

**MEDIA
PLANET**

MARCH 2009

CARDIOVASCULAR

YOUR COMPLETE GUIDE TO CARDIOVASCULAR HEALTH



Be **connected.**

microsoft.com/hsg/healthyheart

As seen in The Washington Post

Panel of experts

Priscilla Samuel

Director, Nutrition Science, Scientific and Regulatory Affairs, Solae LLC



Michael Ozner, MD, FACC

Medical Director for the Cardiovascular Prevention Institute of South Florida



James Mault, MD, FACS

Director, Health Solutions Group, Microsoft Corporation



SOY-A HEART HEALTHY PROTEIN

Soy is one of many building blocks to a heart healthy diet—one that lowers cholesterol, reduces consumption of saturated fat, and is high in fiber. “Getting high quality protein when you’re following U.S. dietary guidelines for cardiac health is important, and soy is the only vegetable or non-animal protein that has all nine essential amino acids in adequate levels to support human health that comprise proteins,” says Ms. Samuel. A diet rich in soy is especially suitable for vegetarians and those who are lactose intolerant who want to conform to the American Heart Association’s guidelines for heart health.

Introducing soy to the diet is easy because of the variety of forms in which it is available. Soy milk substitutes for the dairy alternative, and in vanilla flavor is excellent for baking. Soy yogurt is a stand in for dairy yogurt and sour cream, while soy flour is all-purpose flour to be used for baking. Firm tofu, a soy product, can be cubed for sautéing and grilling while soft tofu is used to make scrambled eggs, smoothies and pudding.

Maintaining a heart healthy diet involves keeping variety in the diet, and with strides in technology soy-based products now mimic the taste and consistency of chicken nuggets, meat patties and sauce, pasta, and even ice cream. “Children as well as adults enjoy these products and it’s never too early for the high-quality, low fat diet soy products bring,” concludes Ms. Samuel.

THE PRESCRIPTION FOR HALTING AND REVERSING HEART DISEASE

I am passionate about educating patients and other cardiologists about preventive cardiology’s benefits. We have found a way to halt the progression of heart disease in the vast majority of cases and to prevent this killer disease altogether. For stable patients with heart disease and partial blockages, I recommend a “medical bypass” (as opposed to a surgical bypass) coupled with aggressive lifestyle modifications. The prescription for halting and reversing heart disease is: (1) a diet low in saturated fat and processed food, high in lean protein, beans, legumes, whole grains, fresh vegetables and fruit, red wine, dark chocolate, and spices such as cinnamon, cumin, and turmeric, also known as the Mediterranean-style diet; (2) daily exercise consisting of aerobic alternated with isometric activities; (3) smoking cessation; (4) stress management, including laughter, leisure, prayer, meditation, yoga, or tai chi; and (5) the judicious use of today’s wonderfully effective medications that reduce inflammation, lower cholesterol, prevent blood clots, and reduce chest pain. For the past 30 years, we have used preventive cardiology on thousands of heart patients. The documented track record of success for this type of treatment is stupendous because scientists now understand that heart disease is a metabolic disorder. This approach treats both the symptoms of heart disease (chest pain, shortness of breath, blockages) and the underlying causes of the disease.

THE PERSONAL HEALTH RECORD HELPS CONTAIN COSTS

Most patients’ vital health data are trapped on one doctor or hospital’s computer, so when he’s in another provider’s office or even lying unconscious in an emergency room far from home, the provider doesn’t have access to the data to properly diagnose the patient’s medical problem. The patient’s medical history is unknown to him, so he repeats tests that have already been done, at additional cost and inconvenience to the patient.

Our health care system wastes \$400 billion annually on redundant tests that are done because test results weren’t transmitted to the doctor’s office before the patient’s visit. With HealthVault, a free web-based platform that enables patients to collect, store and share their health information with hospitals and physicians, the patient or someone he trusts can access his data and avoid those costly and unnecessary tests.

HealthVault can help transform the health care system by making the consumer’s health data portable and interoperable with other health care records. In a non-emergency situation, with HealthVault the consumer downloads the test results himself and brings them to the office visit. It enables consumers, physicians, pharmacists and other stakeholders to unlock data safely and securely. This one feature will improve care quality and also save billions of dollars.

Living with heart failure

by Marlene Piturro

Mandeep Mehra, M.D. Chief of Cardiology at the University of Maryland Medical Center, has good news for heart failure patients and the 90 percent of their primary care physicians who fear that exercise will harm them. The Heart Failure ACTION program (A Controlled Trial Investigating Outcomes of Exercise Training), a five-year study of 4,000 patients conducted at 50 sites in the U.S and Canada, showed clear evidence that exercise benefits HF patients and improves their quality of life (QOL). The Kansas City Cardiomyopathy Questionnaire, a 23-item survey completed by patients and assessing how they felt about their physical limitations, HF symptoms, interference with their social lives, and their ability to care for themselves, showed conclusively that patients with HF felt and functioned better with exercise.

“Most doctors have been afraid to prescribe exercise for their HF patients but it’s a myth that exercise will put them at risk. ACTION put the myth to the test under real-life conditions that showed that a structured exercise program improved not only their cardiac functioning but also their quality of life,” said Dr. Mehra. The HF ACTION study took place after participants had completed a standard structured 26-week cardiac outpatient rehabilitation program, where they are monitored via telemetry as they exercised on treadmills. Corey Sixbury, Director of Sales and Support for Life Systems International, a patient monitoring system that includes cardiopulmonary telemetry, says that as patients exercise, their EKGs and other measures are relayed to doctors and nurses via wireless telemetry, thereby alerting them of any cardiac mishap and reassur-

ing the patient that any change in their heart functioning during exercising will be detected immediately. “The system also generates customized daily reports for the patient’s cardiologist so that he can check the maximum heart rate, resting heart rate, and the treadmill’s speed. That helps give the patient realistic feedback about his rate of exertion,” says Sixbury.

HF ACTION used similar wireless telemetry that uploaded data to their cardiologists for patients exercising on treadmills at home. Dr. Mehra says that about 38 percent of HF ACTION participants dropped out of the program, some because of worsening cardiomyopathy; others out of boredom. Nevertheless, he urges that “a structured well-monitored program is safe and should be prescribed for all heart failure patients.”

Heart Failure Facts

- * Nearly five million Americans live with HF
- * Up to 700,000 new cases are diagnosed annually
- * Cost for care exceeds \$22 billion annually
- * HF is the primary cause of hospitalizations in persons over 65 years old
- * HF patients should adopt a diet low in sodium, saturated fat, and trans fat

Source: Heart Failure Society of America, 2009



To learn more about our products and services you are invited to contact Corey Sixbury at x.703 or ksixbury@lsi-medical.com

CARDIAC REHAB TELEMETRY SYSTEMS
PATIENT MONITORING SYSTEMS
BIOMEDICAL SERVICES

800-846-1279
www.lsi-medical.com