

**HEART DISEASE**  
**An Almost Entirely Preventable Disease**

- **Most important public health achievement of 20<sup>th</sup> century- decline in rate of Heart Disease in USA attributed to aggressive preventive management:**

↓ 60%

Since 1950, when health experts sounded the alarm about a rising epidemic of heart attacks among Americans, the rate of heart disease in the United States has fallen by almost 60 percent. The U.S. Center for Disease Control and Prevention recently called this decline "one of the most important public health achievements of the 20<sup>th</sup> century".

- **Nurses Health Study Trial [USA] – Exercise – Diet – No Smoking Can Reduce Risk Of Heart Attack by :**

↓ 80%

Adopting some new habits really can save your life, according to recent results from the Nurses' Health Study. Among more than 84,000 nurses, those who didn't smoke, who followed a heart healthy diet, and who exercised regularly were 80 percent less likely than those with less healthy lifestyles to have a heart attack during a 14-year period of study.

- **Stanford University [USA] Study: Therapeutic lifestyle changes [TLC] reduce arterial narrowing in patients:**

↓ 47%

Want to clean up your arteries? You can – if you clean up your act. Stanford University researchers followed 300 volunteers, all with atherosclerosis (hardening of the arteries). Half were put in a group who received standard medical care. The other half was given a program of intensive counseling on improving their diet, exercising, and other heart – healthy lifestyles. Four years later, those who received the lifestyle counseling had a 47 percent lower rate of artery narrowing.

- **Harvard University [USA] Study: Regular Exercise Reduces Risk Of Heart Disease By**

↓ 51%

You don't have to run a marathon to get big heart benefits. A Harvard university study published in 2001 showed that women who walked just one hour a week lowered their risk of heart disease by 14 percent. Those who hit the pavement for 1.5 hours a week reduced their risk by 51 percent compared with women who rarely walk. Time spent walking, the researchers found, was more important in reducing heart disease risk than walking pace.

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➤ **University Of Leipzig (Germany) study: Exercise increases blood flow to the heart & muscles:**

Adding moderate-intensity activity to your daily life increases the diameter of the arteries feeding the heart, which in turn boosts the amount of blood that reaches heart muscle. What's more, over time, new blood vessels begin to form, providing even more blood to the heart. Regular physical activity also increases the heart's efficiency. A study by researchers at the University of Leipzig in Germany found that exercise increased peak blood flow (the maximum amount of blood that can flow through arteries) by 200 percent.

➤ **Harvard University [USA] study: Exercise reduces risk of heart disease by in diabetic women:**

For women with diabetes, walking as little as four hours a week offers substantial protection from heart disease. In a study published in 2001, Harvard scientists found that those women who logged four to seven hours of exercise a week were half as likely to develop heart problems as women who rarely exercised. Walking was found to be just as beneficial as other, more vigorous, activities.

↓ 50%

➤ **University Of Pittsburgh [USA] study: Weight reduction helps in many ways:**

You don't have to lose a lot of weight in order to take the burden off your heart. A 1995 University of Pittsburgh study found that when overweight people lost as little as eight pounds, their blood pressure, LDL cholesterol, and triglycerides all went down. At the same time, their HDL cholesterol levels rose, improving the ratio of good to bad cholesterol – exactly the kind of changes that dramatically lower the risk of a heart attack.

➤ **Recurrent Coronary Prevention Program – San Francisco U.S.A.: Intensive Stress Management Reduces Risk Of Heart Attack By Almost**

Cooling your head just might save your life, from the Recurrent Coronary Prevention Program in San Francisco. In that study, heart attack patients prone to Type A behavior were assigned either to a group that received standard counseling on diet and exercise or to a group that received the same counseling along with an intensive stress-management program. Those in the second group were taught how to relax physically and mentally when they felt stress building. They also used role-playing to practice coping skills. Four and a half years later, the people in the stress-management group had suffered half as many heart attacks as those in the control group.

↓ 50%