

Chapter 1 : www.nxgvision.com - Reversing Heart Disease w/o Drugs is Possible

*The Cure for Heart Disease: Truth Will Save a Nation [Dwight Lundell, Todd R. Nordstrom] on www.nxgvision.com
FREE shipping on qualifying offers. The Cure for Heart Disease, although written in everyday language, is different than every other book exploring the number one killer of Americans.*

No matter what type of heart disease you have, your doctor will likely perform a physical exam and ask about your personal and family medical history before doing any tests. Besides blood tests and a chest X-ray, tests to diagnose heart disease can include: A Holter monitor is a portable device you wear to record a continuous ECG, usually for 24 to 72 hours. This type of test involves raising your heart rate with exercise or medicine while performing heart tests and imaging to check how your heart responds. In this test, a short tube sheath is inserted into a vein or artery in your leg groin or arm. A hollow, flexible and longer tube guide catheter is then inserted into the sheath. Aided by X-ray images on a monitor, your doctor threads the guide catheter through that artery until it reaches your heart. The pressures in your heart chambers can be measured, and dye can be injected. The dye can be seen on an X-ray, which helps your doctor see the blood flow through your heart, blood vessels and valves to check for abnormalities. Cardiac computerized tomography CT scan. This test is often used to check for heart problems. In a cardiac CT scan, you lie on a table inside a doughnut-shaped machine. An X-ray tube inside the machine rotates around your body and collects images of your heart and chest. Cardiac magnetic resonance imaging MRI. For this test, you lie on a table inside a long tube-like machine that produces a magnetic field. The magnetic field produces pictures to help your doctor evaluate your heart. Treatment Heart disease treatments vary by condition. In general, treatment for heart disease usually includes: These include eating a low-fat and low-sodium diet, getting at least 30 minutes of moderate exercise on most days of the week, quitting smoking, and limiting alcohol intake. The type of medication will depend on the type of heart disease. Medical procedures or surgery. The type of procedure will depend on the type of heart disease and the extent of the damage to your heart. Request an Appointment at Mayo Clinic Clinical trials Explore Mayo Clinic studies testing new treatments, interventions and tests as a means to prevent, detect, treat or manage this disease. Lifestyle and home remedies Heart disease can be improved or even prevented by making certain lifestyle changes. The following changes can help anyone who wants to improve heart health: Smoking is a major risk factor for heart disease, especially atherosclerosis. Quitting is the best way to reduce your risk of heart disease and its complications. Control your blood pressure. Ask your doctor for a blood pressure measurement at least every two years. He or she may recommend more frequent measurements if your blood pressure is higher than normal or you have a history of heart disease. Optimal blood pressure is less than systolic and 80 diastolic, as measured in millimeters of mercury mm Hg. You may need to start testing earlier if high cholesterol is in your family. Keep diabetes under control. If you have diabetes, tight blood sugar control can help reduce the risk of heart disease. Exercise helps you achieve and maintain a healthy weight and control diabetes, elevated cholesterol and high blood pressure all risk factors for heart disease. If you have a heart arrhythmia or heart defect, there may be some restrictions on the activities you can do, so talk to your doctor. A heart-healthy diet based on fruits, vegetables and whole grains and low in saturated fat, cholesterol, sodium and added sugar can help you control your weight, blood pressure and cholesterol. Maintain a healthy weight. Being overweight increases your risk of heart disease. A BMI of less than 25 and a waist circumference of 35 inches Reduce stress as much as possible. Practice techniques for managing stress, such as muscle relaxation and deep breathing. Being depressed can increase your risk of heart disease significantly. Talk to your doctor if you feel hopeless or uninterested in your life. Stay away from people with infectious diseases such as colds, get vaccinated against the flu, regularly wash your hands, and brush and floss your teeth regularly to keep yourself well. Also, get regular medical checkups. Early detection and treatment can set the stage for a lifetime of better heart health. Coping and support You may feel frustrated, upset or overwhelmed upon learning you or your loved one has heart disease. Fortunately, there are ways to help cope with heart disease or improve your condition. Cardiac rehabilitation involves levels of monitored exercise, nutritional counseling, emotional support, and support and education about

lifestyle changes to reduce your risk of heart problems. Turning to friends and family for support is essential, but if you need more help, talk to your doctor about joining a support group. You may find that talking about your concerns with others with similar difficulties can help. Preparing for your appointment

Some types of heart disease will be discovered without an appointment – for example, if a child is born with a serious heart defect, it will be detected soon after birth. In other cases, your heart disease may be diagnosed in an emergency situation, such as a heart attack. If you think you have heart disease or are worried about your heart disease risk because of your family history, see your family doctor. You may be referred to a heart specialist cardiologist.

What you can do

Be aware of pre-appointment restrictions. You may need to fast before a cholesterol test, for example. Write down key personal information – including a family history of heart disease, stroke, high blood pressure or diabetes – and major stresses or recent life changes. Take someone along, if possible. Be prepared to discuss your diet and your smoking and exercise habits. Write down questions to ask your doctor. For heart disease, some basic questions to ask your doctor include: What is likely causing my symptoms or condition? What are other possible causes for my symptoms or condition? What tests will I need? What foods should I eat or avoid? How often should I be screened for heart disease? For example, how often do I need a cholesterol test? I have other health conditions. How do I manage them together? Are there restrictions that I need to follow? Should I see a specialist? Are there brochures or other materials that I can have? What websites do you recommend? What to expect from your doctor

Your doctor is likely to ask you questions, such as: When did your symptoms begin? Have your symptoms been continuous or occasional? How severe are your symptoms? What, if anything, seems to improve your symptoms? What, if anything, appears to worsen your symptoms? Do you have a family history of heart disease, diabetes, high blood pressure or other serious illness? These are primary lines of defense against heart disease and its complications.

Chapter 2 : 3 Heart-Disease Treatment Breakthroughs That Are Changing Lives

Treatment & Care. Things that you and your health care professional can do for heart disease can be all over the map, from CPR, to high-tech surgeries, to caregiving.

Please enter a valid email address Submit We respect your privacy. It remains the leading cause of death for both U. However, during the last several years, there have been some truly significant advances in heart disease treatment that are now moving quickly toward widespread availability. After a decade of failed efforts at developing new heart drugs, two important therapeutic breakthroughs are nearing FDA approval in These overdue advancements have the potential to change the practice of medicine. They can help patients who have not benefited adequately from existing therapies. Heart attacks, high blood pressure, or diseases that weaken the heart muscle are common causes. Patients often have severe shortness of breath or fatigue that limits their ability to enjoy life. This disorder is the most common reason for hospital admission among Medicare patients. It achieved a substantial percent reduction in death or repeat hospitalization compared with the best currently available therapies. Although the benefits of a reduction in deaths are self-evident, the importance of reducing readmission to the hospital should not be underestimated. Currently, 20 percent or more of patients hospitalized for heart failure are re-admitted within 30 days. This represents a significant burden for patients and the healthcare system. This class of drugs has moved from discovery to the clinic more rapidly than any cardiovascular advancement in recent memory. Currently, the best available drugs for reducing cholesterol, statins , have been shown to lower the risk of heart attack or stroke up to 35 percent. Statins have been available for more than 25 years and have been enormously successful at reducing the burden of heart disease. PCSK9 inhibitors have been shown to reduce bad LDL-C by as much as 50 percent to 70 percent and demonstrated few, if any, adverse effects. Although these drugs are given by injection every two weeks or once a month, they are injected through very small needles that produce little or no pain. Patients can easily self-inject these drugs using an automated injector. This new class of drugs appears to be well tolerated even in patients who cannot take statins due to adverse effects. The FDA is considering applications from two pharmaceutical companies for drug approval in This device is approved for patients who need an aortic valve replacement, but who are too high risk for standard open-heart surgery. This new approach is an important advance for patients who are too ill to withstand an open-chest procedure or for older patients. In the United States, patients currently undergoing TAVR typically include people with lung or kidney disease who would be less likely to tolerate major heart surgery to replace the aortic valve. TAVR was initially performed only at large academic medical centers. It is now moving gradually toward mainstream treatment throughout the world. A catheter small hollow tube is placed in the groin femoral artery and guided into the heart chambers using advanced imaging techniques. Through this catheter, a collapsed tissue heart valve is guided into position and placed directly inside the diseased aortic valve. Although heart disease remains the No. He has more than 35 years experience as a physician and is world-renowned for his work as a cardiologist, patient advocate, and researcher. The views and opinions expressed in this article are those of the author and not Everyday Health. See More Any opinions, advice, statements, services, advertisements, offers or other information or content expressed or made available through the Sites by third parties, including information providers, are those of the respective authors or distributors and not Everyday Health. Neither Everyday Health, its Licensors nor any third-party content providers guarantee the accuracy, completeness or usefulness of any content. You may be exposed through the Sites or Services to content that violates our policies, is sexually explicit or is otherwise offensive. You access the Sites and Services at your own risk. We take no responsibility for your exposure to third party content on the Sites or the Services. Everyday Health and its Licensors do not assume, and expressly disclaim, any obligation to obtain and include any information other than that provided to it by its third party sources. It should be understood that we do not advocate the use of any product or procedure described in the Sites or through the Services, nor are we responsible for misuse of a product or procedure due to typographical error.

Chapter 3 : The Cure for Heart Disease

Search on the Internet for "cure for heart disease" and you are bound to find a number of so-called "cures." One Web site professes that a cure is possible with high doses of vitamins and supplements.

Briefly, researchers discovered cholesterol lysine-binding-sites that lead to heart disease. This discovery was verified in human beings in A German team led by Beisiegel discovered that only Lp a was inside the clogged aortas of those who had died of heart disease. They did not find any ordinary LDL bad cholesterol [8] in these arteries near the heart. Matthias Rath, then a medical student, was on the team. He made the probable connection between Lp a and vitamin C and brought this news and idea to the attention of Linus Pauling. Upon hearing of this discovery, Pauling invented the heart disease therapy presented here. If Lp a causes heart disease, and if Lp a attaches to the artery at the lysine binding sites, then the solution is apparent: Give Lp a in the blood something else to attach to. The question then is: What causes Lp a to stick to the wall of the artery and form these plaques? The answer is that there is a particular amino acid in a protein in the wall of the artery - lysine - which is one of the twenty amino acids that binds the Lp a and causes atherosclerotic plaques to develop. You need lysine, it is essential, you have to get about 1 gram a day to keep in protein balance, but we can take lysine, pure lysine, a perfectly non toxic substance as supplements, which puts extra lysine molecules in the blood. They enter into competition with the lysyl residues on the wall of arteries and accordingly count to prevent Lp a from being deposited, or even will work to pull it loose and destroy atherosclerotic plaques. Sydney Bush, a noted British optometrist, is the founder of CardioRetinometry, a new medical field that analyzes the future health of the heart. With Cardioresinometry, doctors can actually track how much vitamin C diminishes the amount of cholesterol in the blood vessels. No one goes to jail when a cure for a major disease is not evaluated by science. Most people rely on their doctors for medical information. The Pauling-therapy for heart disease works quickly. Patients have consistently reported symptom relief in ten days or less, even in advanced disease. Then there are the drugs used to lower blood pressure and cholesterol -- another growth industry. These drugs are also called "preventive care" even though there are studies showing that individuals treated with them have increased overall mortality and even though an entire class of blood pressure medications have been shown to increase the risk for heart attack. Take high doses of two nutrients that are required for life. Doing so can prevent and even cure many forms of cardiovascular and heart disease - in days or weeks. The question becomes how much should one take? We were inexperienced in submitting such proposals, but the NIH was free to solicit its own studies. Either proposal would have fairly evaluated the Pauling therapy on heart disease. The Study Propoasl These submissions and subsequent rejections are a matter of public record. Probably the main reason that this important discovery has been ignored is economic: Think of more than half the hospitals in your region closing. The large doses recommended by Linus Pauling are key to success [11] [12]. Neither nutrient has any known lethal toxic dose in animal or human studies. The reports have been so amazing that we documented the protocol and success stories in a book Practicing Medicine Without A Licence. This long-term experience, initially with dying heart patients who gave up on orthodox medicine and were taking a myriad of heart medications , leaves little doubt that: Cardiovascular Heart disease at its root is a vitamin C deficiency. So why after all these years and so many reports of success does medical research still have its collective head in the sand? We can only think of one reason: The method for reversing heart disease invented by Linus Pauling does not require a doctor. It was articles written by you that were published in the "Townsend Letters" ten years ago, when you described the Linus Pauling protocols regarding cardio-vascular disease. In , I began following Dr. I feel indebted to you, Dr. Fonorow, for providing me with information that has enabled me to live the last ten years of my life in excellent health. Thank you sincerely, Dave G. Results may vary depending upon use and commitment. Reversing Heart Disease with a Vitamin In my clinic, we have a saying, "Heart disease is easier to treat than low-back pain. Out of all my heart disease patients, I have had only one who did not improve significantly, and that one patient did not use the recommended type of vitamin C. Another patient last year completely reversed her heart disease in 2 months. Cobb is a physician who is familiar with the protocol and uses it in his

practice. Article reprinted with permission from wellbeingjournal. Best Wishes, David Leake Note: Mr Leake has documented his long battle with heart disease, culminating in his doctors declaring him free of disease, in a wonderful new book: His online medical records: Results are dramatic, and if the person can be helped, they will know in a very short period of time "as long as they are compliant, that is, keep taking the correct high "Pauling" dosages. Former severely ill patients begin feeling so well over time that they feel completely cured and stop taking their high doses of vitamin C. Stopping the Pauling therapy high dose vitamin C and lysine seems to invariably return the person to the condition they were in before starting the Pauling therapy, in about six months. It is clear that vitamin C should not be stopped altogether, and continuing high dosages is cheap "insurance. Getting the Word Out. The vast medical-pharmaceutical-governmental complex still laughs and refuses to study any of this! Consider joining our referral incentive program. Learn from others about their experience, and save money as you share your experience with newbies. We know it can be hard to convince loved ones because of this, but here is a sample letter to use when sending a relative or friend my book and one of our products. As hard as this is to believe, you, your friends and relatives can ignore the science, or you can take your cardiovascular health into your own hands. It usually takes an end-stage patient less than one month to find out whether the Pauling therapy can work for them. If you are just starting, it would be a good idea to have yourself videotaped, illustrating your current condition and itemizing your medical procedures, medications and any supplements. After a month or so, video tape yourself again. If you feel like sharing these videos, please contact us.

Chapter 4 : Heart Disease in Women | National Heart, Lung, and Blood Institute (NHLBI)

Following is a description of how to "Cure" Heart Disease - Products used: Immusist , Citricare , SEA WEED, UNCLE HARRY'S ESSENTIAL OILS , EDTA.

Axe content is medically reviewed or fact checked to ensure factually accurate information. With strict editorial sourcing guidelines, we only link to academic research institutions, reputable media sites and, when research is available, medically peer-reviewed studies. Note that the numbers in parentheses 1, 2, etc. The information in our articles is NOT intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. Our team includes licensed nutritionists and dietitians, certified health education specialists, as well as certified strength and conditioning specialists, personal trainers and corrective exercise specialists. Our team aims to be not only thorough with its research, but also objective and unbiased. June 3, Dr. Axe on Facebook Dr. Axe on Twitter 28 Dr. Axe on Instagram Dr. Axe on Google Plus Dr. Axe on Youtube Dr. What is heart disease caused by, and what does this tell us about how to prevent it? What Is Coronary Heart Disease? CHD occurs when the small blood vessels that supply blood and oxygen to the heart narrow and sometimes harden, which over time can cause ruptures, heart attacks and other fatal conditions. Cardiovascular diseases kill more than , Americans a year, men and women pretty much equally. The result is that, today, coronary heart disease is considered more chronic than necessarily fatal. However, these treatments are really resolving symptoms rather than addressing the underlying causes of heart disease. Atherosclerosis Many people use the names coronary artery disease and coronary heart disease interchangeably. Coronary artery disease is considered the most common type of heart disease. When someone has CHD or CAD, the buildup of substances inside their arteries is what is referred to as arteriosclerosis also spelled atherosclerosis. Calcium, cholesterol particles and fatty acids accumulate on arterial walls and form a swelling called an atheroma. Coronary artery disease symptoms vary a lot from person to person. The most common noticeable sign of CHD is having chest pain or discomfort, which is caused when the heart is not getting enough blood or oxygen. Other coronary artery disease symptoms can include: This is called angina another name for chest pain and is probably the most common blocked artery symptom. Pains or numbness in your breast bone sternum , neck, arms, stomach or upper back Shortness of breath and fatigue with activity General weakness Indigestion or heartburn If CHD progresses, you may experience a heart attack, also called myocardial infarction. Heart attack symptoms can include: Pain or discomfort in the upper body including the chest, arms, left shoulder, back, neck, jaw or stomach Difficulty breathing and shortness of breath Sweating Feeling of fullness, indigestion, choking or heartburn Nausea or vomiting.

Also, heart disease is a misnomer; the underlying disease process reduces the supply of blood to the heart and other organs leading to angina ("heart cramp"), heart attack and stroke. The disease is characterized by scab-like build-ups that grow on the walls of blood vessels.

Since that time he has been promoting books that clash with established scientific knowledge of heart disease prevention and treatment. His book, *The Great Cholesterol Lie*, invites people to "forget about everything you have been told about low-fat diets, saturated fats, cholesterol and the causes of heart disease. Dropping your cholesterol levels will not lower your risk of heart disease, attack, or strokes. During his career as a cardiac surgeon, he performed over 5, heart operations, most of which could have been easily prevented had the patients been given the right information. You can beat it without harmful medications and painful, risky surgery. Medical and Regulatory History

After graduating from the University of Arizona Medical School in , Lundell completed a one-year internship and two years of surgical residency in general surgery at the University Medical Center in Tucson, Arizona, followed by two years of residency in chest surgery at Yale University Medical Center in New Haven, Connecticut. He became certified in cardiothoracic surgery, which he practiced for about 25 more years. In , Lundell began the Healthy Humans Foundation Blog, which stated that he was "refocusing" his career on the prevention and cure of heart disease [1]. He also produced a book called *The Cure for Heart Disease* which, according to its description on Amazon Books, "is different than every other book exploring the number one killer of Americans" and is "a riveting yet straight forward discussion that challenges public consensus, explains the reasons for the epidemic of heart disease, and provides an easy to follow guide to eliminate heart disease. In , the Healthy Humans Foundation issued a news release that plugged the book and said that Lundell had retired from the practice of surgery in [3]. Between and , Lundell was subjected to five regulatory actions by the Arizona Medical Board: In , the board concluded that his postoperative management of a patient who had died following carotid artery surgery was substandard and insufficiently documented. He was also required to submit to monitoring of his patient records [4]. In , the board noted that 13 out of 20 charts reviewed by the consultant were deficient because they did not include adequate initial evaluations of the patients. Lundell was censured again and was placed on probation that included quarterly chart reviews [5]. In , the board found fault with his management of two patients and concluded that his records for these patients were inadequate. He was reprimanded and ordered to serve two more years of probation, during which he was required to undergo an extensive evaluation of his fitness to continue practicing medicine [6]. In , the board sent him an advisory letter for failure to maintain adequate records and for a technical surgical error [7].

Financial and Legal Trouble Lundell also ran into considerable difficulty in his nonmedical affairs. Although the full records are not readily available, documents I found on the Internet indicate the following: In Lundell filed for bankruptcy. At that time, there were several lawsuits pending in state court on the theory that he was a partner in a construction business called West Coast Construction in which he had invested. In , Lundell pleaded guilty in federal court to three counts of willful failure to file income tax returns. A newspaper report indicates that he had become a client of "tax protester" Wayne C. Other Activities Lundell says he founded the Healthy Humans Foundation "to help the human race free themselves of chronic diseases such as obesity, diabetes, heart disease, mental disorders, and other diseases caused by improper nutrition and misleading consumer information. From through May , Lundell was listed as an advisor to NourishLife , a company that markets vitamins, fish oil supplements, and conjugated linoleic acid supplements as "pharmaceutical grade" products claimed to help children with speech problems. After the Chicago Tribune criticized the products and mentioned that Lundell had lost his medical license [12], he was removed from the page of advisors on the NourishLife Web site. A biographical sketch on Amazon. *HeartShot* is claimed to reduce the risk of cardiovascular disease" disease by "dramatically reducing inflammation. The Bottom Line Dr. Lundell would like you to believe that he has special knowledge of heart disease prevention. I do not trust his advice.

Chapter 6 : Cure for Heart Disease

In general, treatment for heart disease usually includes: Lifestyle changes. These include eating a low-fat and low-sodium diet, getting at least 30 minutes of moderate exercise on most days of the week, quitting smoking, and limiting alcohol intake.

Researchers are working to find a cure, but in the meantime, people with the condition can minimize its effects by making lifestyle changes, seeing the doctor regularly, and possibly taking medications. Another site advises taking a concoction of herbal remedies. Unfortunately, despite these claims, there is no heart disease cure. It can only be controlled. As the old saying goes, "An ounce of prevention is worth a pound of cure. Suggestions for minimizing the effects of heart disease -- as well as preventing it from ever occurring --often include lifestyle modifications and understanding your personal risk factors. People With Heart Disease While curing or reversing heart disease is not possible, it is vital to control it through a variety of treatment options. Treatment for heart disease will vary, based on the particular situation. People with heart disease will need to undergo certain lifestyle changes. Depending on the severity of the heart disease, these may be the only changes a person needs to make. For more serious conditions, heart disease treatment may include medications or certain procedures. Making lifestyle changes that minimize or eliminate the heart disease risk factors you can control is one important part of treating heart disease. Eating well, getting regular physical activity, and maintaining a healthy weight will help to lessen the severity of your condition. Reducing stress and limiting alcohol use can also improve your heart health. And, if you have diabetes , you will need to carefully manage it. Be sure to see your doctor regularly for follow-up visits. The good news is that you can control heart disease. There is much you can do to manage your condition, reduce your risk of a first or repeat heart attack , and improve your chances of living a long, rewarding life. The sooner you get started with your treatment, the better your chances of avoiding further heart problems, feeling better, and staying well. Ask for support from family and friends. Keep in touch with your doctor. Make new, heart-healthy lifestyle choices, one healthful habit at a time. Above all, be patient with yourself. You can live a full, rewarding life with heart disease.

Chapter 7 : A Skeptical Look at Dwight Lundell, M.D.

Heart disease is the leading cause of death in the United States, according to the Centers for Disease Control and Prevention, killing more than 1 million Americans annually. "Heart disease is a broad term that encompasses many different problems," said Navy Lt. Cmdr. Geoff Cole, staff cardiologist at Walter Reed National Military Medical.

Most heart attacks happen when a clot in the coronary artery blocks the supply of blood and oxygen to the heart. A blockage that is not treated within a few hours causes the affected heart muscle to die. Fast action can save lives—maybe your own. Chest pain or discomfort—it may feel like pressure or a squeezing pain in your chest. It may feel like indigestion. You may also feel pain in your shoulders, arms, neck, jaw, or back. Shortness of breath—often comes along with chest discomfort but can also occur before. Other symptoms—breaking out in a cold sweat, nausea, or light-headedness, upper body discomfort in one or both arms, the neck, jaw, or stomach.

Diagnosis Key heart tests include: The ECG can detect abnormal heartbeats, some areas of damage, inadequate blood flow, and heart enlargement. Blood test—Checks for enzymes or other substances released when cells begin to die. They are "markers" of the amount of damage to your heart. Nuclear scan—Reveals the damaged areas of the heart that lack blood flow. The test uses radioactive tracers to study how blood flows in your heart. Coronary angiography or arteriography —A test that uses dye and special X-rays to show the inside of your coronary arteries.

Treatment You will need to change your lifestyle to help prevent or control coronary heart disease CHD and so reduce the risk of a first or repeat heart attack. Sometimes, though, you may need medicines. Antiplatelet drugs, such as aspirin, keep blood clots from forming. These drugs help to keep arteries open in those who have had a previous heart bypass or other artery-opening procedure, such as coronary angioplasty. Anticoagulants blood thinners prevent blood from clotting or prevent existing clots from getting larger. They can keep harmful clots from forming in your heart, veins, or arteries. Clots can block blood flow and cause a heart attack or stroke. Common names for anticoagulants are "warfarin" and "heparin. It also slows some fast heart rhythms. ACE angiotensin converting enzyme inhibitors stop production of a chemical that narrows blood vessels. They help control high blood pressure. You may also take an ACE inhibitor after a heart attack to help the heart pump blood better. Beta blockers slow the heart and make it beat with less contracting force, so blood pressure drops and the heart works less hard. They are used for high blood pressure, chest pain, and to prevent repeat attacks. Nitrates nitroglycerin relax blood vessels and stop chest pain. Calcium channel blockers relax blood vessels. They are used to treat high blood pressure and chest pain. Diuretics decrease fluid in the body. They treat high blood pressure. Diuretics are sometimes referred to as "water pills. Thrombolytic agents clot busting drugs are given during a heart attack to break up a blood clot in a coronary artery and restore blood flow. Many people hear the term "acute coronary syndrome" related to heart attack. But just what is it? Acute coronary syndrome ACS is a life-threatening form of coronary heart disease CHD that occurs when the heart muscle does not receive enough oxygen-rich blood. ACS includes myocardial infarction MI , also known as a heart attack, and unstable angina, or sudden, severe chest pain that typically occurs when a person is at rest. Every year, ACS affects an estimated 1. Even though patients receive intense ACS management while in the hospital, new treatments are needed to reduce the risk of acute heart attack, stroke, and cardiovascular death. ACS patients receive anticoagulant drugs but this treatment is limited to the hospital. NIH Research to Results For years, growing evidence has suggested that inflammation plays a strong role in developing cardiovascular disease, especially atherosclerosis, or hardening of the arteries. NHLBI is working to review and update the scientific evidence regarding the assessment and management of cardiovascular risk factors. Findings will become part of the set of guidelines for health care providers to help adult patients reduce their risk for heart disease. What lifestyle changes can I make to prevent a heart attack? How do I know if I am having a heart attack? To Find Out More.

Chapter 8 : Coronary Heart Disease: Symptoms + Natural Remedies - Dr. Axe

Researchers just discovered a simple way to fight obesity, heart disease, and mental illness - by giving people puppies. That may sound barking mad. But a new round of medical research shows.

What Causes Congenital Heart Disease? The defect typically interferes with the normal flow of blood through the heart, which may affect breathing. The heart defect may run in families. Taking certain prescription drugs during pregnancy puts a child at a higher risk for a heart defect. Mothers who had a viral infection during the first trimester of pregnancy are more likely to give birth to a child with a heart defect. Increased blood sugar levels, such as occurs with diabetes, may affect childhood development. The treatment for a congenital heart defect depends on the type and severity of the defect. Some babies have mild heart defects that heal on their own with time. Others may have severe defects that require extensive treatment. In these cases, treatment may include the following:

Medications There are various medications that can help the heart work more efficiently. Some can also be used to prevent blood clots from forming or to control an irregular heartbeat.

Implantable Heart Devices Some of the complications associated with congenital heart defects can be prevented with the use of certain devices, including pacemakers and implantable cardioverter defibrillators ICDs. A pacemaker can help regulate an abnormal heart rate, and an ICD may correct life-threatening irregular heartbeats.

Catheter Procedures Catheterization techniques allow doctors to repair certain congenital heart defects without surgically opening the chest and heart. During these procedures, the doctor will insert a thin tube into a vein in the leg and guide it up to the heart. Once the catheter is in the correct position, the doctor will use small tools threaded through the catheter to correct the defect. A surgeon may perform open-heart surgery to close holes in the heart, repair heart valves, or widen blood vessels.

Heart Transplant In the rare cases in which a congenital heart defect is too complex to fix, a heart transplant may be needed.

Congenital Heart Disease in Adults Depending on the defect, diagnosis and treatment may begin shortly after birth, during childhood, or in adulthood. In these cases, the symptoms of a newly discovered congenital heart defect may include: Some people may only need to monitor their condition closely, and others may require medications and surgeries. In some cases, defects that may have been treated in childhood can present problems again in adulthood. The original repair may no longer be effective or the initial defect may have become worse over time. Scar tissue that developed around the original repair may also end up causing problems, such as heart arrhythmias. Treatment may not cure your condition, but it can help you maintain an active, productive life. It will also reduce your risk for serious complications, such as heart infections, heart failure, and stroke. Women who are pregnant or plan on becoming pregnant can take certain precautions to lower their risk of giving birth to a baby with a congenital heart defect: If you have diabetes, make sure your blood sugar levels are under control before becoming pregnant. If you have a family history of congenital heart defects, ask your doctor about genetic screening. Certain genes may contribute to abnormal heart development. Avoid drinking alcohol and using illegal drugs during pregnancy.

Chapter 9 : Heart valve disease - Diagnosis and treatment - Mayo Clinic

With better understanding of the different signs and symptoms of heart disease, especially the "atypical" symptoms experienced by women and the elderly, the diagnosis of heart disease has improved. The prognosis for the patient is better when diagnosis and treatment are initiated early.

In fact, the deadly condition can be reversed in less than three months. Crandall tells Newsmax Health. His book contains an easy-to-follow, step-by-step plan to reverse heart disease that has been proven to work in many cardiac patients. Crandall, author of the Heart Health Report newsletter. Early in his career Dr. Crandall trained as an anthropologist, and he travels the world on medical missions. Here is some of the lifesaving advice from the ground-breaking book: Take two grams of fish oil every day. Fish oil helps prevent heart disease, heart-attack causing blood clots, and helps regulate your heartbeat, which prevents sudden cardiac death. Choose them fresh and whole, and preferably buy organic ones to reduce contamination from chemicals and pesticides. Get your teeth cleaned. Gum disease is a chief cause of inflammation, which fuels heart disease. Get a medical checkup if you snore. Snoring is a symptom of sleep apnea, the common sleep disorder that affects 10 to 20 million Americans and hikes the risk of high blood pressure, coronary heart disease, and heart attack. Walk one hour a day. This habit will sharply reduce blood pressure, prevent diabetes, and reduce the risk of heart disease. If an hour is too exhausting, start with a minute walk each day and work up to an hour. Add a moderate strength-building program to your daily walk. Regular strength training also called resistance training builds muscle and decreases the loss that comes with aging. Muscle tissue also uses more calories, so you can lose weight more easily. Follow a heart-healthy diet, which means cutting out or limiting high-fat meat, high-fat dairy products, processed grains, and fats. Cut down on processed salt and learn to season your food with herbs and spices. Try curry, fennel, garlic, cinnamon, and other spices to give your food zest without adding salt, which can hike blood pressure. Aim to have most of the protein in your diet come from fish. Fatty fish are rich in omega-3 fatty oils; leaner fish are nutrient-rich without being high in calories. When you eat, fill up on fruits and vegetables before eating anything else. Faith is a strong motivator to improve. Connect with your local church or synagogue to put the power of prayer on your side.