutathione decreased: diminished glutathione indicates extended oxydative burden by free radicals, increased consumption and/or insufficient supply.

Causes can be: cancer, autoimmune processes, rheumatoid arthritis, environmental burden.

Therapy recommendations: omit any harmful load (as Tobacco smoking, Alchhole drinking, Amalgam tooth fillings), eat whole foods (buy and prepare organic), increase glutathione synthesis (intake of amino acids like methionine and acetylcysteine).

Homocysteine increased: raised homocysteine indicates risk for arteriosclerosis. Therapy recommendations include control of body weight (and body fat), nutrition- and lifestyle-counseling. Supplementary intake of folic acid and Vitamines B6 and B12 could lower increased values of homocysteine.

Cortisol increased: values of this “stress hormone” are subject of daytime. Raised values indicates functional perturbations of suprarenal and/or hyphophyseal gland, due to hyperplasia, adenomatosis, pregnancy, abuse of alcohol, stress. Therapy opportunities includes first of all stress management.

Melatonin decreased: values of this „sleep hormone“ are subject of daytime as well as light and age. Diminished values can be linked to sleep disorders. Therapeutic substitutions (e.g. 3 mg before bedtime) shall be controlled by urine checks, to avoid negative biofeedback.

Therapy-Recommendation:

Distinct Cardiovascular Risk:

Diseases of Cardiovascular System are mainly age dependent, beyond the fifties they are widespread. In developed countries they stay on top of dead reasons.

Every second person dies followed by heart infarct or brain stroke caused by arteriosclerosis.

Please check following risk factors: Syndrome X ("Metabolic Syndrome" with overweight, high blood pressure, high blood fats, hyperinsulinemia, diabetes type 2), Exercise deficiency, high fat Nutrition (Civilisation Diet), Stress, Alcohol drinking, Cigarette smoking and possible genetic disposition.

My personal recommendation to you is Lifestyle-Counseling (specially for nutrition, exercising and stress coping) and measurement of body composition (e.g. Bioimpedance), assisted by intake of micronutrients (vitamins like B6, B12 and folic acid, essential fats like omega-3, amino-acids like methionine and taurine). Please monitor your blood parameters every quarter.

Distinct Oxidative Stress resp. decreased Antioxidative Protection

Your organism possesses mechanism to ensure flowing balance between oxidative load (due to free radicals) and antioxidative relief. Your proved imbalance must be compensate to avoid damage of cells and genotype and thus premature aging.

My personal recommendation to you is strengthening of your antioxidative shelter (e.g. antioxidants like vitamins C and E, elements like zinc and magnesia, provitamins like carotinoids, flavonoids, coenzyme Q10) as well as avoiding oxidative burden (e.g. environmental pollution, microwave, long distance car driving, smoking cigarettes, drinking alcohol, stress and excessive sports).

Relevance of value-balance in „Oxidative Stress“

Oxidative Load	Antioxidative Relief	Statement	Therapy
Normal range	Normal range	No Oxidative Stress	Not necessary
Normal range	Reduced	No Oxidative Stress	Not necessary-control advice
Normal range	Increased	Possible Oxidative Stress	Necessary
Slight	Normal range	No Oxidative Stress	Not necessary
Slight	Reduced	No Oxidative Stress	Not necessary-control advice
Slight	Increased	Oxidative Stress	Necessary
Increased	Normal range	Oxidative Stress	Not necessary-control advice
Increased	Reduced	Oxidative Stress	Necessary
Increased	Increased	Oxidative Stress	Necessary

Sexual hormones deficient

The right balance of sexual hormones in both sexes is an important aspect of preventive medicine and clinical anti-aging. This could be restored by indirect stimulation (e.g. by oral DHEA), right nutrition (e.g. mediterranean diet), stress coping, restful sleep, reduced consumption of cigarettes and alcohol.

Low values of estradiol or testosterone could be an expression of age dependent decrease of sexual glands activity.

Direct oral or parenteral substitution by drugs as well as phyto-hormones is possible.



Dr. Peter Rosler DVM