

Abstract Submission for NHAND 2013 Conference

Is Your Patient's Heart Pumping Sludge? Treating Blood Viscosity for Improved Cardiovascular and Cognitive Health

Contact:

Pushpa Larsen, ND
10051 California Avenue SW
Seattle, WA 98146
206-498-1500
doctormomnd@gmail.com

Presenter:

Pushpa Larsen, ND

Preferred length of presentation: 90 minutes

A 90-minute presentation would allow for summarizing the extensive research into blood viscosity, provide and understanding of the modifiable factors contributing to blood viscosity, and discuss assessment and treatments, both naturopathic and conventional. As this is a relatively unknown assessment in both conventional and naturopathic circles, adequate time should be left for questions and answers.

Presentation title:

Is Your Patient's Heart Pumping Sludge? Treating Blood Viscosity for Improved Cardiovascular and Cognitive Health

Description of presentation:

Blood viscosity is correlated with all known cardiovascular risk factors. BV is critical to vessel damage and tissue perfusion, thus is an important parameter in many conditions, including CVD, cognitive decline, ocular disorders, preeclampsia, autoimmune conditions, and more. This presentation introduces BV, assessment, treatment, and use of pharmaceutical blood thinners.

Abstract:

a) Learning objectives:

- Participants will understand the primary factors that contribute to blood viscosity and how to alter those factors.
- Participants will understand why blood viscosity explains the localization of atherosclerotic plaques in the body.
- Participants will understand how blood viscosity contributes to cerebrovascular events and cognitive decline.
- Participants will understand how blood viscosity affects oxygen delivery to the tissues and the relevance to a wide range of practice types, including maternity care, geriatrics, and sports medicine.
- Participants will understand what factors make a patient more likely to have elevated blood viscosity.
- Participants will understand how a patient can be on "blood thinners" and still have high blood viscosity, and what to do about it.
- Participants will understand how to monitor a patient on conventional anti-thrombotic medication and how those medications interact with nutraceuticals.

- Participants will learn what treatments have been demonstrated to be effective in altering blood viscosity.
- Participants will learn the different types of blood viscosity testing available and the utility of each.

b) Presentation outline (Case studies and examples to be integrated):

- Introduction
- Why are atherosclerotic plaques region and site-specific?
- Blood viscosity: The unifying CVD biomarker
- Blood viscosity components: What influences the data?
- BV and hypertension
- BV and cholesterol
- BV and smoking
- BV and cardiovascular events
- BV, metabolic syndrome, and diabetes
- BV and obesity
- BV and cognitive decline
- BV and maternity care
- BV and ocular disorders
- BV and gender
- Oxygen delivery index and optimal blood viscosity
- Clotting and blood viscosity: not necessarily the same thing
- Anti-viscogenic therapies: therapeutic targets
- Anti-viscogenic therapies: naturopathic treatment modalities
- Anti-viscogenic therapies: pharmaceutical treatments
- Innovations in blood viscosity monitoring
- Summary and Conclusion

c) Pharmacy discussion will focus on use and monitoring of anticoagulants such as warfarin, and naturopathic treatments that target the five primary determinants of blood viscosity. This will include approximately 30-45 slides.

d) Target audience: health care professionals, medical students

Biographical sketch:

Dr. Pushpa Larsen graduated from Bastyr University as a naturopathic physician with additional certificates in Naturopathic Midwifery and Spirituality, Health and Medicine. She was in private practice in West Seattle for ten years and was designated an Affiliate Clinical Faculty for training Bastyr students in her clinic. She has worked as a Research Clinician for the Bastyr University Research Institute, and has authored articles for both professional and lay audiences on advanced diagnostic testing in the assessment of cardiovascular disease and hormonal imbalances. In 2010 she joined Meridian Valley Lab as a Consulting Physician, where she consults with clinicians in the U.S. and Canada on interpretation of lab tests for diagnosis and refinement of treatment plans. Her responsibilities at MVL include developing educational materials, writing webinars, and developing assessment tools for research.