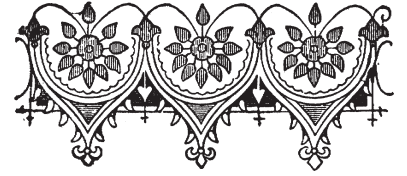


# Health & Medicine



## A Holistic View of Cardiovascular Disease Prevention



Dr. Kate Thomsen and Silky

Cardiovascular disease (CVD) occurs when there are blockages in the blood vessels of the heart, brain or body. These blockages can cause chest pain, shortness of breath, heart attack, stroke and leg pain. Risk factors for this kind of heart disease include high blood pressure, obesity, diabetes or insulin resistance, high cholesterol, lack of exercise, and having a first degree relative who had a heart attack or sudden death at a young age. Over the last 30 years, the prevention strategy emphasized by the medical community has been to lower cholesterol through the use of "statin" drugs. This strategy, while important, is both limiting and potentially harmful and has neglected to look at the other points of leverage in the prevention of CVD. Cholesterol has other roles,

for example, it is the precursor molecule to many hormones and Vitamin D. The various components of an individual's cholesterol (beyond LDL and HDL) are more telling of risk and should be evaluated by the newer sophisticated testing.

In 1913, it was found that white rabbits fed a high fat, high cholesterol diet had atherosclerosis or fat build-up in the arteries. Many years of research have shown that atherosclerosis in humans results from a combination of their genetic makeup and their dietary fat and refined carbohydrate intake. The result of these factors is reflected in the blood measurement called cholesterol. High cholesterol is associated with more atherosclerosis and results in a narrowing of the blood flow through the thickened walls of the blood vessels. A blood clot that moves through this narrowed channel is more likely to create a blockage in the blood vessel preventing the blood flow of oxygen and nutrients from moving downstream. The location of this blockage will determine the outcome, e.g.; heart attack or stroke.

But it is not that simple. Two-thirds of heart attacks

result from heart arteries that have a narrowing of less than 50%. And 50% of people with sudden death from presumed heart attack have never had a prior heart disease event. Clearly there are other factors in play. In the 1980's and 1990's researchers studying white rabbits made several interesting observations: 1)feeding them a diet of purified cholesterol did not result in increased atherosclerosis, 2)low concentrations of the impure cholesterol in their diet resulted in cardiovascular disease, and 3) the impure fraction in the dietary cholesterol was hydroperoxides (a form of bleach). These peroxides are free radical molecules that will cause oxidative stress and inflammation (damage to the tissues). Further research has strengthened the connection between oxidative stress and most, if not all chronic health conditions.

In preventing CVD, we need to place a primary emphasis on the prevention of free radical damage that sets the stage for atherosclerosis and blood clots.

Dr Kate Thomsen has a holistic health practice in Pennington, NJ. She is a board-certified family medicine physician. For more information see [www.drkatethomsen.com](http://www.drkatethomsen.com). For information about appointments or the upcoming Cardiovascular Disease Prevention program call the office at 609-818-9700.



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*"We are made wise not by the recollection of our past, but by the responsibility for our future."*

—GEORGE BERNARD SHAW



### Cardiovascular Disease Prevention Program

*Learn strategies beyond taking "statin" drugs to lower your risk*

- ✿ 5 or 6 evening classes spread over 3 months
- ✿ Group support to make it more FUN!!!
- ✿ Mixed group – men and women. Come with your partner!
- ✿ v Delicious and healthy dinners, snacks and recipes.

#### *Individualized measurements include:*

- ✿ Comprehensive dietary analysis
- ✿ Body composition analysis
- ✿ Sophisticated cholesterol and blood sugar measurements
- ✿ Your risk factor genes

#### *Individualized risk reduction plan includes:*

- ✿ An initial body detoxification
  - ✿ Dietary and supplement plan that increases lean body mass, lowers cholesterol, lowers blood sugar, decreases oxidative stress and decreases clotting risk
  - ✿ An individualized exercise prescription
- See the results!!! At the end of the program, those that follow the plan will see:*
- ✿ Increased lean body mass and lowered fat mass
  - ✿ Healthier cells
  - ✿ Lowered cholesterol and blood sugar
  - ✿ Less oxidative stress and inflammation

Dates of program: Thursdays: Sept 18, Oct 2, Oct 16, Nov 6, Nov 13, Dec 11  
Time: 6:00 – 7:30 pm.

Introductory Lecture \$20.00  
Thursday, Aug 7, repeated Thursday Aug 21.  
Time: 6:00 – 7:30pm.

*Must call and register to attend. Call for details and registration information.*

Location: Office of Dr. Kate Thomsen  
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