



CAPTA NEWS

Volume 7, Issue 2

February 2012

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There's a difference you can feel.

www.capitolphysicaltherapy.net

Celebrating Valentine's Day is Good for the Heart.

Here's the proof!

An article by Carla Waldemar, "Reverse heart disease in 4 steps," discusses the heart healthy prevention & reversal steps a California physician prescribes his patients.

(http://www.hearthealthyonline.com/heart-disease-overview/how-the-heart-works/reverse-heart-disease_1.html)

Dean Ornish, M.D., director of the Preventive Medicine Research Institute in Sausalito, California, has helped patients avoid bypass surgery, reduce chest pain, and lower cholesterol with a four-point program.

Low-Fat Diet.

2 eating plans. The "reversal diet," for people who already have heart disease and high cholesterol levels (more drastic changes); and the less-restrictive "prevention diet." Plans are based on how much change a person needs to make. Some treats are allowed, however, as he states, "It's not what you eat, but how you eat it. Slowly enjoying a [small indulgence] is an exercise in meditation itself."

Exercise.

As simple as a daily walk, moderate exercise is an important part of the program. Walking for 20–30 minutes a day is suggested.

Stress Management.

"The more challenging part of the program, perhaps, because we're often unfamiliar with it." Dr. Ornish gives his patients options including yoga, breathing techniques, meditation & visualization.

Love and Intimacy.

The last and perhaps the most important part of the program involves love and intimacy. Numerous studies show that people who feel lonely and depressed are more likely to get sick and die prematurely than those who have a strong caring connection and sense of community. "Support is so important," Ornish says.

"It's all about the joy of living, not the fear of dying," – Dr. Dean Ornish

There you have it!

St. Valentine believed in the importance of love and it has been proven to affect your heart health as well....Dinner Reservation, party of 2 anyone? ;?;

Useful Tip: Know your numbers

Total blood cholesterol: Aim for less than 200 mg/dL.

LDL ("bad") cholesterol: Aim for less than 100 mg/dL.

HDL ("good") cholesterol: Aim for 50 to 60 mg/dL.

Triglycerides: Aim for less than 150 mg/dL.

Blood pressure: Normal readings range from 90/60 to 130/85.

