



EDUCATIONAL PREVENTION GUIDE

LONGEVITY & KEY BIOMARKERS GUIDE

Precision diagnostic evaluation, metabolic health assessment, and proactive prevention strategies to support your long-term health and vitality.

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FROM REACTIVE MEDICINE TO ACTIVE HEALTHSPAN

For decades, the conventional healthcare model has operated **reactively**: individuals visit a clinic only after developing symptoms, or when routine lab markers drift into overt disease stages.

The clinical reality: "Normal" on standard reference lab reports merely means you match the middle 95% of a population that predominantly suffers from metabolic dysfunction, visceral adiposity, or chronic inflammation. *Normal does not mean optimal.*

Active prevention reverses this paradigm: we evaluate cellular pathways, vascular integrity, and metabolic efficiency **years or decades before** chronic disease consolidates.

THE 4 PRIMARY DRIVERS OF SILENT DECLINE

1. Insulin Resistance

Affects over 70% of adults unaware. Degrades mitochondria, increases arterial stiffness, and accelerates visceral fat accumulation.

2. Silent Vascular Inflammation

Endothelial linings become chronically inflamed years before coronary plaque forms. Often silent until critical events.

3. Muscle Loss (Sarcopenia)

Starting at age 35, adults lose 3%–8% of skeletal muscle mass per decade. Skeletal muscle is your primary metabolic sink.

4. Hormonal Shift & Stress Load

Sustained cortisol elevation and sex steroid decline can diminish cellular regeneration, immune surveillance, and vitality. These markers are assessed through blood work as part of your evaluation.



THE 5 KEY BIOMARKERS YOU MUST EVALUATE

These advanced blood assessments provide a true diagnostic roadmap of your biological age:

1 Apolipoprotein B (ApoB) — True Cardiovascular Risk

Quantifies the exact particle count of all atherogenic lipoproteins (LDL, VLDL, IDL). Substantially superior to standard LDL-C in predicting atherosclerotic cardiovascular disease.

Interpretation: your clinician reviews the result in the context of your history and risk factors.

Clinical Focus: Early vascular preservation.

2 High-Sensitivity CRP (hs-CRP) — Inflammatory Radar

Pinpoints low-grade systemic and microvascular inflammation. Elevated hs-CRP doubles the risk of cardiovascular events independently of lipid levels.

Interpretation: your clinician reviews the result in the context of your history and risk factors.

Clinical Focus: Monitoring silent endothelial inflammation.

3 Fasting Insulin & HOMA-IR Index

Fasting glucose can remain normal for a decade while the pancreas hyper-secretes insulin to compensate. Fasting insulin catches early metabolic deterioration.

Interpretation: your clinician reviews the result in the context of your history and risk factors.

Clinical Focus: Metabolic flexibility & insulin sensitivity.

4 Hemoglobin A1c (HbA1c) — 90-Day Glycemic Average

Reflects the cumulative percentage of glycated hemoglobin over 3 months, tracking glycation stress and microvascular micro-damage.

Interpretation: your clinician reviews the result in the context of your history and risk factors.

Clinical Focus: Advanced glycation end-product (AGE) prevention.

5 Vitamin D3 (25-OH) & Serum Ionic Magnesium

Vitamin D operates as a nuclear secosteroid hormone regulating over 900 genes and immune response. Magnesium serves as an essential cofactor for 300+ enzymes.

Interpretation: your clinician reviews the result in the context of your history and risk factors.

Clinical Focus: Immune modulation & mitochondrial function.



ACTION PROTOCOL: YOUR NEXT CLINICAL STEP

Knowing your raw numbers is only the first step. What makes the difference for your long-term health and quality of life is **individualized clinical interpretation** paired with targeted preventive clinical guidance.

Comprehensive Diagnostics

Blood work ordered from our Doral clinic and processed by a certified laboratory, evaluating advanced lipids, systemic inflammation, metabolic health, and hormone levels.

Unhurried Consultation

A private clinical session with Onel Quintana, APRN to evaluate every metric against your personal history and health goals.

BEGIN YOUR PREVENTIVE HEALTH EVALUATION IN DORAL

Dedicated primary care and preventive medicine in a serene, unhurried clinical suite.

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