



Clinical Nutrition

Physician Nutrition Referral Request

Instructions: To be completed by referral source and faxed to: Myrna's Clinical Nutrition: (844) 364-8258. Please have patient call Myrna's Clinical Nutrition: (813) 444-4944 to schedule an appointment. Fax relevant patient records to Myrna's Clinical Nutrition: (844) 364-8258 or call to coordinate alternative options.

Today's date: _____ Patient Name: _____ Date of Birth: _____ Gender: _____
 Phone #: _____ Address: _____ City: _____ State: _____ Zip: _____
 Referred by: _____ MD DO NP Other: _____ Phone: _____
 Address: _____ City: _____ State: _____ Zip: _____

Healthcare Professional Collaboration

We coordinate with referring healthcare professionals in providing optimum nutrition and lifestyle outcomes for patients through a HIPAA complaint platform. Patients receive clinical based nutrition education in a patient centered environment. The referring health care professional will receive an ADIME report (assessment, nutrition diagnosis, intervention and monitoring and follow-up).

We appreciate referrals and welcome all communication and coordination of care outcomes for patients. Please feel free to contact Myrna Haag direct 813-760-7315.

Comprehensive Nutrition Treatment Plan

The Myrna Method provides a comprehensive nutrition treatment plan that uses genetics, lab values, medical diagnosis, and patient reported signs and symptoms in designing an individualized nutrition strategy for the patient with meal management coaching. We offer group and private sessions on weight management, diabetes, and cardiovascular prevention.

Please indicate Nutrition Treatment Request

- | | | |
|---|---|---------------------------------------|
| <input type="checkbox"/> Autoimmune Disease-
Type: _____ | <input type="checkbox"/> Dyslipidemia | <input type="checkbox"/> Obesity |
| <input type="checkbox"/> Cardiovascular Disease-
Type: _____ | <input type="checkbox"/> Hypertension | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Diabetes-
Type: _____ | <input type="checkbox"/> Inflammatory Bowel Disease (IBD) | _____ |
| | <input type="checkbox"/> Insulin Resistance (Irregular Blood Sugar) | |
| | <input type="checkbox"/> Irritable Bowel Syndrome (IBS) | |
| | <input type="checkbox"/> Malnutrition | |

Myrna's Clinical Nutrition
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Heart Disease Prevention Plan

We provide nutrition assessment, dietary recommendations, meal planning, coaching, and educational materials for specialty labs and genetic biomarkers for physicians interested in heart disease prevention. Myrna Haag RD, LD/N has taken preceptor courses with the Bale and Doneen Method for heart prevention. Below are the most common cardiovascular gene tests cardiologists may recommend.

Genetic Biomarker	Description for Medical Nutrition Therapy
ApoE- 2,3,4	The Apo-E gene affects the neurobiology and vascularity where biological outcomes can be worsened or prevented based on the dietary approach. The most prevalent genetic risk factor for late-onset Alzheimer's is the <i>APOE</i> genotype with an allele-specific risk profile. The gene acts upon LDL which effects lipid oxidation creating a more atherogenesis-susceptible Apo-E variant.
Haptoglobin Gene	Haptoglobin 2 is a precursor molecule for zonulin , a bacterium that is formed in the gut from the consumption of dietary gluten, that can also affect gut sensitivity to lactose and other food compounds. The bacteria zonulin is associated with autoimmune disease and can be 100% radiated through dietary intervention. Diabetics with the hp-2 gene variation are at an increased susceptibility for zonulin imbalance increasing risk for cardiovascular disease and autoimmune disease.
KIF6	KIF-6 gene increases cardiovascular risk with high LDL levels. Diet and supplement intervention can decrease LDL levels improving the effect the KIF6 gene has on LDL oxidation outcome.
Lp(a)	Lp(a) is an independent genetic risk factor for CVD, associated with calcific aortic valve disease (CAVD), that outcomes are not significantly influenced by diet or exercise. Dietary intervention cannot change the Lp(a) gene but it can alter the biological outcome by decreasing the lipids this gene affects.
9p21	Person's with the 9P21 gene were at a 2-fold risk for heart attack with a diet low in fruit and vegetables compared to people who did not have the gene. Dietary treatment for improvement of lipid and glucose decrease risk of 9P21.
ApoB/ApoA-I ratio	ApoA-1 are proteins found on good cholesterol (HDL), low levels increase risk of CVD. Exercise can improve ApoA outcomes. ApoB is the main initiating factor in atherosclerosis, a major risk factor for heart disease. Dietary intervention improves the ApoB and ApoA ratio which is a biomarker for cardiovascular risk.

Lifestyle, & Metabolic Biomarkers	Description for Medical Nutrition Therapy
Oral pathogenic bacteria	Gram negative bacteria that produce endotoxins that cause inflammation associated with heart disease, found in the mouth and gut.
Myeloperoxidase MPO	Inflammatory enzyme presents with artery wall damage
High Sensitivity C-Reactive Protein (hs-CRP)	Protein that increases with inflammation associated with; infection, autoimmunity, heart disease, diabetes, obesity, and gut permeability
Trimethylamine N-Oxide (TMAO)	TMAO alters cholesterol metabolism making it more harmful to artery walls decreasing cholesterol's removal.
F-2 Isoprostane	Measures oxidative stress- free radical damage
ADMA/SDMA	Elevated levels indicate damage to lining of artery walls
LP-PLA-2	Inflammatory enzyme attached to LDL
Homocysteine	High levels is a risk factor for heart disease, cancer, stroke and decreases function of the liver's detoxification system (glutathione)
Gamma Glutamyl Transferase (GGT)	High levels increase risk of stroke, heart attack, inflammation, liver damage, and COPD.
<u>Low Clotting factors:</u> Factor V Leiden Factor II G20210A mutations	Low clotting factor values can lead to excessive bleeding
<u>High Clotting Factors:</u> Factor V Leiden Factor II G20210A mutations	Increases the risk of dangerous cardiovascular events caused by venous thrombosis (blood clots)

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Send consult report to: office listed above fax to: _____

Signature _____ Date _____