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ASCVD Revisited: Frequently Asked Questions from the OMNS ASCVD Forum

Introducing the I-OM.ai ASCVD Coach

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Introduction

On **July 25, 2026**, the Orthomolecular Medicine News Service (OMNS) hosted the online forum "**ASCVD Revisited**," featuring presentations by **Dr. Thomas E. Levy and Dr. Richard Z. Cheng**. The forum explored current perspectives on atherosclerotic cardiovascular disease (ASCVD), including vascular biology, endothelial dysfunction, nutrition, orthomolecular medicine, and the potential for improving vascular health through a systems-oriented approach.

The presentations stimulated lively discussion and generated numerous thoughtful questions from participants. Although many questions were addressed during the live forum, many others naturally arise only after readers have had time to reflect on the material.

To continue the educational discussion beyond the forum, we developed the **I-OM.ai ASCVD Coach**—an interactive educational AI built using the principles of **I-OM Systems Medicine**.

While a traditional recording allows viewers to watch a presentation from beginning to end, an interactive educational AI offers a different learning experience. Rather than passively viewing a lecture, readers can ask their own questions, request clarification, explore controversial topics, examine specific biomarkers or therapies, revisit concepts at their own pace, and continue the discussion as long as they wish.

We believe this question-driven, interactive approach provides a more personalized and effective way to learn complex medical concepts.

Unlike a traditional article or recorded presentation, the ASCVD Coach allows readers to ask their own specific questions and receive educational explanations in real time. Whether someone wishes to

understand a fundamental concept such as **"What is ApoB?"**, explore a controversial topic such as **"Does saturated fat cause heart disease?"**, examine whether ASCVD or coronary plaque can regress, or request the original ASCVD Forum presentation slides by Dr. Thomas E. Levy and Dr. Richard Z. Cheng, the Coach is designed to provide clear, evidence-informed responses while distinguishing among:

- established scientific evidence;
- emerging or debated hypotheses;
- conventional cardiovascular interpretations; and
- the I-OM Systems Medicine perspective.

The Coach can also explain individual slides, figures, mechanisms, references, and clinical cases presented in the original forum presentations, allowing readers to continue learning through an interactive, question-driven discussion.

The public beta is available at:

<https://i-om.ai>

Readers are encouraged to ask the Coach their own ASCVD questions and provide feedback as the platform continues to develop.

Appendix A. Benchmark Validation of the I-OM.ai ASCVD Coach

A.1 Benchmark Objectives

The I-OM.ai ASCVD Coach was evaluated using a structured set of benchmark questions designed to assess its ability to provide scientifically accurate, balanced, educational, and clinically responsible responses consistent with the principles of I-OM Systems Medicine.

The benchmark questions were selected to represent major domains of ASCVD education, including:

- disease biology;
- vascular physiology;
- risk factors;
- prevention and diagnosis;
- conventional therapies;
- nutrition;
- metabolic health;

- orthomolecular medicine;
- controversial topics; and
- public educational resource retrieval.

Each response was evaluated for:

- scientific accuracy;
- consistency with the I-OM Systems Medicine framework;
- balance between conventional and I-OM perspectives;
- educational clarity;
- appropriate acknowledgment of uncertainty;
- safety; and
- practical usefulness.

Responses were graded using the following qualitative scale:

Grade Interpretation

10/10 Excellent; publication-quality response with no substantive revision required

9.0-9.9/10 Very good to excellent; only minor wording or emphasis improvements suggested

Below 9/10 Revision required before public release

A.2 Benchmark Questions and Results

Benchmark Question	Domain	Grade	Comments
Is ASCVD reversible?	Disease reversal	9.8/10	Excellent distinction among risk reduction, plaque stabilization, regression, and complete imaging-documented reversal.
Can plaque completely disappear?	Plaque biology	9.8/10	Balanced discussion of soft versus calcified plaque and imaging limitations.
What causes atherosclerosis?	Disease biology	10/10	Outstanding systems-level explanation integrating conventional biology and the I-OM framework.
Is LDL the cause of ASCVD?	Lipid biology	10/10	Balanced presentation of ApoB causality while emphasizing the broader systems nature of ASCVD.
Can coronary calcium be reversed?	Imaging	9.9/10	Correct distinction between CAC progression, plaque stabilization, and CTA-documented regression.
Is a ketogenic diet good for heart disease?	Nutrition	9.6/10	Balanced discussion of metabolic benefits, lipid responses, and individualized decision making.
Does saturated fat cause heart disease?	Nutrition	9.8/10	Excellent discussion of food matrix, metabolic context, and replacement nutrients.
Is insulin resistance important in ASCVD?	Metabolic health	10/10	Outstanding systems explanation linking metabolism, endothelial function, inflammation, and vascular repair.
Should everyone with high LDL take a statin?	Conventional therapy	10/10	Evidence-based discussion emphasizing individualized risk assessment and shared decision making.
What is ApoB?	Biomarkers	10/10	Clear explanation of particle number and its role within the broader I-OM framework.
What is Lp(a)?	Biomarkers	10/10	Balanced discussion of inherited risk, current evidence, and the Rath–Pauling hypothesis.
What is vascular integrity?	Core I-OM concept	10/10	Clearly defines the central therapeutic objective of the I-OM Systems Medicine framework.
Can infection cause coronary artery disease?	Controversial topic	10/10	Excellent balance between mainstream evidence and the I-OM interpretation of chronic infection.
Show me Dr. Tom Levy's slides.	Resource retrieval	10/10	Successfully retrieved the original public presentation rather than reconstructing it.
Show me Dr. Richard Cheng's slides.	Resource retrieval	10/10	Successfully retrieved the original public presentation with appropriate educational follow-up.

Grades reflect overall educational quality, accuracy, balance, clarity, and usefulness as evaluated by the benchmark rubric (see Section A.1).

A.3 Overall Performance

The benchmark evaluation demonstrated that the I-OM.ai ASCVD Coach consistently produced responses that were:

- scientifically accurate;
- educational and understandable;
- balanced between conventional cardiovascular medicine and the I-OM Systems Medicine framework;
- careful to distinguish established evidence from emerging or debated hypotheses;
- clinically responsible and safety-conscious;
- responsive to the user's specific question;
- capable of explaining complex topics in accessible language; and
- capable of retrieving original public educational resources when available.

Across the benchmark set, the average evaluation score exceeded **9.9/10**, and no response required substantive scientific revision before public beta release.

These benchmark questions represent only a sample of the Coach's capabilities. The primary advantage of the I-OM.ai ASCVD Coach is its interactive nature. Readers are not limited to the

questions presented in this article. They may ask their own questions, request clarification, pursue follow-up questions, examine controversial topics, or explore specific biomarkers, dietary approaches, medications, mechanisms, or imaging findings.

The Coach can also direct users to original educational materials, including the ASCVD Forum presentations by Dr. Tom Levy and Dr. Richard Cheng, and then help readers interpret particular slides, figures, mechanisms, references, or conclusions.

Rather than replacing traditional articles, lectures, or clinical conversations, the I-OM.ai ASCVD Coach is intended to extend them by offering **on-demand, question-driven educational dialogue** grounded in the principles of I-OM Systems Medicine.

Reader Discussion and Questions

OMNS welcomes comments, questions, ideas, experiences, and respectful dialogue from readers, patients, healthcare professionals, researchers, and students worldwide.

We encourage participation on OMNS Interactive, where the exchange of knowledge and perspectives helps advance understanding and foster meaningful discussion.

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