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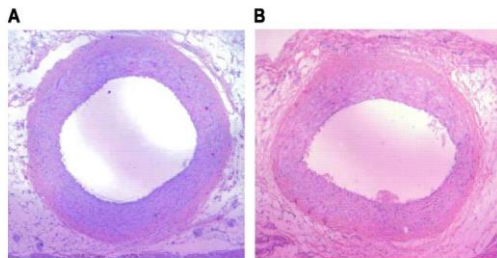
THE MIRACLE OF HEART HEALTH

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School of Medicine
www.drjoelkahn.com
Kahn Center for cardiac longevity
GreenSpace Cafe

Joel Kahn MD, FACC, reports no relationship with industry to disclose relative to this CME activity.

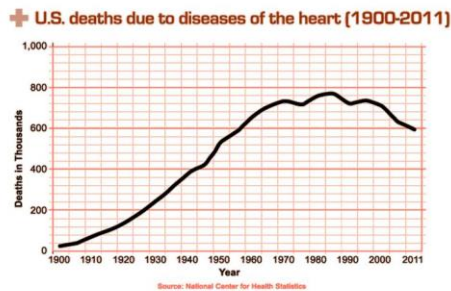
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HAPPINESS IS CLEAN ARTERIES "A MAN IS AS OLD AS HIS ARTERIES"



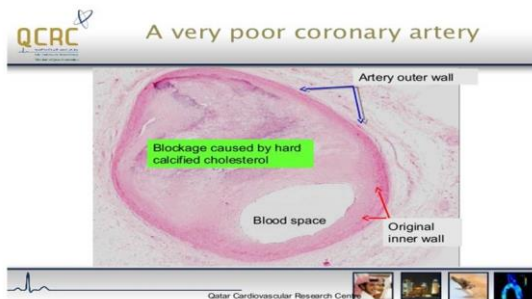
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HEART DISEASE DEATHS: NO JOKE

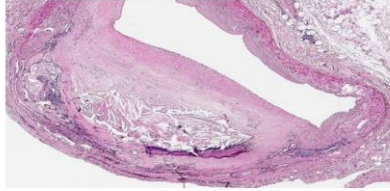
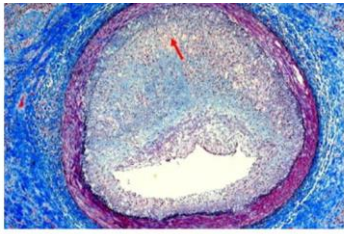


4

ROBS US OF LIFE, LOVE, LAUGHTER

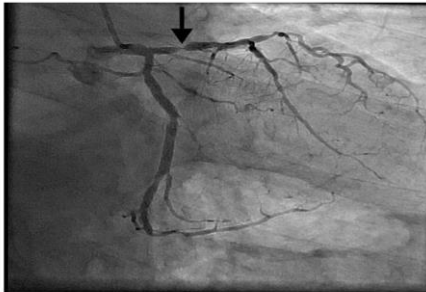


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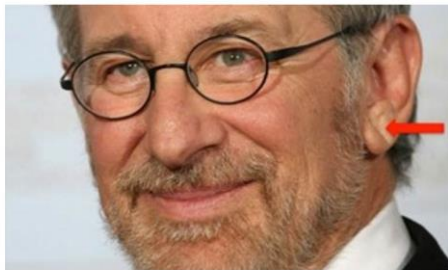
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DO YOU HAVE THIS PROBLEM? THE WIDOWMAKER



7

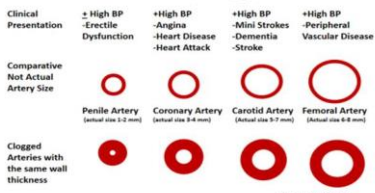
DIAGONAL EARLOBE CREASE DELC



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ED: Canary in the Coal Mine

Erectile Dysfunction Is a Warning Sign of Atherosclerosis/Clogged Arteries

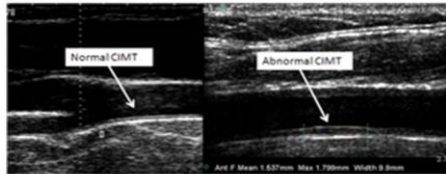


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**PREVENT
DETECT
REVERSE**



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1. PREVENTABLE DISEASES

- 80% HEART DISEASE
- 90% ADULT DIABETES
- 90% CANCER

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**ARE YOU DOING 5/5 DAILY?
HEART ATTACKS DROP 85%**

- DON'T SMOKE
- WALK 30-40 MINUTES DAILY
- EAT >5 SERVINGS OF FRUIT/VEG A DAY
- SLEEP 7 HOURS A NIGHT
- ENJOY A FEW ALCOHOLIC BEVERAGES A WEEK



* MORGENTHAU STUDY 2013 NETHERLANDS 17,887 MEN AND WOMEN
* KARDIOLINK STUDY 2014 SWEDEN 20,721 MEN

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2. EARLY DETECTION OF AMERICA'S #1 KILLER



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TOOLS OF THE HEART ATTACK PREVENTION SPECIALIST



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WHAT IS YOUR CORONARY ARTERY CALCIUM SCORE (CACs)?

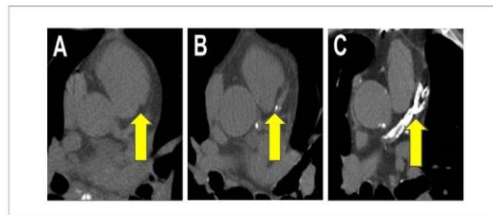
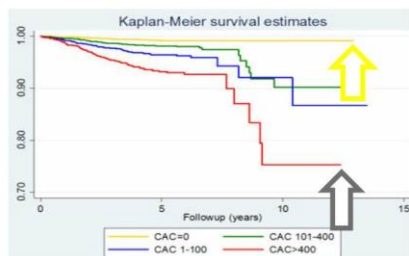


Figure 1 - Images illustrating the coronary artery calcium score of three patients with increasing calcification grades in the territory of the anterior descending artery. A, no calcification; B, mild calcification; C, severe calcification.

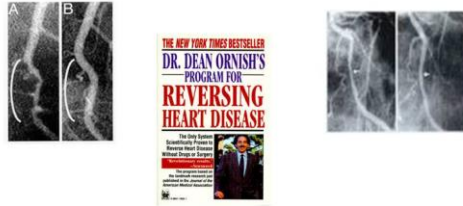
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YELLOW VS. RED THE REAL LIFELINE



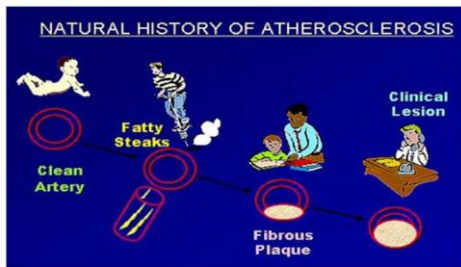
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3. HEART DISEASE IS REVERSIBLE

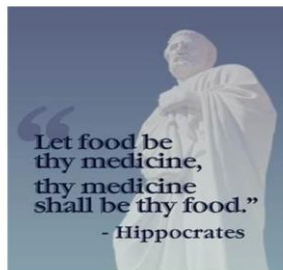


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HEART NUTRITION FOR REVERSAL

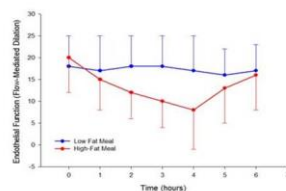


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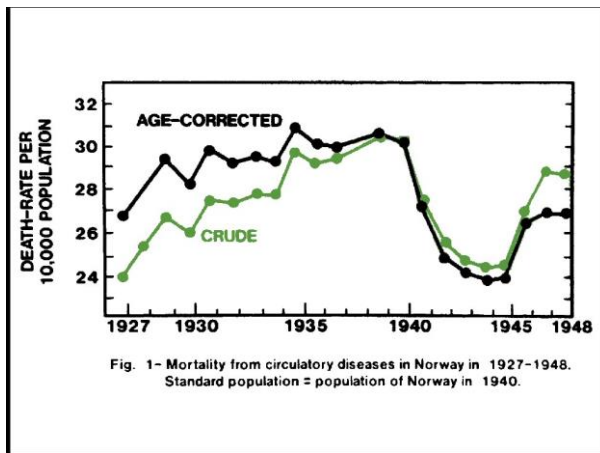


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PROCESSED FOOD AS POISON: ARTERY DAMAGE IN MINUTES LASTING HOURS



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EARLY RESEARCHERS OF DIET-HEALTH

1930: Walter Kempner starts using low-fat diet for renal failure, diabetes, heart disease, obesity

1940s: Lester Morrison begins using low-fat diet to treat heart disease

1948: Roy Swank begins using low-fat diet for Multiple Sclerosis

1955: Ancel Keys presents Six Countries Graphy 1958, launches Seven Countries Study

1958: Nathan Prilkin reverses his heart disease with low-fat diet; 1975, opens Prilkin Center

1977: George McGovern releases low-fat Dietary Goals for United States

Timeline: 1930, 1940, 1950, 1960, 1970, 1980

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REDUCTION OF MORTALITY RATE IN CORONARY DISEASE BY A LOW CHOLESTEROL-LOW FAT DIET. (1951) AM. HEART J. 42: 538-545.

- 100 CASES WITHIN 6 MONTHS POST-INFARCTION TO EITHER A LOW-CHOLESTEROL, LOW-FAT DIET OR ALTERNATELY TO A CONTROL NOT INTERVENED UPON.
- AFTER THREE YEARS THE TEST GROUP REDUCED 166 LBS IN MEN AND 141 LBS IN WOMEN TO 145 LBS AND 124 LBS AND CHOLESTEROL FELL FROM 312 MG % TO 220 IN THE DIET GROUP.
- A SENSE OF OPTIMISM, FEELINGS OF WELL-BEING AND GOOD SPIRITS, INCREASED EXERCISE TOLERANCE, INCREASED WORKING CAPACITY, AND DECREASED ANGINAL SYMPTOMS.

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LESTER MORRISON, MD

Foods To Be Avoided

SOUPS: Cream Soups.

MEATS: All glandular organs, as liver, brains, kidney, sweet-breads; pork and very fat meats, fat fish, fish roe.

MILK AND MILK PRODUCTS: Whole milk, cream, cheddar, Swiss and all rich cheese and cheese spreads; excessive butter and butter substitutes.

EGGS: Egg yolks.

BREADS: Hot breads, pancakes, waffles, coffee cakes, muffins, doughnuts.

DESSERTS: Any made with cream and egg yolks; pies, frozen creams, rich cakes and cookies.

CONCENTRATED FATS: The excessive use of fats in any form, as salad dressings, olive or vegetable oils, suet, chicken or pork fat.

MISCELLANEOUS: Rich gravies, olives, nuts and avocados.

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MORRISON LOW-FAT DIET RESULTS



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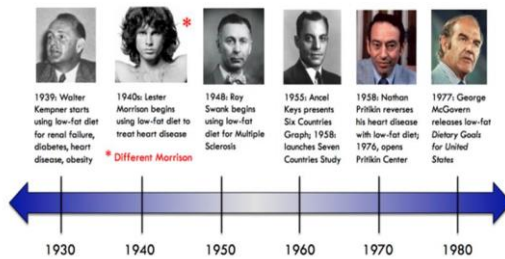
PRITIKIN LIFESTYLE PROGRAM

- 3-WEEK RESIDENTIAL PROGRAM WITH EXERCISE AND AD LIBITUM LOW FAT (<10% OF CALORIES) PLANT BASED DIET
- 4566 MEN AND WOMAN
- MEAN LDL-C REDUCTION 25% IN MEN AND 20% IN WOMAN
- SIGNIFICANT REDUCTIONS IN TG AND HDL-C
- SIGNIFICANT 3.2% REDUCTION IN BODY WEIGHT

Barnard et al. Arch Intern Med 1991;151:1389-1394.

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EARLY RESEARCHERS OF DIET-HEALTH

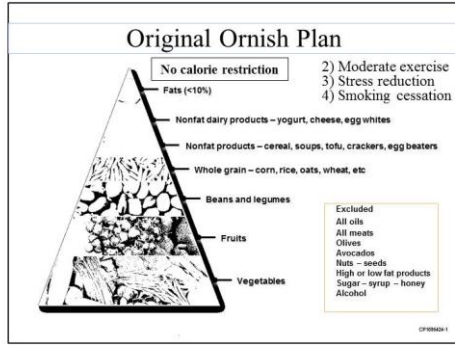


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THE DOCTOR AND THE GURU



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The Lancet
 21 July 1990, Vol.336(8708): 129-133,
 doi:10.1016/0140-6736(90)91656-U
 Originally published as Volume 336, Issue
 8708

MEDICAL SCIENCE
 Can lifestyle changes reverse
 coronary heart disease?



The Lifestyle Heart Trial
 D. Ornish MD ^{a,b}, S.E. Brown MD ^{a,b}, J.H.
 Billings PhD ^{a,b}, L.W. Scherwitz PhD ^c, W.T.
 Armstrong MD ^d, T.A. Ports MD ^e, S.M.
 McLanahan MD ^f, R.L. Kirkeide PhD ^g, K.L.
 Gould MD ^h (Prof), R.J. Brand PhD ^h (Prof)

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Intensive Lifestyle Changes for Reversal
 of Coronary Heart Disease

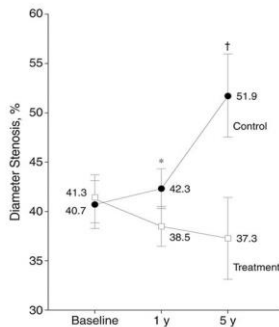
Dean Ornish, MD, Larry W. Scherwitz, PhD, James H. Billings, PhD, MPH, K. Lance Gould, MD,
 Tom A. Merrill, MD, Stephen Spitzer, MD, William T. Armstrong, MD, Thomas A. Ports, MD,
 Richard L. Kirkeide, PhD, Chantissa Hooftboom, PhD, Richard J. Brand, PhD

Context.—The Lifestyle Heart Trial demonstrated that intensive lifestyle changes may lead to regression of coronary atherosclerosis after 1 year.
Objectives.—To determine the feasibility of patients to sustain intensive lifestyle changes for a total of 5 years and the effects of these lifestyle changes (without lipid-lowering drugs) on coronary heart disease.
Design.—Randomized controlled trial conducted from 1986 to 1992 using a randomized crossover design.
Patients.—Forty-eight patients with moderate to severe coronary heart disease were randomized to an intensive lifestyle change group or to a usual-care control group, and 35 completed the 5-year follow-up quantitative coronary arteriography.
Setting.—Two tertiary care university medical centers.
Intervention.—Intensive lifestyle changes (10% fat whole foods vegetarian diet, aerobic exercise, stress management training, smoking cessation, group psychosocial support) for 5 years.
Main Outcome Measures.—Adherence to intensive lifestyle changes, changes in coronary artery percent diameter stenosis, and cardiac events.

THE LIFESTYLE HEART TRIAL was the first randomized clinical trial to investigate whether cardiovascular patients could be motivated to make and sustain comprehensive lifestyle changes and, if so, whether the progression of coronary atherosclerosis could be stopped or reversed without using lipid-lowering drugs as measured by computer-assisted quantitative coronary arteriography. This study derived from earlier studies that used subjective assessment.
 After 1 year, we found that expert medical group participants were able to make and maintain intensive lifestyle changes and had a 32% reduction in low-density lipoprotein (LDL) chole-

Ornish, D et al. (1998). JAMA, 280, 2062-2067

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Best Heart-Healthy Diets
Being overweight is just one factor that puts people at risk for heart disease and stroke. A heart-healthy diet can help you lose weight or lower cholesterol, blood pressure, or triglycerides. According to experts who rated the 25 diets below, the Ornish diet is the most heart-healthy.

#1 Ornish Diet
★★★★★ (4.6 out of 5.0)

Dieters are sure to do their heart a favor on the Ornish diet, according to experts, and if they use a rigorous version of the plan they could actually reverse heart disease. But the balanced, sound menu promotes heart health only if experts emphasized if—the diet’s rules are followed.

Did this diet work for you? Yes **193** No **1088**

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MATTERS OF NOTE

Ornish and Pritikin Programs Approved by CMS

In August 2010, the Centers for Medicare and Medicaid Services (CMS) approved the Ornish Program for Reversing Heart Disease and the Pritikin Program for Reversing Heart Disease and Diabetes as eligible for coverage under the Medicare and Medicaid benefit. The approval was based on the results of a peer-reviewed study published in the *Journal of the American Medical Association* (JAMA) in February 2010. The study, titled "Ornish Diet and Cardiovascular Risk Reduction in Patients with Coronary Artery Disease," was conducted by researchers at the University of California, San Francisco (UCSF) and the University of Michigan. The study found that patients who followed the Ornish diet for 6 weeks experienced significant improvements in their cardiovascular health, including reductions in blood pressure, cholesterol, and triglyceride levels. The study also found that patients who followed the Ornish diet for 6 weeks experienced significant improvements in their quality of life, including reductions in symptoms of depression and anxiety.

The Pritikin Program for Reversing Heart Disease and Diabetes is a low-fat, low-sugar, low-salt diet that has been shown to be effective in reversing heart disease and diabetes. The program is based on the principles of the Ornish diet, but with a focus on reducing the intake of refined carbohydrates and added sugars. The program also includes a comprehensive lifestyle program that includes exercise, stress management, and smoking cessation.

The approval of the Ornish and Pritikin programs by CMS is a significant milestone for these programs, as it allows them to be covered by Medicare and Medicaid. This approval is based on the results of a peer-reviewed study published in the *Journal of the American Medical Association* (JAMA) in February 2010. The study, titled "Ornish Diet and Cardiovascular Risk Reduction in Patients with Coronary Artery Disease," was conducted by researchers at the University of California, San Francisco (UCSF) and the University of Michigan. The study found that patients who followed the Ornish diet for 6 weeks experienced significant improvements in their cardiovascular health, including reductions in blood pressure, cholesterol, and triglyceride levels. The study also found that patients who followed the Ornish diet for 6 weeks experienced significant improvements in their quality of life, including reductions in symptoms of depression and anxiety.

Bravelli Seeks Best Practices
The George Family Foundation is seeking best practices from integrative medicine, Chinese and Ayurvedic medicine, and other traditional and complementary medicine systems to address the need for personalized medicine. The foundation is currently conducting a research project to identify best practices from these systems and to evaluate their effectiveness in addressing the need for personalized medicine.

George Family Foundation Integrative Nursing Fellowship
The George Family Foundation is currently accepting applications for a 12-month, full-time, integrative nursing fellowship. The fellowship is designed to provide a comprehensive education and training in integrative nursing, including the use of traditional and complementary medicine systems. The fellowship is based at the University of California, San Francisco (UCSF) and is open to nurses who are currently practicing in a clinical setting and who have a minimum of a master's degree in nursing.

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PROSTATE CANCER LIFESTYLE TRIAL

ORNISH D, J UROL. 2005 SEP;174(3):1065-70

- **RANDOMIZED CONTROLLED TRIAL:**
 - 93 MEN ON ACTIVE SURVEILLANCE
 - ORNISH LIFESTYLE PROGRAM VS. CONTROL
- **RESULTS:**
 - AFTER 1 YEAR, PSA ↓4% IN THE ORNISH GROUP & ↑6% IN CONTROLS
 - PROSTATE CANCER CELL GROWTH WAS INHIBITED ~8 TIMES MORE BY BLOOD FROM THE ORNISH VS. CONTROL GROUP.
 - RNA SAMPLES TAKEN BEFORE THE INTERVENTION COMPARED WITH RNA SAMPLES TAKEN 3 MONTHS INTO IT, SHOWED 48 GENES HAD UP-REGULATED AND 453 HAD DOWN-REGULATED. EPIGENETICS

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A STRATEGY TO ARREST AND REVERSE CORONARY ARTERY DISEASE: A 12-YEAR LONGITUDINAL STUDY OF A SINGLE PHYSICIAN'S PRACTICE

Caldwell B. Esselstyn, Jr., MD

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FOODS TO BE INCLUDED

- WHOLE GRAINS
- LEGUMES, LENTILS
- VEGETABLES
- FRUIT

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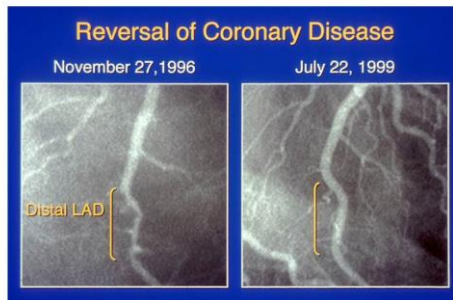
EXCLUDED

- ADDED OILS
- FISH
- FOWL
- MEAT
- ALL DAIRY

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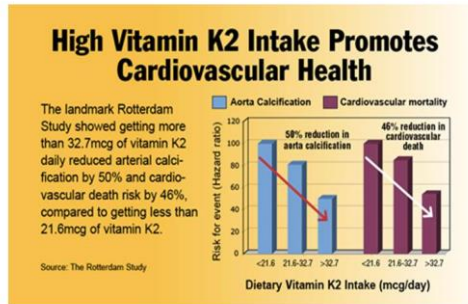
Diet – 11% fat – plant based
Cholesterol lowering medication
Unstructured exercise

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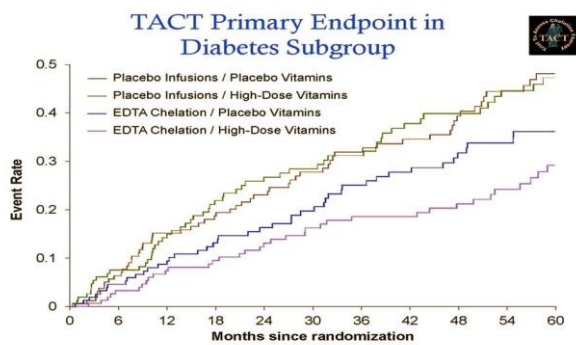
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WHOLE FOOD PLANT DIETS PLUS

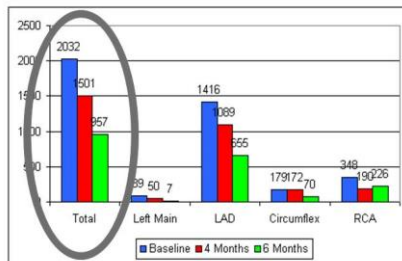


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Chelation and Vitamins

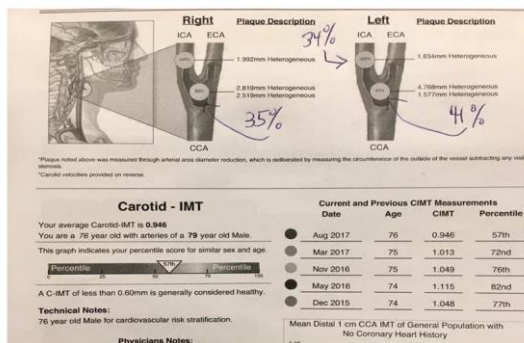


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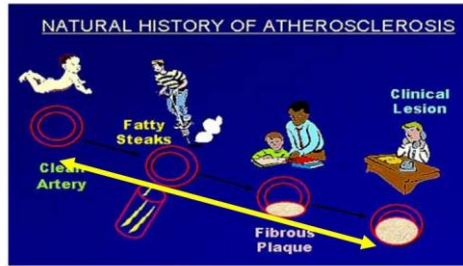


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CIMT TO DOCUMENT REVERSAL



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