

Non-Chiropractic (Adjustment/Manipulation) Factors and Vascular Events

High Blood Pressure (Hypertension)

The higher one's blood pressure the higher the internal pressure in the vascular system. Please let your chiropractor know if you have high blood pressure (hypertension).

What is typical blood pressure for you? _____

Are you currently taking blood pressure medication? _____

Genetic Collagen Disease

Genetic collagen diseases weaken the strength of blood vessels, increasing vascular event occurrences. A partial list of these diseases includes:

- Ehlers-Danlos syndrome
- Loeys-Dietz Syndrome
- Osteogenesis Imperfecta
- Fibromuscular Dysplasia
- Marfan syndrome
- Polycystic Kidney Disease

Do you have any of these collagen diseases? YES____ NO____

Do you have any other collagen disease? YES____ NO____

Birth Control Pills

Are you presently taking birth control pills? YES____ NO____

- If yes, how long have you been taking birth control pills? _____

Have you taken birth control pills in the past? YES____ NO____

- If yes, how long did you take birth control pills? _____

- When did you stop taking birth control pills? _____

Smoking: Tobacco and/or Marijuana

Do you currently smoke tobacco? YES____ NO____

- If YES, how much do you smoke in a typical *day*? _____

Have you smoked tobacco in the past? YES____ NO____

- If YES, when did you stop smoking tobacco? _____

Do you currently smoke marijuana? YES____ NO____

Alcohol

Alcohol consumption increases the risk of vascular events (heart attacks and strokes) in a linear manner (the more the consumption the higher the risk).

Please estimate your weekly drinks of alcohol: _____

Fluoroquinolone Antibiotics

Fluoroquinolone Antibiotics are very commonly prescribed and are known to weaken the strength of the vascular (blood vessel) wall, increasing the incidence of vascular events. Fluoroquinolone Antibiotics include but are not limited to:

- Ciprofloxacin (Cipro, Proquin XR)
- Levofloxacin (Levaquin and Quixin)
- Delafloxacin (Baxdela)
- Moxifloxacin (Avelox)
- Gatifloxacin (Tequin)
- Norfloxacin (Noroxin)
- Gemifloxacin (Factive)
- Ofloxacin (Floxin, Ocuflor, Floxacin)

Are you currently taking any of these antibiotics? YES_____ NO_____

Have you recently taken any of these antibiotics? YES_____ NO_____

- If YES, when did you stop taking them? _____

Homocysteine

Homocysteine is an amino acid that is not involved in protein synthesis. Elevated levels of homocysteine are strongly associated with an increased risk of vascular events (heart attacks and strokes). Homocysteine levels are measured in blood. Studies support:

- Total homocysteine levels $<6\mu\text{mol/L}$, is optimal.
- Total homocysteine levels between $6\mu\text{mol/L}$ - $9\mu\text{mol/L}$ is acceptable.
- Total homocysteine levels above $10\mu\text{mol/L}$ are too high.
 - $>10.2\mu\text{mol/L}$ are associated with doubling of vascular risks.
 - $>20\mu\text{mol/L}$ are associated with an 8-9 -fold increase in vascular risks.
- For every $5\mu\text{mol/L}$ rises in homocysteine levels, there is a 32% increased risk of ischemic heart disease and a 59% increased risk of stroke.

Homocysteine levels are controlled (reduced) by vitamins B2 (riboflavin), B6 (pyridoxine), B9 (folate), and B12 (cobalamin).

Have you had your homocysteine levels tested? YES_____ NO_____

- If YES, when and please provide value: _____

- If NO, please have your PCP measure your homocysteine and provide us results.

Do you take B vitamins or a multivitamin supplement? YES_____ NO_____

Methylenetetrahydrofolate Reductase (MTHFR) Gene

A known mutation in the MTHFR gene increases homocysteine levels and hence the risks of vascular events (heart attacks and strokes).

Do you have the MTHFR mutation? YES_____ NO_____ UNKNOWN_____

Patient's Signature

Today's Date