



EDUCATIONAL PREVENTION GUIDE

LONGEVITY & KEY BIOMARKERS GUIDE

Precision diagnostic evaluation, cellular metabolic optimization, and proactive prevention strategies to extend your vital healthspan.

Onel Quintana Reinoso, APRN, FNP-C

Family Nurse Practitioner · Autonomous Practice APRN

Medical degree, Cuba (2006) · MSN FNP (MRU, 2018)

AANPCB Board Certified # F07181523 · Florida License APRN 9429858

QUINTANA MEDICAL SERVICES

7392 NW 35 Terrace, Suite 310 · Miami, FL 33122 (Doral Area)

Tel: (786) 819-4066 · www.quintanamedicalservices.com



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 diminish cellular regeneration, immune surveillance, and vitality.



THE 7 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.

Longevity Target: < 60 – 70 mg/dL 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.

Longevity Target: < 0.5 – 0.8 mg/L Clinical Focus: Extinguish 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.

Longevity Target: < 5 – 6 μ U/mL (HOMA-IR < 1.0) 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.

Longevity Target: < 5.2% – 5.4% 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.

Longevity Target: 50 – 70 ng/mL (Vit D3) Clinical Focus: Immune modulation & mitochondrial function.



ACTION PROTOCOL: YOUR NEXT CLINICAL STEP

Knowing your raw numbers is only the first step. What transforms healthspan and quality of life is **individualized clinical interpretation** paired with targeted preventive medical guidance.

Comprehensive Diagnostics

In-depth laboratory workup at our Doral clinic, evaluating advanced lipids, systemic inflammation, metabolic health, and endocrine balance.

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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Medical Disclaimer: The clinical information contained in this guide is designed exclusively for educational and informational purposes concerning preventive health, wellness, and lifestyle medicine. It does not constitute formal medical diagnosis or treatment, nor does it establish an autonomous clinician-patient relationship until an in-person clinical consultation is completed. Prior to making changes to medications, supplements, or physical regimens, consult directly with your credentialed clinician at Quintana Medical Services or your primary care physician.