



Dr. Alex Jimenez Presents:

The Cause & Effects Of Cardiometabolic Risk



Dr. Alex Jimenez D.C.



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01

The Cause & Effects Of Cardiometabolic Risk



Dr. Alex Jimenez, D.C., presents how the cause and effects of cardiometabolic risk can affect a person's health and wellness. Cardiometabolic syndrome can affect any person through lifestyle factors and cause pain-like symptoms that can affect their well-being. We refer patients to certified providers that provide cardiovascular treatments associated with metabolic syndrome to relieve issues affecting the body while ensuring optimal wellness for the patient through various treatments. We acknowledge each patient by referring them to our associated medical providers based on their diagnosis to understand better what they are dealing with appropriately. We understand that education is an excellent way to ask our providers various intricate questions to the patient's knowledge. Dr. Jimenez, D.C., utilizes this information as an educational service. **Disclaimer**

Dr. Alex Jimenez, D.C., presents: Now, as we enter this new era, many individuals are trying to find ways of managing cardiometabolic risk. So in this presentation, we will look at the number one killer in many modern countries; cardiovascular disease is defined as a cluster of conditions that affect the heart. Many factors are associated with cardiovascular disease that overlaps with metabolic syndrome. The word cardiometabolic hints that we will discuss something broader than cardiovascular risk.



The goal is to gain perspective on the old conversation about the cardiovascular risk associated with the circulatory system. We all know that the body's circulatory, respiratory, and skeletal systems have different compartments that have different jobs to make the body functional. The problem is that the body operates in various systems independent of each other. They come together and interconnect like a web.



02

The Circulatory System



Dr. Alex Jimenez, D.C., presents: So the circulatory system helps transport blood vessels and allows the lymphatic vessels to carry cells and other items like hormones from one place to another. An example would be your insulin receptors moving information throughout your body and your glucose receptors being utilized for energy. And obviously, all other types of communicators govern how transportation happens in the body. Now the body is not a closed fixed circuit connected through the outside. Many factors can influence the body inside and outside that can affect the arterial wall and cause overlapping issues affecting the cardiovascular system. Now, what is happening to the arterial wall causing overlapping matters in the body?



When factors start to affect the arterial wall inside, it can cause plaque to form in the arterial walls and even affect the integrity of the outer walls of the arteries. When this happens, LDL or low-density lipoprotein could grow in size and cause a spike in cholesterol levels. To that point, when the body is dealing with poor lifestyle habits, it can influence the body to be at high cardiovascular risk.

When the body is dealing with cardiovascular diseases at high risk, it can cause correlate to high blood pressure, diabetes, or metabolic syndrome. This causes the body to have muscular and joint pain in the back, neck, hips, and chest, to name a few, and can cause the individual to deal with inflammation in the gut, joints, and muscles.



03

Factors Associated With Cardiometabolic Risk Factors



Dr. Alex Jimenez, D.C., presents: But, interestingly, it's not until recently that institutions that govern our standard of care are taking this seriously, saying it needs to be a part of the guidelines because the data is so evident that how a person's lifestyle matters when it comes to their health. The data can range from the correlation of how certain diets, like the Mediterranean diet, can change a person's nutritional habits. To how stress is associated with cardiometabolic disorders. Or how much exercise or sleep you are getting. These environmental factors correlate to how cardiometabolic risk factors affect the body. By informing patients what is going on with their bodies, they can finally make small changes to their lifestyle habits. Now let's look at how nutrition can impact a person with cardiometabolic risk profiles.

When it relates to LDL, we're gonna talk about things that likely you may have heard about, but we're gonna get to know them so profoundly that you can really leverage them like they're so part of you that it's just natural in your implementation of healing at your office space. Now this is probably a shocker, but did you know that poor lifestyle contributes to risk? Now of course I'm saying that to be quite sarcastic, of course you know that.





By having a conversation about nutrition, many people can see the impact of the standard American diet and how it can lead to a caloric increase in central adiposity. When conversing about nutrition, it is best to note what the person is eating, causing cardiometabolic risk issues in their bodies. Doctors work with nutritionists to devise a solution to implement the right amount of protein the individual needs, how much vegetables and fruits they can consume, and what food allergies or sensitivities to avoid. To that point, informing patients about eating healthy, organic, and nutritional food will allow them to understand what they put in their bodies and how to reverse the effects. Now each person is different as certain diets are for some people while others don't, and it is also important that by advising patients about what they are taking in and consuming but also about timing. Some people do fasting to cleanse their bodies of toxins and allow the body's cells to find different ways to consume energy.



04

How Nutrition Plays A Role In Cardiometabolic Syndrome



Dr. Alex Jimenez, D.C., presents: But did you know the quality of calories in the standard American diet can damage our intestinal lining, making it vulnerable to permeability, creating this very common scenario called metabolic endotoxemia that triggers inflammation? The quality and quantity of foods can disrupt our microbiome, leading to dysbiosis as a different mechanism of inflammation. And so you get this immune activation and dysregulation that makes a constant bath in which your genes are bathing. Inflammation can be good or bad depending on the severity of what is happening in the body. If the body suffers from an injury or deals with minor issues, inflammation can help heal. Or if the inflammation is severe, it can cause the intestinal wall lining to become inflamed and leak out toxins and other microbes into the rest of the body. This is known as a leaky gut, potentially leading to muscle and joint pain associated with obesity. So we want to broaden that conversation around nutrition because obesity impacts poor nutrition. It's commonly said that we are overfed and undernourished as a human population. So we want to be able to mitigate the trends of obesity responsibly. And we want to bring in this larger conversation about social determinants of health. As the years go by, many people are more aware of how their environment and lifestyle play a role in developing cardiovascular or cardiometabolic conditions.



We must recognize that the human body lives in this social ecosystem that determines the health potential. We want to engage the patient to bring awareness to the most potent anti-inflammatory signal into their lives and their lifestyle choice. And we are not discussing fads like putting on spandex and going to the gym once a month; we're talking about daily movement and how to reduce sedentary behavior associated with the cardiometabolic syndrome. We discussed how even the impact of stress could promote atherosclerosis, arrhythmias, and metabolic dysfunction in the body and cause various issues that can affect a person's well-being.



05

Stress & Inflammation's Role In The Body



Dr. Alex Jimenez, D.C., presents:
Stress, like inflammation, can be good or bad, depending on the scenario. So stress can impact a person's ability to function in the world as we dive into the systems biology dysfunctions that occur from acute and chronic stress and how we can help our patients. We must understand that we should put ourselves in our patient's shoes by figuring out how to lower chronic stress to reduce cardiometabolic risk factors and improve quality of life.

So by not being so fixated on trying everything at once to reduce cardiometabolic risk factors, taking everything that we learn and incorporating it slowly into our daily lives can make a huge impact on how we look, feel, and what we eat can improve our well-being. Dr. David Jones stated, "If all we do is talk about this and all we do is know this stuff, it doesn't do the full service we have as an intention for our patients."



We must get ourselves from the knowing stage into the doing stage because that's when results will occur. So by looking at the bigger picture, we can take back our health from cardiometabolic syndrome by focusing on where the problem is happening in our bodies and going to various specialists that can develop a treatment plan to lower the stress and inflammation in our bodies that can reduce the effects of cardiometabolic syndrome.



06

Treatments For Cardiometabolic Risk Factors



Dr. Alex Jimenez, D.C., presents: So if many people are dealing with cardiometabolic risks, they have these very common systems, biology dysfunctions, whether it's related to inflammation, oxidative stress, or insulin dysfunction, are all happening under the surface. . In functional medicine, we want to go upstream in this new era of cardiometabolic health. We want to leverage the environment and lifestyle to manipulate the system's biology so it can be in a favorable setting to allow the epigenetic potential of the patient to be at its highest expression of health.

So let's start that conversation in this new era and it just would be supremely shortsighted if we did not By providing the right tools for the patients, many functional medicine doctors can educate their patients on how to take back their health a little bit each time. For example, a person is dealing with chronic stress, causing stiffness in their necks and backs, making them unable to move around. Their doctors can devise a plan to incorporate meditation or take a yoga class to ease the stress out of their bodies and become mindful. So by gathering important clinical information about how a person is suffering from cardiometabolic, many doctors can work with their associated medical providers to devise a treatment plan to cater to each suffering from symptoms associated with cardiometabolic have a conversation about the impact of stress and how stress mechanisms can promote atherosclerosis as well as arrhythmias, metabolic dysfunction.



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