



# Dr. B

## CLINICAL NUTRITION



## TEST FOR *PLN1*. PROTECT YOUR HEART.

The *PLN1* gene plays a critical role in regulating calcium in heart muscle cells. Changes in this gene can impact heart relaxation, increase the risk of heart failure, arrhythmias, and exercise intolerance.

*Knowledge today.  
A stronger heart tomorrow.*



TAKE THE FIRST STEP  
TOWARD A HEALTHIER YOU.

Expert in personalized nutrition  
and genetic insights to help  
you and your family thrive.

### WHY TEST FOR *PLN1*?



#### UNDERSTAND YOUR HEART

*PLN1* regulates calcium handling in heart muscle cells, essential for proper contraction and relaxation.



#### IDENTIFY HIDDEN RISKS

Genetic variants in *PLN1* can increase the risk of heart failure, arrhythmias, and exercise intolerance.



#### PERSONALIZE YOUR CARE

Results can guide your provider in creating targeted nutrition and lifestyle strategies.



#### INFORM TREATMENT CHOICES

Certain *PLN1* variants may influence how you respond to medications and therapies.



#### PROTECT YOUR FAMILY

*PLN1* variants can run in families. Testing may help protect your loved ones too.



#### WHAT IS *PLN1*?

- Encodes phospholamban, a 52-amino acid protein.
- Regulates SERCA2a, a key calcium pump in heart cells.
- Essential for proper heart muscle relaxation and contraction.
- Changes in *PLN1* are linked to heart failure, cardiomyopathy, arrhythmias, and exercise intolerance.



#### WHO SHOULD CONSIDER TESTING?

- Individuals with unexplained heart failure or cardiomyopathy
- People with arrhythmias or abnormal heart rhythms
- Those with reduced exercise capacity or exercise intolerance
- Individuals with a family history of heart disease or sudden cardiac events
- Anyone who wants proactive insights into their heart health



#### THE TESTING PROCESS

- ORDER**  
Your healthcare provider orders a simple genetic test.
- TEST**  
A quick saliva or blood sample is all we need.
- KNOW**  
Get personalized results you can act on— together with your doctor.

### THE BENEFITS OF GENETIC INSIGHTS



**Proactive Heart Care**  
Address risks early and take control.



**Personalized Nutrition**  
Tailored strategies to support your unique genetics.



**Better Outcomes**  
Targeted care can improve heart health and overall well-being.



**Empower Your Family**  
Knowledge today can help protect tomorrow.

*Your genes. Your health. Your future.*

Schedule your consultation today and discover how personalized nutrition and genetic testing can help you thrive.



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