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WWW.PREVENTIVEMEDICINESTL.COM

Preventive Medicine

I would like to begin by sharing a specific patient case. An avid cyclist averaging 40 miles a day came to see me in December 2008 with complaints of angina (chest pain) that had been occurring daily for more than four months. The patient was unable to cycle for one month as a result of the chest pain. It eventually prevented him from exercising all together. Over a period of 12 years, he visited the Mayo Clinic, had 10 stents placed, saw several doctors who performed multiple tests, and had two coronary artery bypass graft surgeries (CABGs) performed. Unfortunately, none of these treatments helped decrease the angina nor did they provide him with answers to the cause of his pain.

My initial recommendation prior to treatment was to have him read, "Bypassing Bypass Surgery," by Elmer M. Cranton, M.D. and "Prevent and Reverse Heart Disease," by Caldwell B. Esselstyn, M.D. These books educated him on the importance of making positive lifestyle changes. I then started the patient on supplements including: a multi vitamin, folic acid, L-arginine and D-ribose. I checked labs related to angina including: a vitamin D level, cholesterol panel, homocysteine, C-reactive protein, iron and thyroid. Once I received lab results, we mutually agreed that chelation therapy would be a good start. We also agreed that adding specific nutrients and a vegetarian diet would work best for him.

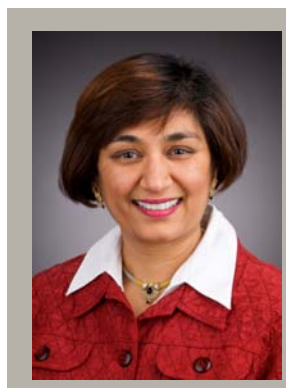
After 12 Chelation treatments he reported that he was biking 40 miles a day with no chest pain.

Today the same patient reported that he is cycling an average of 300 miles a week. He is participating in marathons and other activities that he enjoyed prior

the onset of angina. Millions of people are afflicted with various issues related to heart disease, ranging from chest pain to strokes to heart attacks. Would it surprise you to know that the United States spends more than \$250 billion dollars a year on heart disease?

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Do you believe that YOU have the power to prevent and even reverse heart disease? Treatment options are often limited to medication, stent placement, angioplasty, or coronary bypass surgery. My approach to heart health is simple. I will help educate you about nutrition enabling you to make healthy food choices. I will also offer a number of options for you to decrease stress and incorporate exercise into your daily routine. Once you have made these changes, we will work out the details for a customized plan that is unique to your needs. Perhaps you are thinking, *Yeah, yeah, Doc tell me something I don't know.* That is exactly what I like to hear, because I will then put you in the driver's seat and empower *you* to change your health.



Please visit our website at www.preventivemedicinstl.com for additional heart health information, testimonials and articles.

10 Steps to Prevent and Reverse Heart Disease

1) Change Your Diet

This is a gradual process and not something that is done overnight. Having said that, sound nutrition ranks at the top of my list of ways to build a healthy heart. Once LDL (bad cholesterol) is in the vessel wall, it causes inflammation. If this

Did You Know . . .
that heart disease is currently the leading cause of death in the United States?

process is allowed to continue it can lead to acute coronary blockage. A good place to start is eliminating fast foods and fried/packaged food. Increasing your intake of antioxidants and decreasing empty carbs (sugar) will help prevent plaque build-up. Studies referenced in Dr. Ornish's and Dr. Esselstyn's books provide information on preventing and reversing heart disease by eating a vegan diet. That's right, no meat! In my office, patients experiencing angina have had great success with this diet. Of course, those who have a difficult time changing their diet may gradually make the transition by eating very small amounts of meat and dairy.

2) Exercise Regularly

Movement and variety are the key elements here. Try different activities such as walking, bicycling, yoga, Tai chi or going to the gym. You may want to find an exercise partner to help you get into a routine. Start out slowly and work your way up. Doctors often extol the importance of exercise, there are good reasons for this: exercise causes an increase in nitric oxide which is responsible for dilating (opening) arteries which helps increase blood flow and oxygen to the heart. It also changes multiple chemical messengers that help metabolism, mood and vascular health.

3) Managing Stress

When you are stressed you tend to make unhealthy decisions regarding food. You may even notice that when you are stressed you crave certain foods such as chocolate or salt. Stress can also cause your hormones to become unbalanced. It is important to come up with simple techniques to help lower stress levels. We use diaphragmatic breathing, chaotic medication and visualization. You can also learn how to perform these techniques by watching a DVD or taking a class. One good place to start is www.learningmeditation.com.

4) Controlling Blood Pressure

High blood pressure can be related to several factors including stress, magnesium deficiency, CoQ10 insufficiency, low vitamin D levels, heavy metal toxicity or drug interactions that cause kidney problems. An ideal blood pressure reading is 120/80 and will fluctuate during activity. Hypertension, blood pressure readings that remain high over an extended period, can cause cardiovascular events like heart attack or stroke. It is well known that changing your diet, exercising, smoking cessation and stress management can help control blood pressure. However, if you have already tried these changes and are still experiencing high readings, I will work with you on detecting the underlying cause.



10 Steps Continued...

5) Managing Cholesterol

Again a good nutritional diet is essential! A diet rich in plant sterols helps your body metabolize cholesterol. Following the above mentioned tips can also help you keep cholesterol in check. When LDL (bad cholesterol) is in the bloodstream it can infiltrate the lining of the artery and become trapped. This is the beginning of a process that can lead to a heart attack or stroke. Dietary changes, red yeast rice, policosanol, plant sterols, niacin and fish oil are tools I use in place of statin drugs to help keep cholesterol in check.

6) Reduce Free Radicals and Oxidative Stress

Free radicals cause damage similar to rusting at the cellular level, leading to numerous ailments in the body including heart disease, premature aging and cancer. Toxins entering the body through the air we breathe and the water we drink can cause an increase of free radical production (rusting). Oxidative stress can be determined with specialty lab testing. Nutrients can be used to slow this process.

It may take years before symptoms are noticed and perhaps longer to reverse the process. Providing your body with antioxidants like vitamin C and E from fruits, vegetables, or supplements is one way to counter the damaging effects of free radicals.

7) Prevent Chronic Inflammation

Supporting your immune system and keeping it strong is the best way to stave off inflammation. Inflammation has been found at all stages of coronary artery disease, from the time plaque starts to build in the artery wall to the end result of a heart attack. Other precursors to chronic inflammation include obesity, a diet high in Omega-6 fat, trans fat, allergies, high fructose corn syrup, gum disease, dental decay and certain medications. I use many different tools to identify, treat, and decrease inflammation. My approach is always customized to meet individual needs.

8) Prevent Metabolic Syndrome & Diabetes

These diseases precipitate heart attack, stroke, and vascular disease. Metabolic syndrome is distinguished by abdominal fat, high insulin levels, high sugar levels elevated 2 hours after a meal, high blood pressure, elevated triglycerides and low HDL (good cholesterol).

Please note that some people have metabolic syndrome or diabetes without showing any symptoms. Both conditions can be diagnosed through blood tests and a physical exam.

Early detection is key to limiting the damage that these two conditions cause. Excess sugar in the blood, known as hyperglycemia, can stimulate inflammatory responses in the cells. There may also be a connection with other hormones such as cortisol, which can become unbalanced with chronic stress or no exercise. Low testosterone levels can be a trigger for men.

Recommended Reading

- 1) *Dr. Dean Ornish's Program for Reversing Heart Disease*
- 2) *The Great American Heart Hoax* by Dr. Michael Ozner
- 3) *Bypassing Bypass Surgery* by Dr. Elmer Cranton
- 4) *Prevent and Reverse Heart Disease* by Dr. Caldwell Esselstyn
- 5) *The China Study* by T. Colin & Thomas Campbell

10 Steps Continued...

9) See Your Primary Care Physician

Annual exams and blood work can help your doctor detect problems, hopefully before symptoms arise. Proper measures can then be taken to treat the issue. I recommend my patients have their blood drawn for C-reactive protein, homocysteine, lipoprotein (a), or a LPP Plus which is an in depth cholesterol test (see last page).

10) Avoid Unnecessary Tests and Procedures

Tests such as the angiogram use radioactive materials which can cause inflammation and other side effects. The echocardiogram, which does not require a drug, can be scheduled as a follow-up to a stress test. Of course there are going to be cases when these tools are necessary to provide the physician with vital information to determine the next step in your care. If you are concerned about the recommendation for a particular procedure feel free call my office to schedule a visit to discuss the best course of action.

"If you eat to save your heart, you eat to save yourself from other diseases of nutritional extravagance"

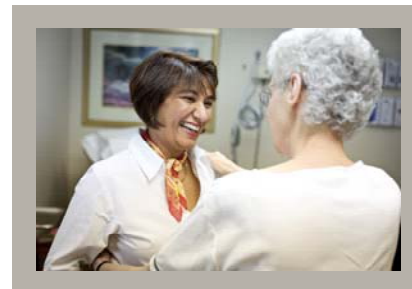
Caldwell Esselstyn, Jr., M.D.

The Hype About Vitamin D

Vitamin D is not just for bones; it is also vital for cardiovascular health. Low levels have been associated with insulin resistance which leads to cardiovascular inflammation, further increasing your risk of heart disease. Vitamin D helps reduce inflammation, normalize blood pressure, improve insulin sensitivity and support the health of the arterial wall. It has been shown to reduce cardiovascular mortality.

Vitamin D also helps your immune system maintain peak performance. It is especially important to keep your levels within range during the winter season when sunlight is less available.

Vitamin D deficiency varies and may depend on the amount of daily sun exposure you receive. A simple blood test will help me determine the correct dose for you.



"Inferior doctors treat the full-blown disease. Mediocre doctors treat the disease before it becomes evident. Superior doctors prevent the disease."

Huang Dee: Nai Ching, 2600 B.C.

References: *Questions from the Heart* by Terry Chappell, M.D.

The Great American Heart Hoax by Michael Ozner, M.D.

Chelation Questions and Answers

1. What causes coronary artery blockages?

Specific causes vary for each individual. However, common causes include stress, smoking, alcohol, chronic illnesses such as Diabetes, and the food you eat. All of these factors can cause the arteries to become hard and narrow.

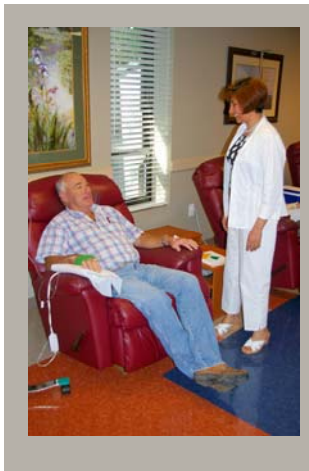
2. What is Chelation Therapy?

EDTA is used for Chelation Therapy. It is a synthetic amino acid that removes toxic metals and excessive stores of calcium, iron, and copper that can build up in the blood stream. This mechanism helps decrease oxidative stress, provide anticoagulation, allows cells to be healthier, and removes plaque build-up.

3. How will Chelation Therapy improve blood flow to my Heart?

If blood flow to the heart has been decreased from plaque build up or spasms of the muscles in the coronary arteries, the heart does not get enough oxygen and nutrients. Chelation helps reduce plaque and makes the blood vessels softer and more flexible to improve blood flow to the heart.

“At 60 years young, I feel Chelation has given my life back to me” Virgil M.



4. What is TACT?

The Trial to Assess Chelation Therapy, sponsored by the National Institute of Health (NIH) is a double blinded study that my office is participating in. If you would like more information regarding this study, contact my office at 314-997-5403 to see if you qualify.

What Do Cholesterol Labs Really Tell You?

Most cholesterol tests only tell half the story. The Lipoprotein Particle Profile (LPP) is a specialized blood test from Spectracell Labs that gives specific information regarding cardiac risk factors. I can use this information to recommend treatment options to help you prevent cardiac health problems from occurring.

The LPP offers the following key points of information:

- ◆ LDL (I, II, III):: “bad” cholesterol—I am not just looking for a high or low number, the three different levels provide specific information, based on the size of the cholesterol particle, and a risk factor component that helps determine the best treatment plan.
- ◆ HDL:: “good” cholesterol—if this level is low I will assess lifestyle changes to help you increase this number.
- ◆ Triglycerides:: this level is particularly useful in identifying insulin resistance which is a precursor to Metabolic Syndrome and Diabetes. By detecting this early, you can make changes to prevent these diseases.
- ◆ C-reactive protein:: Spectracell does a better job and offers a more sensitive test than other labs. This marker is an indicator of systemic inflammation and is a powerful predictor of cardiovascular disease. High levels are linked to increased risk of stroke and heart attack.
- ◆ Homocysteine:: This is an amino acid that is found naturally in the body. High levels are believed to damage arterial walls and cause inflammation leading to plaque formation.
- ◆ Lp(a):: is a genetic factor associated with obesity and the body’s inability to break down clots.
- ◆ LpP1A2:: is an enzyme associated with plaques. It is a marker for inflammation and potential *plaque rupture* which can lead to stroke and heart attack. Diet modifications alone can modify this enzyme.