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**New Boston Heart Fatty Acid Balance™ Test Provides Links
Between Nutrition and Cardiovascular Risk**

Test informs healthcare provider's treatment while providing patients with actionable lifestyle and nutritional guidance to improve heart health

FRAMINGHAM, Massachusetts (October 13, 2014) – Today, Boston Heart launched the Boston Heart Fatty Acid Balance™ test, a blood test that provides novel indices of cardiovascular health. The test measures important fatty acid levels and the balance of beneficial and detrimental plasma fatty acids. With the test results, healthcare providers can make personalized dietary and supplement recommendations to decrease their patient's risk of heart disease. Patients also gain a better understanding of how the foods they eat affect their heart health.

Current Western diets tend to be deficient in essential omega-3 fatty acids and excessive in saturated and trans fats which can promote the pathogenesis of cardiovascular disease.^(i,ii) Dietary guidelines call for restricting animal fats and trans fats and increasing the intake of fish, fruits, whole grains and vegetables.

With the Boston Heart Fatty Acid Balance test results, healthcare providers receive personalized treatment considerations for lifestyle modification, medication strategies, and/or dietary supplementation to help patients balance their fatty acid levels. Combined, these considerations can lead to improved balance of cholesterol and immune system function, reduced inflammation, and reduced rates of heart disease and atherosclerosis for patients.^(i,ii) The test is based in part on research published in the *American Journal of Clinical Nutrition* by Boston Heart's Chief Medical Officer, Ernst J. Schaefer, M.D.

"We hear a lot about trans fats, saturated fats, fish oil and omega-3s in our society's conversation about food and dieting. However, it can be difficult to understand exactly what those fats mean in terms of cardiovascular health," said Dr. Schaefer. "Fortunately, knowing a patient's plasma fatty acid balance can help healthcare providers prescribe effective treatments to help reduce their patient's risk of heart disease, including replacing the detrimental saturated and trans fatty acid foods such as animal and dairy with the beneficial monounsaturated and polyunsaturated foods such as vegetable oils, nuts, fish, and fish oil."



The test adds to Boston Heart’s suite of advanced cardiovascular tests for patients with or at high risk of heart disease and brings additional value to Boston Heart’s full suite of personalized therapy adherence and patient engagement services. The Boston Heart Fatty Acid Balance test can be used in conjunction with Boston Heart’s other exclusive tests to provide a more complete picture of patient health.

About Boston Heart

Boston Heart Diagnostics is transforming the treatment of cardiovascular disease by providing healthcare providers and their patients with novel, personalized diagnostics and integrated customized lifestyle programs that have the power to change the way clinicians and patients communicate about disease and improve heart health. Boston Heart looks beyond the “good” and “bad” cholesterol assessment that conventional labs provide to give a more complete picture of heart health. Founded by renowned cardiovascular researchers and led by seasoned lab and diagnostic executives, Boston Heart is one of the fastest growing health companies in the country. For more information on Boston Heart, please visit www.BostonHeartDiagnostics.com

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ⁱ Schaefer EJ. Lipoproteins, nutrition, and heart disease. *Am J Clin Nutr.* 2002;75(2):191-212.

ⁱⁱ Eckel RH, Jakicic JM, Ard JD, et al. 2013 AHA/ACC guideline on lifestyle management to reduce cardiovascular risk: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. *J Am Coll Cardiol.* 2014;63:2960-2984