MEDICATIONS VS. LIFESTYLE
EARLY DETECTION, PREVENTION AND REVERSAL OF VASCULAR DAMAGE

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ILOCORB-B: THE MIRACLE BREAKTHROUGH

FOOD IS MEDICINE OR POISON?

“Let Food be thy Medicine”
- Hippocrates

EFFECT OF A SINGLE HIGH-FAT MEAL ON ENDOTHELIAL FUNCTION IN HEALTHY SUBJECTS.

VOGEL RA1, CORRETTI MC, PLOTNICK GD

ACTUAL CAUSES OF DEATH: WE KNOW THE SOLUTIONS

Leading Causes of Death* World Health Organization, 2009

Actual Causes of Death* World Health, 2009
1. PREVENTABLE DISEASES
• 80% HEART DISEASE
• 90% ADULT DIABETES
• 60% CANCER

5 DAILY HABITS AND 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

LIFESTYLE REVERSES ALZHEIMER'S: 2015
• UCLA CENTER FOR AD RESEARCH
• GLUTEN FREE, PLANT STRONG DIET
• MEDITATION TWICE A DAY AND YOGA
• SLEEP 7 HOURS
• MELATONIN, D3, OMEGA 3, B12, COQ10
• FASTING 12 HOURS A DAY (7PM-7AM)
• EXERCISE 30 MINS 4-6 DAYS A WEEK
• RESULTS: 90% OF SUBJECTS IMPROVED MEMORY

2. EARLY DETECTION OF AMERICA'S #1 KILLER

MARCH 2015: FORMER NBA STARS
ANTHONY MASON 48, JACK HALEY 51, CHRISTIAN WELP 51
HOW DO YOU KNOW IF YOU ARE AT RISK?

Traditional testing only identifies half of the people who will have a heart attack or stroke.

50%

TOOLS OF THE HEART ATTACK PREVENTION SPECIALIST

CORONARY ARTERY CALCIUM CT SCAN: THE $100 TRUTH SERUM

Detection of CAD/risk assessment in asymptomatic individuals without known coronary artery disease

Coronary Artery Calcium Scanning Should Be Used for Primary Prevention

3. THE SCIENCE OF HEART DISEASE REVERSAL
MEDICATION VS LIFESTYLE
BEST HEART DIETS JUNE 2014

#1 ORNISH DIET

• THE ORNISH PLAN TO REVERSE HEART DISEASE, ACCORDING TO EXPERTS IS #1.

• THE BALANCED, SOUND MENU PROMOTES HEART HEALTH, IF—EXPERTS EMPHASIZED THE IF—THE DIET’S RULES ARE FOLLOWED.

Original Dean Ornish Plan

Original Dean Ornish Plan

EFFECTS OF STRESS MANAGEMENT TRAINING AND DIETARY CHANGES IN TREATING ISCHEMIC HEART DISEASE


• 23 PATIENTS RECEIVED INTERVENTION AND A RANDOMIZED CONTROL GROUP OF 23 PATIENT DID NOT.

• AFTER 24 DAYS A 44% MEAN INCREASE IN DURATION OF EXERCISE

• A 21% MEAN DECREASE IN PLASMA CHOLESTEROL LEVELS AND A 91% MEAN REDUCTION IN ANGINA.

ORNISH: THE LIFESTYLE HEART TRIAL

• RANDOMIZED CONTROLLED TRIAL:
  1 YEAR INTERVENTION, 5 YEAR FOLLOW-UP WITH CATH ANALYSIS AND PET SCANS PRE AND POST

• 48 SUBJECTS WITH DOCUMENTED CAD

• INTERVENTION “INTENSIVE LIFESTYLE CHANGES”

• CONTROL FOLLOW THE ADVICE OF THEIR PERSONAL PHYSICIANS


LIFESTYLE HEART TRIAL 1-YEAR RESULTS

<table>
<thead>
<tr>
<th>Variable</th>
<th>Experimental</th>
<th>Control</th>
<th>p &lt;</th>
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<tbody>
<tr>
<td>LDL mg/dl</td>
<td>95 ± 60</td>
<td>157 ± 45</td>
<td>.0072</td>
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<tr>
<td>HDL mg/dl</td>
<td>37 ± 15</td>
<td>51 ± 15</td>
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<tr>
<td>Progression</td>
<td>18%</td>
<td>53%</td>
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<tr>
<td>Regression</td>
<td>82%</td>
<td>42%</td>
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<tr>
<td>(\Delta) stenosis</td>
<td>-2.2%</td>
<td>+3.4%</td>
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Changes in myocardial perfusion abnormalities by positron emission tomography after long-term, intense risk factor modification over 5 years.

Size and severity of perfusion abnormalities on dipyridamole PET images decreased (improved) after risk factor modification in the experimental group compared with an increase (worsening) of size and severity in controls.

CONCLUSIONS: Modest regression of coronary artery stenoses after risk factor modification is associated with decreased size and severity of perfusion abnormalities on rest-dipyridamole PET images.

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

• RANDOMIZED CONTROLLED TRIAL:
  • 93 MEN (NON-SMOKING) ON ACTIVE SURVEILLANCE FOR PROSTATE CANCER FOR ONE YEAR

• RESULTS:
  • PSA ↓ 4% IN THE INTERVENTION GROUP & ↑ 6% IN THE CONTROL GROUP.
  • PROSTATE CANCER CELL GROWTH WAS INHIBITED ~8 TIMES MORE BY BLOOD FROM THE VEGAN VS. CONTROL GROUP.
  • RNA SAMPLES TAKEN BEFORE THE INTERVENTION COMPARED WITH RNA SAMPLES TAKEN 3 MONTHS INTO IT, SHOWED 48 GENES UP-REGULATED AND 453 HAD DOWN-REGULATED. EPIGENETICS

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

• RURAL CHINA
• PAPUA HIGHLANDERS
• CENTRAL AFRICA
• TARAHUMARA INDIANS

ABSENCE OF CORONARY ARTERY DISEASE
FOODS TO BE INCLUDED

• WHOLE GRAINS
• LEGUMES, LENTILS
• VEGETABLES
• FRUIT

Avoid

• OIL
• FISH
• FOWL
• MEAT
• DAIRY

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

ARREST AND REVERSAL TREATMENT REGIMEN

18 PATIENTS FOLLOWED 12 YEARS

• 49 CORONARY EVENTS DURING 8 YEARS PRIOR TO STUDY
• NONE IN 17 COMPLIANT PATIENTS DURING 12 YEARS
A PRACTICAL WAY TO REVERSE CAD?


WE FOLLOWED 198 CONSECUTIVE PATIENTS COUNSELED IN PLANT-BASED NUTRITION.

THERE WAS ONE STROKE IN THE ADHERENT CARDIOVASCULAR PARTICIPANTS—A RECURRENT EVENT RATE OF .6%, SIGNIFICANTLY LESS THAN REPORTED BY OTHER STUDIES OF PLANT-BASED NUTRITION THERAPY. THIRTEEN OF 21 (62%) NONADHERENT PARTICIPANTS EXPERIENCED ADVERSE EVENTS.

THIS DIETARY APPROACH TO TREATMENT DESERVES A WIDER TEST TO SEE IF ADHERENCE CAN BE SUSTAINED IN WIDER POPULATIONS. PLANT-BASED NUTRITION HAS THE POTENTIAL FOR A LARGE EFFECT ON THE CVD EPIDEMIC.
FREQUENCY OF HIGH CHOLESTEROL BY DIETARY STATUS AND RACE

VEGETARIAN DIETARY PATTERNS AND MORTALITY IN ADVENTIST HEALTH STUDY 2.

A total of 73,308 Seventh-day Adventist men and women recruited between 2002 and 2007. There were 2570 deaths among 73,308 participants during a mean follow-up time of 5.79 years. The mortality rate was 6.05 (95% CI, 5.82-6.29) deaths per 1000 person-years. The adjusted hazard ratio (HR) for all-cause mortality in all vegetarians combined vs nonvegetarians was 0.88 (95% CI, 0.80-0.97). The adjusted HR for all-cause mortality in vegans was 0.85 (95% CI, 0.73-1.01).

Vegetarian diets are associated with lower all-cause mortality and with some reductions in cause-specific mortality.

“Super seniors” in three very different regions (Sardinia, Italy; Okinawa, Japan and Loma Linda, CA) share a number of key habits:
- Don’t smoke
- Put family first
- Be active every day
- Keep socially engaged
- Eat fruits, vegetables, and whole grains

THE SCIENCE OF EARLY DETECTION, PREVENTION AND REVERSAL OF VASCULAR DAMAGE

PREVENT ONE MILLION HEART ATTACKS BY 2017 USING SCIENCE BASED LIFESTYLE, EARLY DETECTION, AND REVERSAL METHODS