



## Heart Disease & Stroke – Update 2015

### Consider the Following Facts:

- Worldwide, Cardiovascular Disease (CVD), including heart attacks, strokes and peripheral artery disease of the abdomen and legs, claims over 17 million lives each year. CVD is the number one cause of death in the United States, resulting in over 787,000 deaths in 2011. In the United States heart disease is the leading cause of death in women. Worldwide, stroke is the second leading cause of death behind heart disease. Additionally, hundreds of thousands of women and men who survive their initial attack frequently experience varying degrees of permanent disability. In the United States 69% of adults are considered overweight or obese, as are 32% of children!!! Less than 1% of Americans meet the Heart Association's definition of a healthy diet.
- For an excellent overview of cholesterol and the role of plaque in causing heart attacks, strokes and peripheral arterial disease visit:  
[www.webmd.com/cholesterol-management/cholesterol-and-artery-plaque-buildup](http://www.webmd.com/cholesterol-management/cholesterol-and-artery-plaque-buildup)
- Good News: Over the past two decades major advances in the research of cardiovascular disease and the role of cholesterol and atherosclerotic plaque has demonstrated that this process is potentially preventable and reversible, thereby preventing heart attacks and strokes.
- In 2004 I began a clinical study using screening office vascular ultrasound testing to diagnose the presence of cholesterol plaque within the carotid arteries to the brain, abdominal aorta and the femoral arteries in the lower extremities. When any plaque is present, a complete diagnostic carotid artery duplex ultrasound is performed to determine exactly what type and location of the plaque is present as well as the amount of narrowing (stenosis) of the artery, blood flow pressures and surface contour of the plaque. This diagnostic carotid artery study establishes a baseline with which future ultrasounds can be compared for stability, progression or regression.
- Results to date: In patients who have made significant changes in their lifestyle habits and have followed my recommendations, the result has been very encouraging. In over 2500 patients the progression of their disease (as measured by their carotid artery plaque) has been stopped, stabilized and even reversed. And to my knowledge no events have occurred to date. In fact, there are a number of patients who NO longer have any evidence of their previous plaque. The ramifications of these findings are monumental for the potential of significantly reducing the mortality and the morbidity caused by this disease.
- Remember: Plaque may be common as we age, but it is NOT normal. It is a disease and is still is the Number 1 cause of death and disability in the U.S. However, it has been clearly demonstrated that plaque can be stopped and even reversed.
- **The Key:**
  - Diagnosing the presence of plaque before it ruptures, causing a heart attack or stroke.
  - Treating patients with asymptomatic (subclinical) disease (plaque) in the same manner as those patients who have had a heart attack or stroke (clinical) and survived.