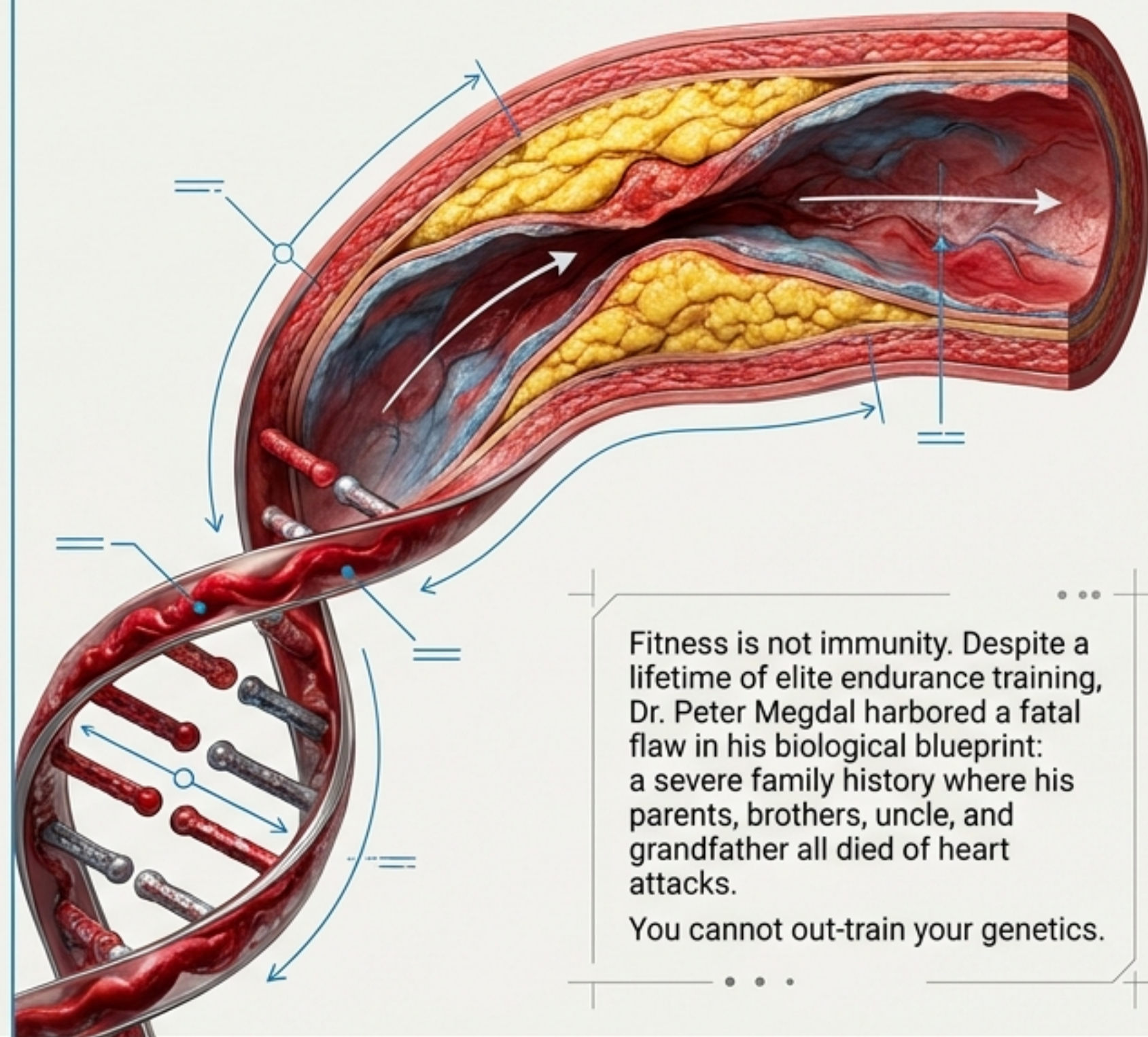
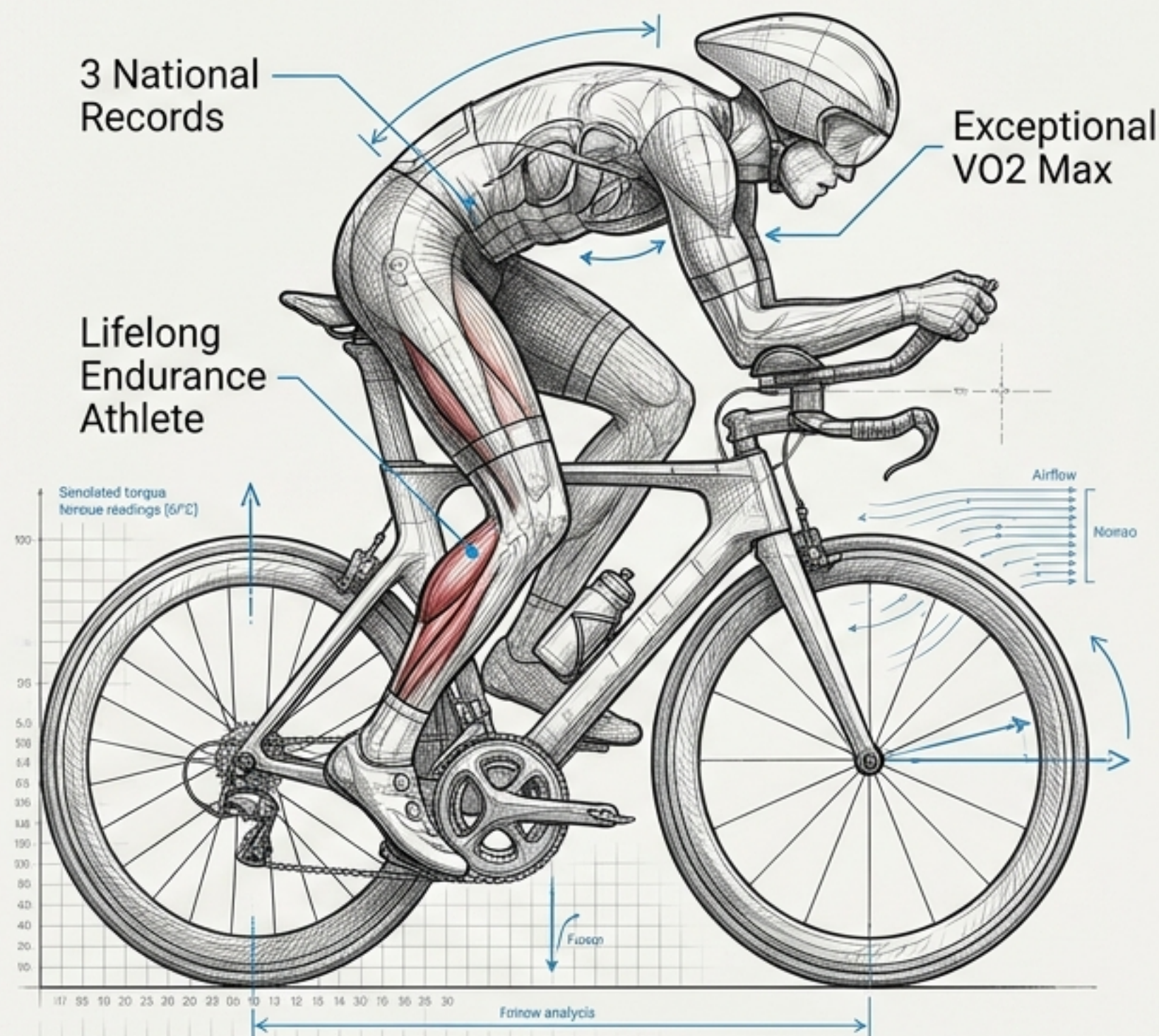


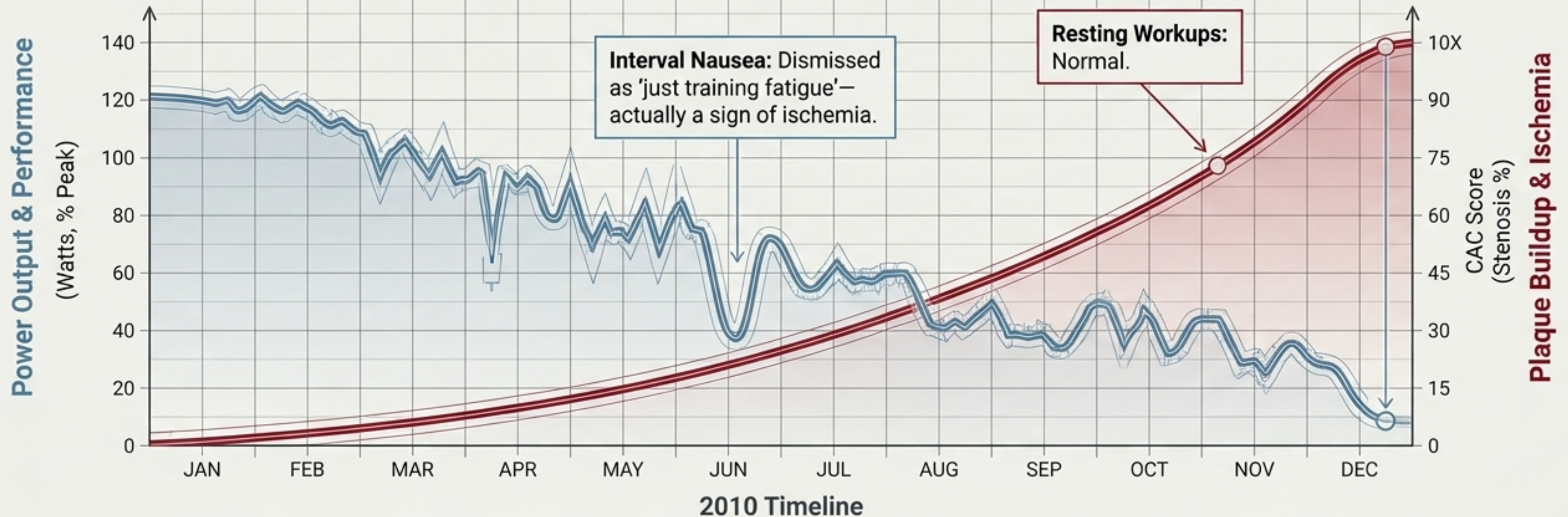
10 mm

[illegible]

The Illusion of the Untouchable Engine



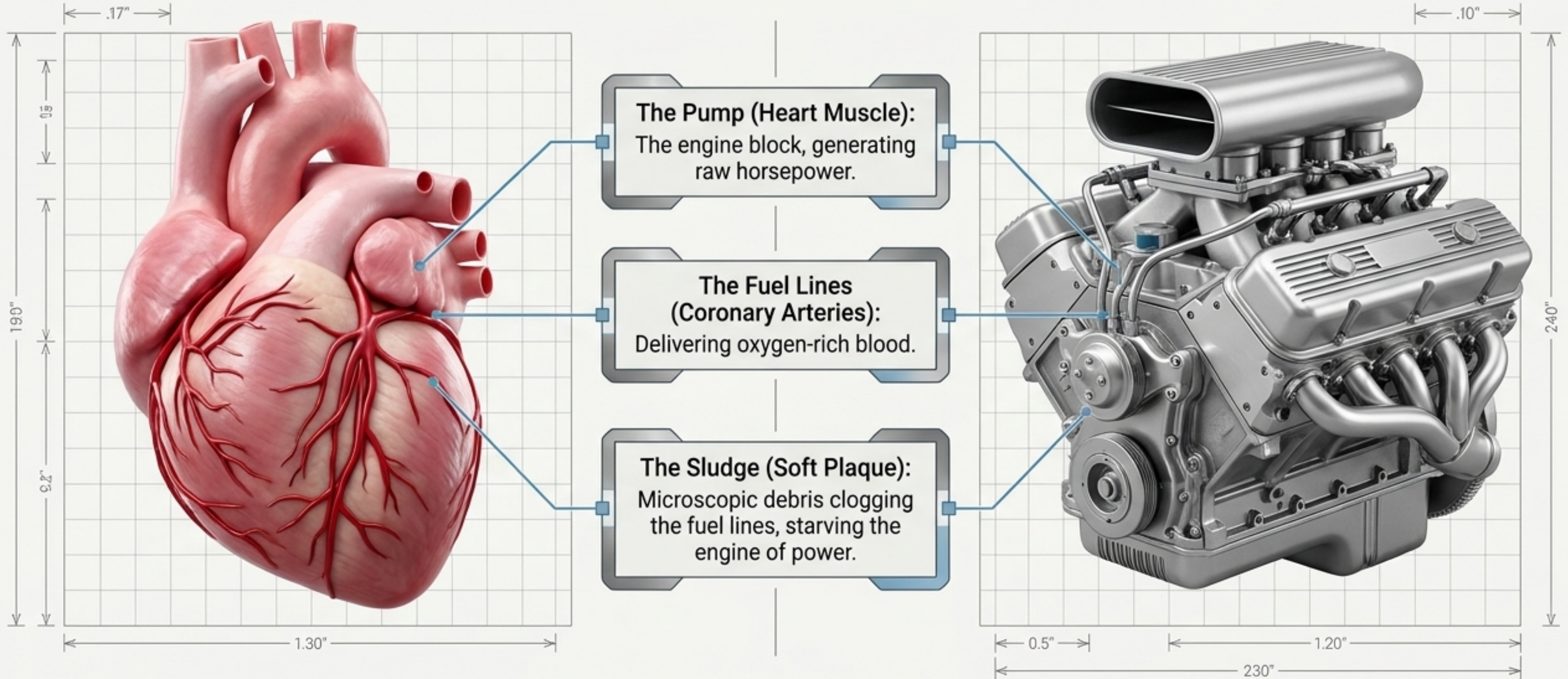
The Silent Divergence: When the Sensors Fail



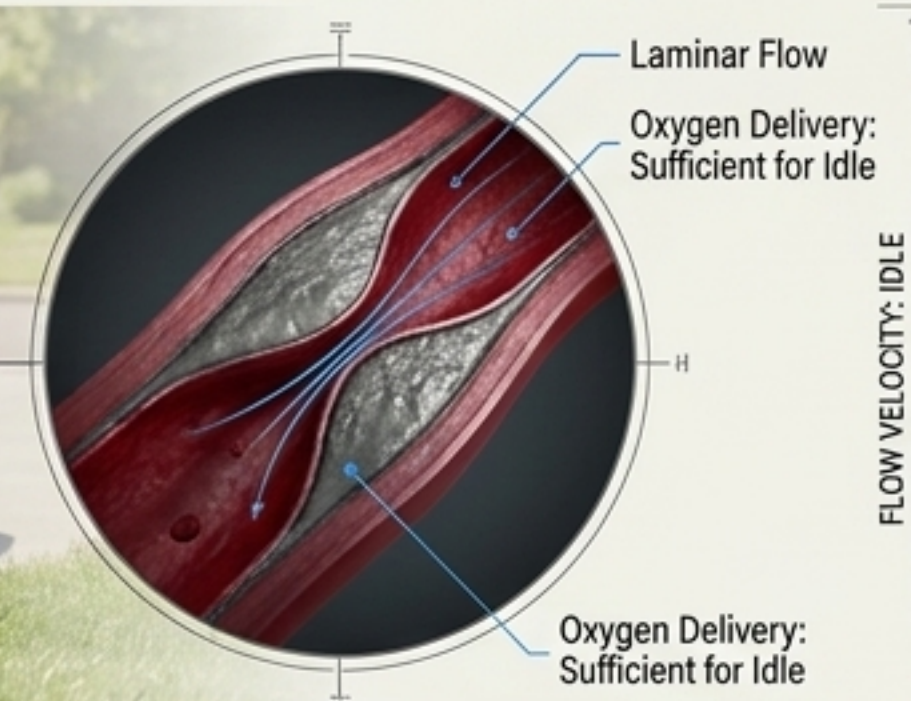
Standard resting tests showed perfectly normal cardiac function, completely missing the growing internal blockages. The disease was silent, manifesting only as an unexplained decline in cycling power.

The Athlete as a High-Performance Machine

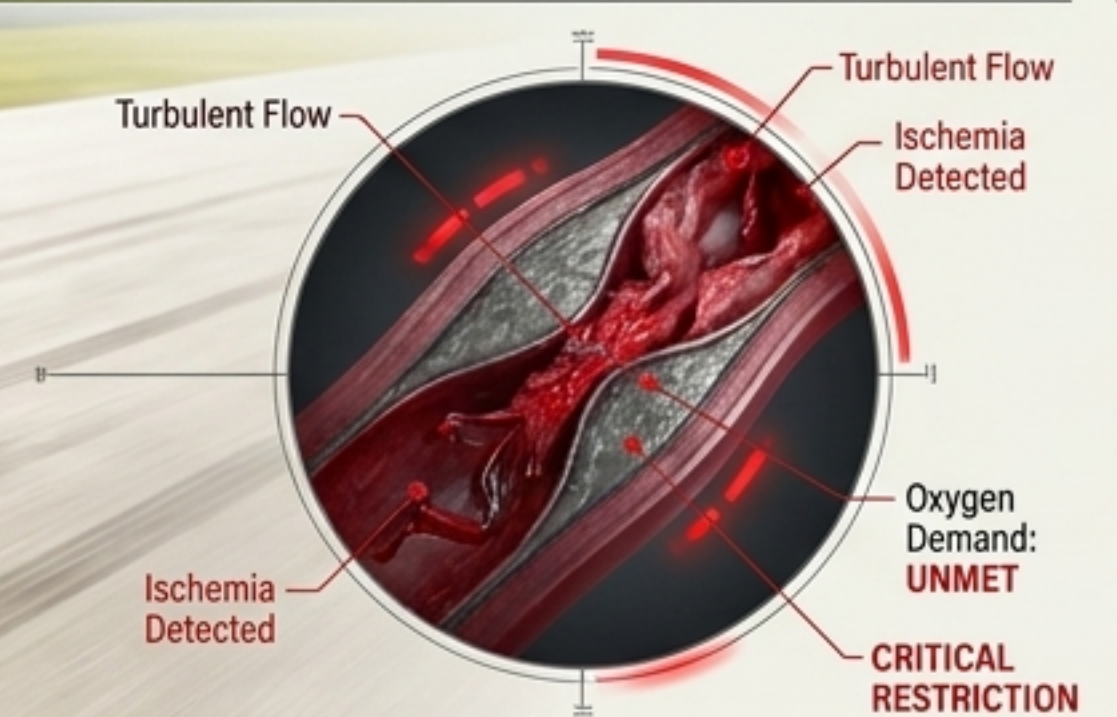
To understand cardiovascular disease in athletes,
treat the body like a finely tuned racing engine.



Why Resting Diagnostics Miss the Danger



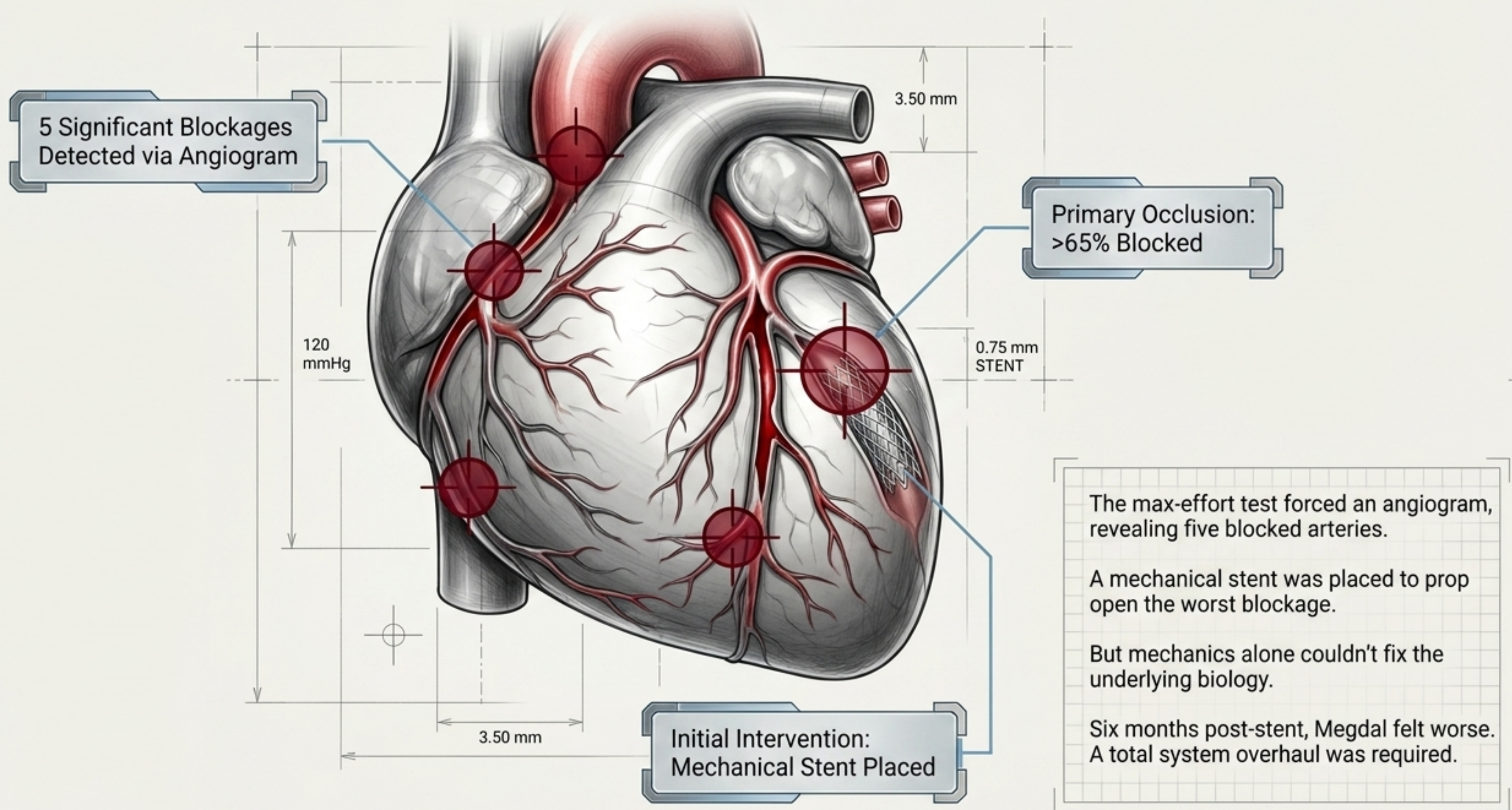
FLOW VELOCITY: IDLE



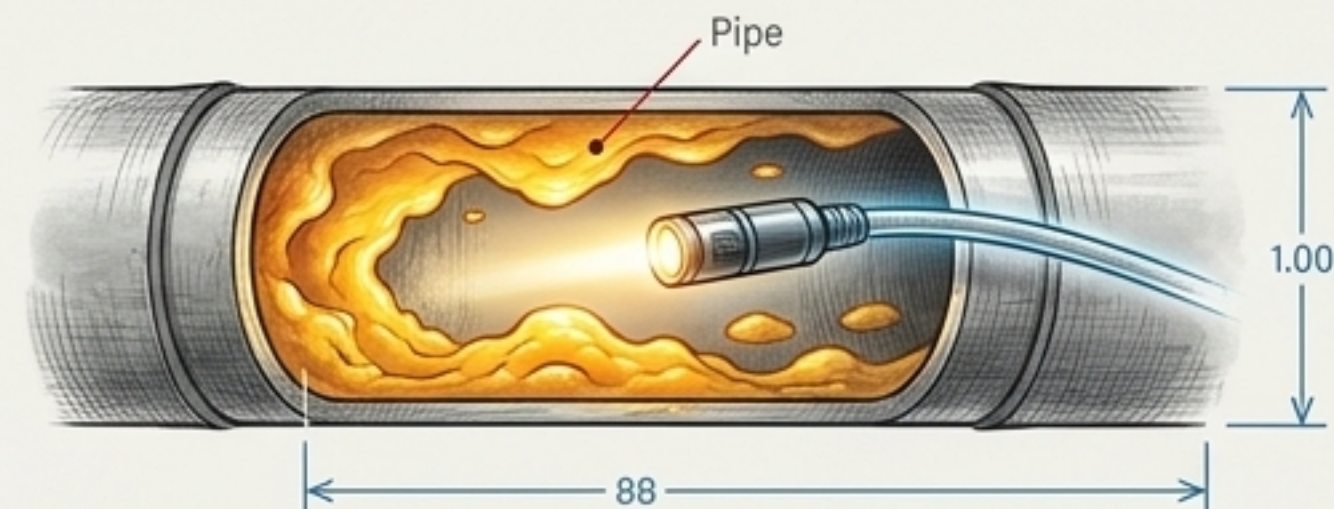
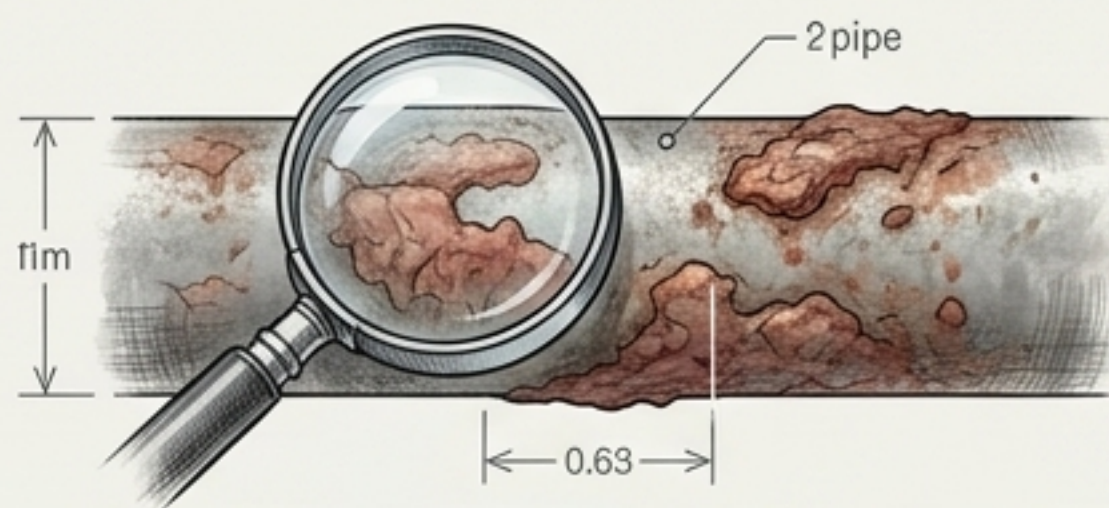
FLOW VELOCITY: PEAK

A partially clogged fuel line still delivers enough fuel for an engine idling in a driveway. You only discover the restriction when you push the engine to redline. Megdal demanded a VO2 Max test at maximal effort on a bike—the only environment that exposed the truth.

The Breakdown: 5 Blocked Fuel Lines



The Telemetry Matrix: Finding the Hidden Sludge



Calcium Score (CAC)

CT Angiogram (CCTA)

What it Detects

Only calcified (hardened) plaque.



Both calcified AND dangerous 'soft' plaque.

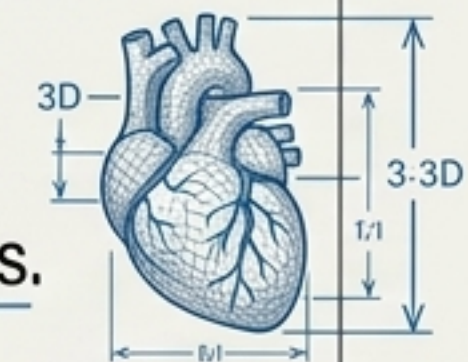


The Athlete's Blindspot

Misses early-stage, volatile soft plaques that cause sudden heart attacks.



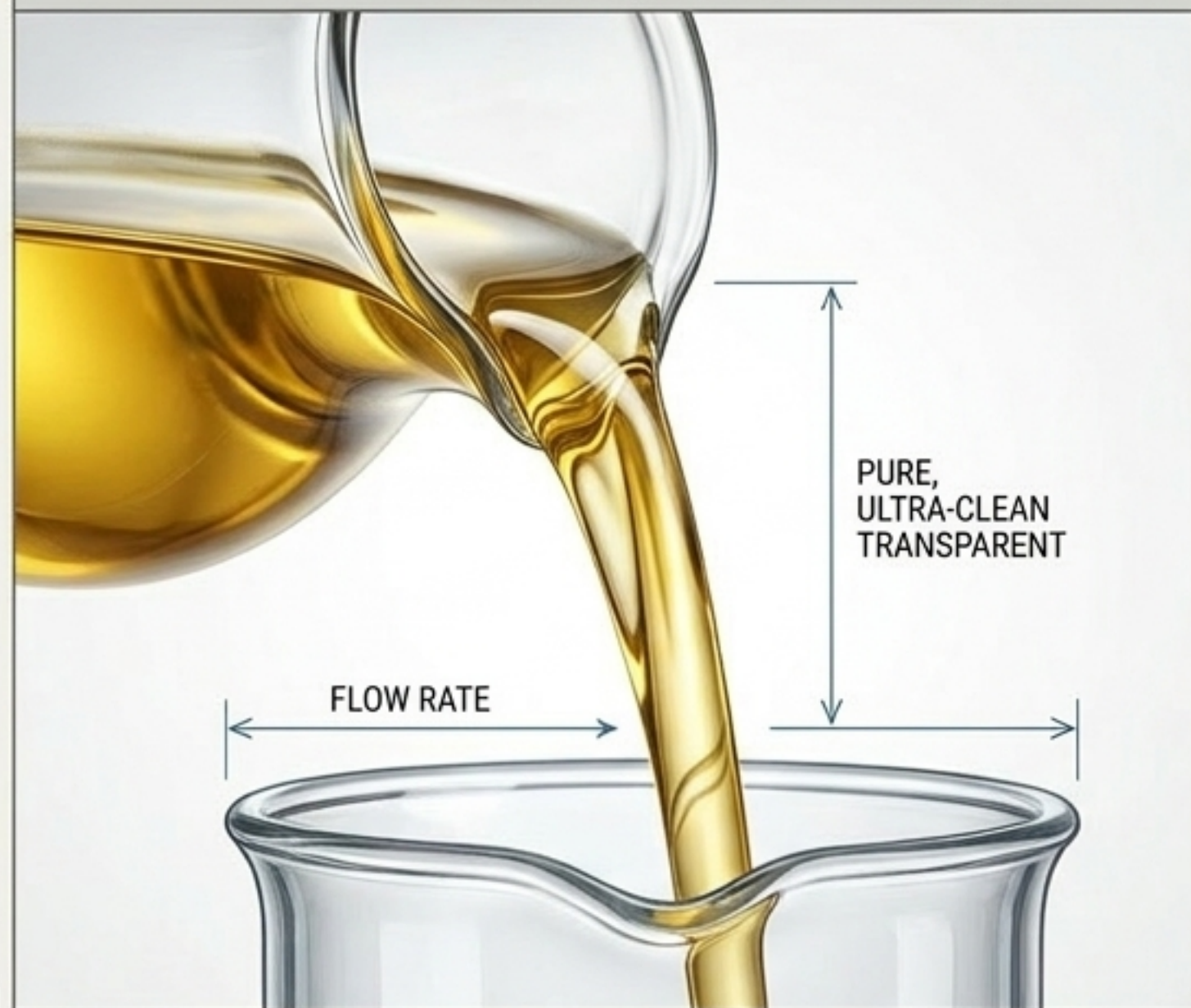
Provides a definitive, 3D anatomical map of all internal arterial restrictions.



Choose a CT Angiogram. A zero calcium score does not mean zero disease.

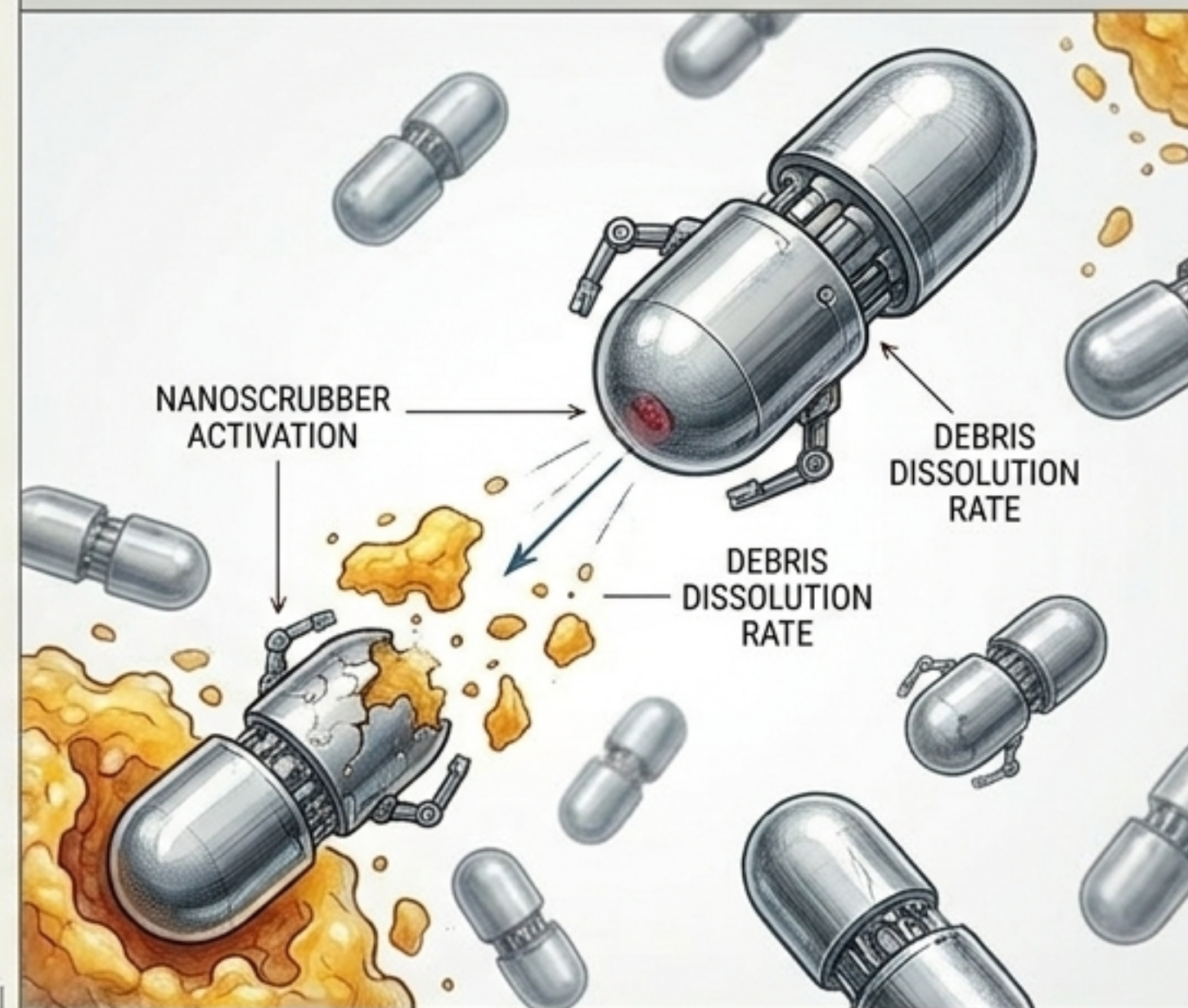
The Overhaul: Halting and Reversing the Damage

1. The Diet (Stop the buildup)



Adopting a low-fat, whole-food, plant-based diet (based on research by Dr. Esselstyn and Dr. Ornish, and population data from Ikaria & rural China). Acts as ultra-clean fuel, immediately halting endothelial inflammation.

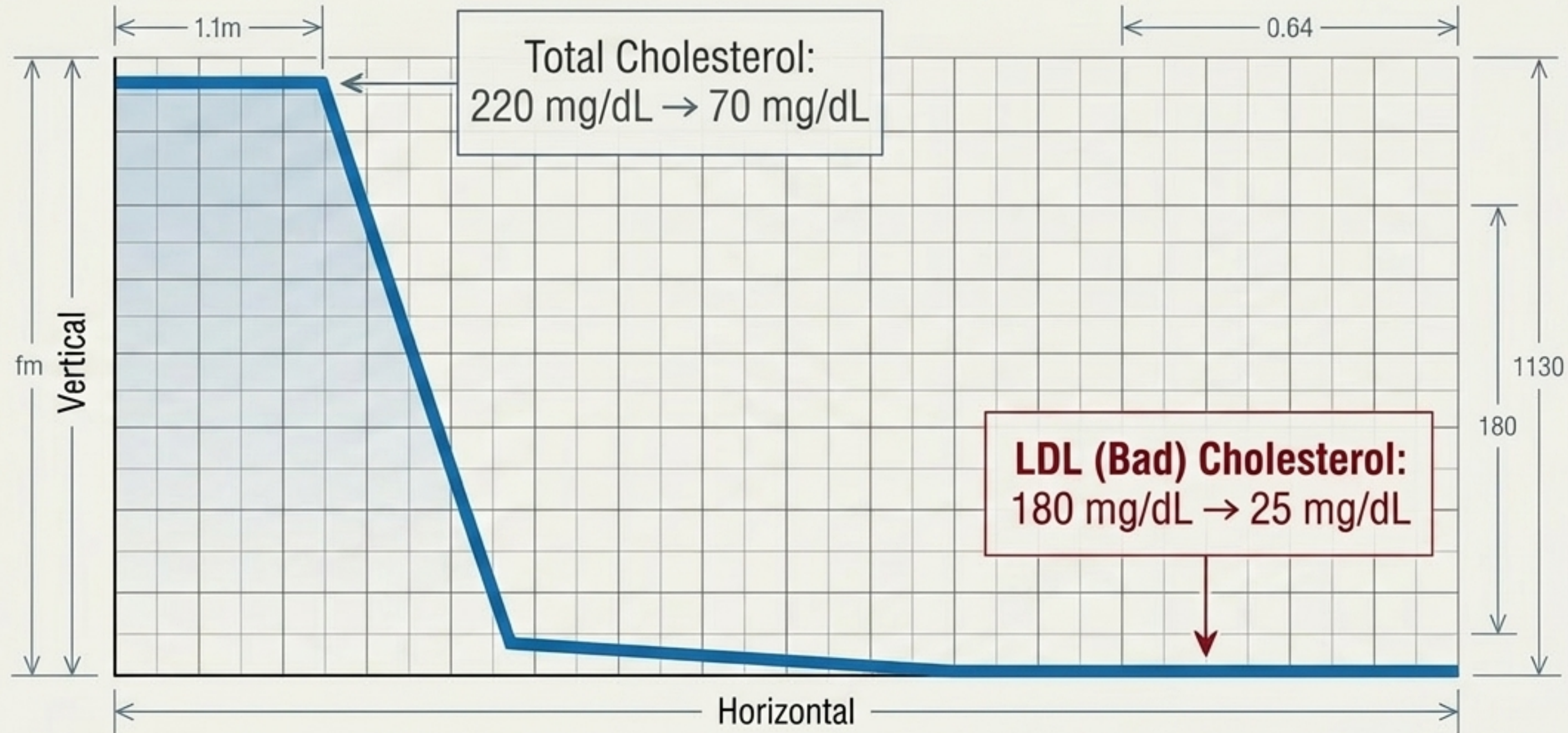
2. The Meds (Scrub the pipes)



Layering targeted lipid therapies:

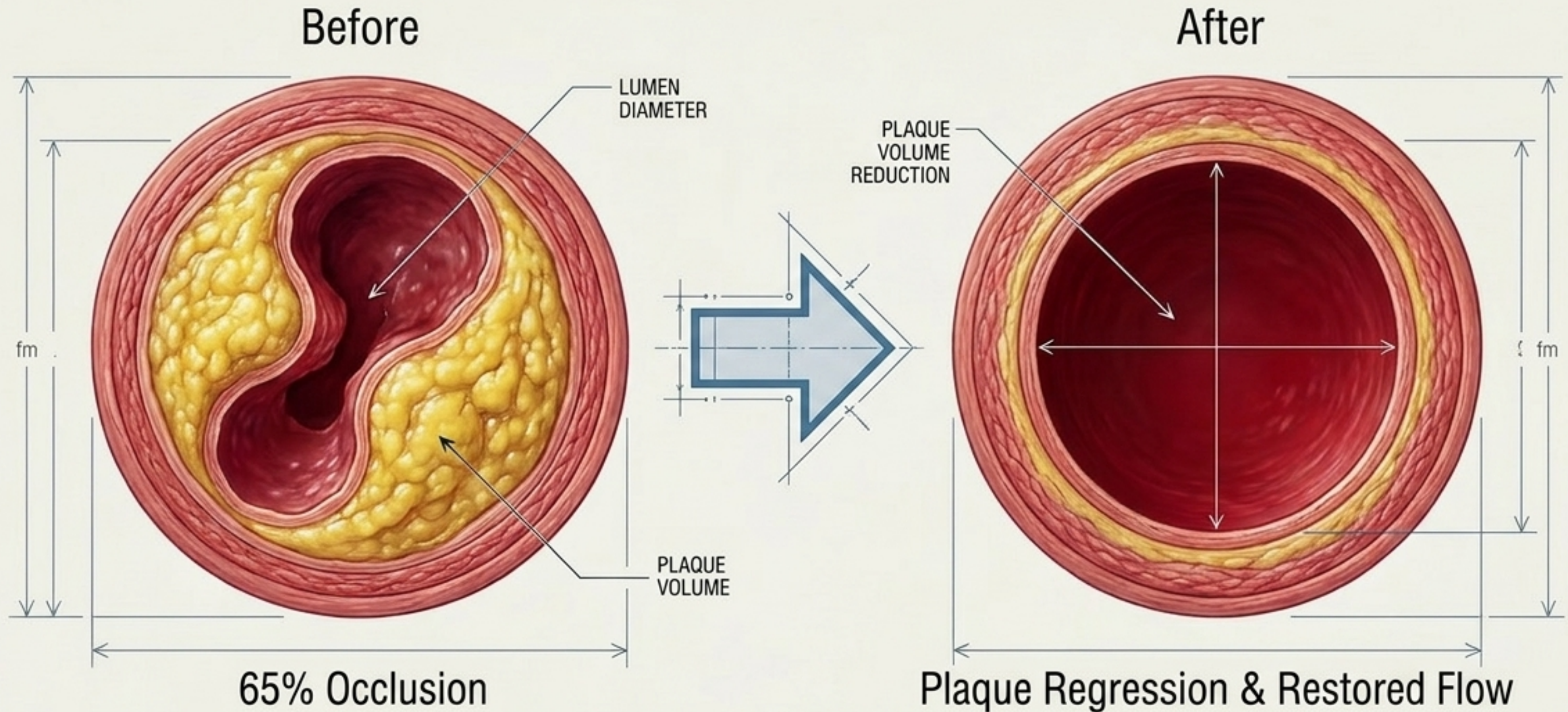
Layering targeted lipid therapies: Statins, Repatha (PCSK9 inhibitor), Niacin, and Zetia. These act as aggressive scrubbers, actively pulling existing cholesterol out of the arterial walls.

The Velocity of Recovery: Starving the Disease



By aggressively combining a plant-based diet with a heavy pharmacological protocol, Megdal drove his lipid numbers to levels where plaque simply cannot survive. The biological fuel for the disease was entirely eradicated.

The Mechanics of Plaque Regression



Follow-up angiograms proved what many believe impossible: the physical regression of coronary atherosclerosis. Without high LDL fueling the inflammation, the body's natural mechanisms cleared the soft plaque, reopening the blocked fuel lines and restoring total power.

Peak RPMs: A World Record at 65

Date:
September 2025

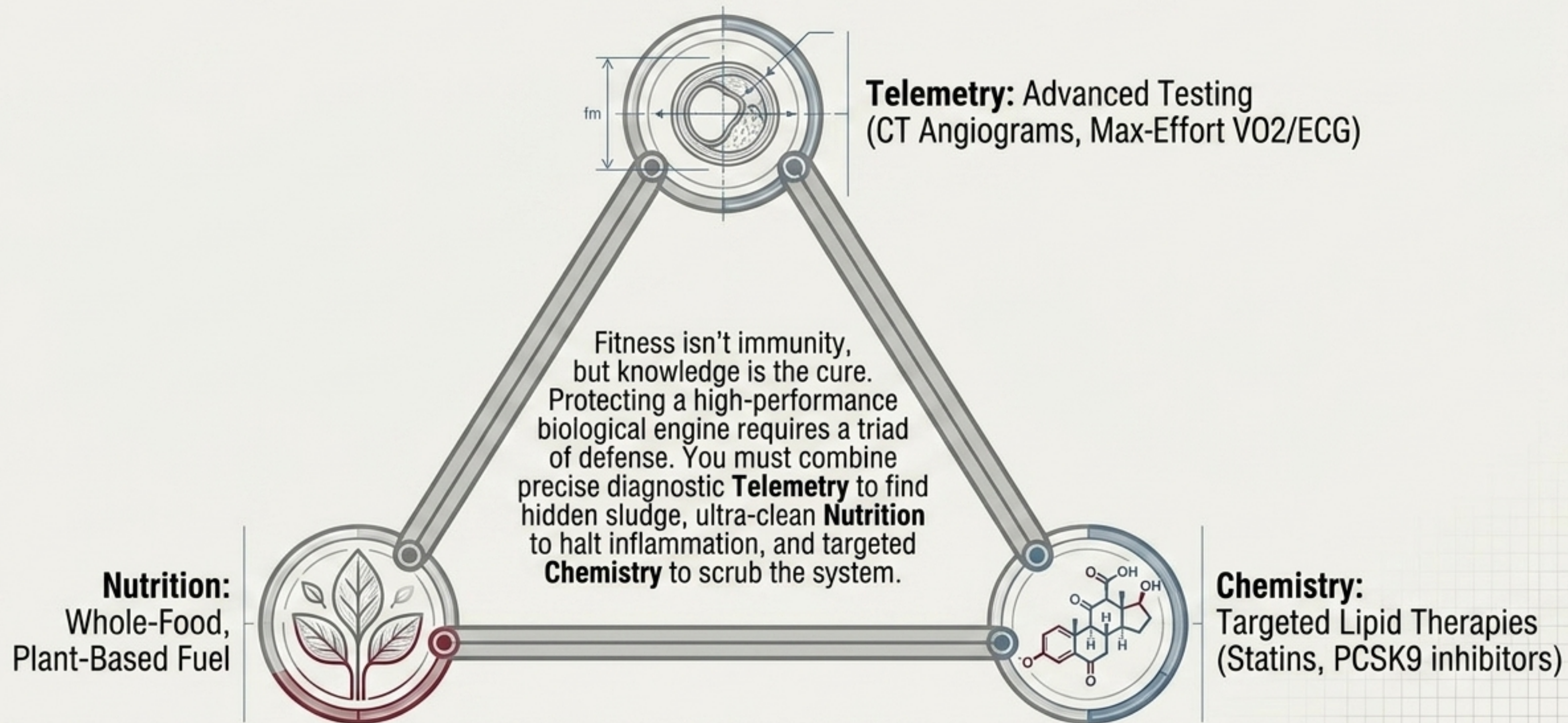
Age:
65

Event:
One-Hour Cycling Time Trial
(Standing start, unaided)

Distance:
47.22 km (29.34 miles)

Not only did the power return, it surpassed previous limits. Megdal shattered the prior world record by over a kilometer, proving that a severely diseased cardiovascular system can be rebuilt for ultimate performance.

The Master Athlete's Heart Health Blueprint



"Heart disease is largely preventable—and often reversible." – Dr. Peter Megdal.