

**IN THIS ISSUE:**

- ♥ **Exercise: Brilliant!**
- ♥ **Start Your Engines--page 2**
- ♥ **Nurturing Nature--page 4**
- ♥ **Heart Skips and Flutters in Women--page 6**



4330 Wornall Road  
Suite 2000  
Kansas City, MO  
64111-9923

(816) 931-1883  
1-800-697-2272  
Fax (816) 931-7714

Website: www.cc-pc.com

- Barry D. Rutherford, M.D.
- Warren L. Johnson, Jr., M.D.
- Robert D. Conn, M.D.
- Lee V. Giorgi, M.D.
- Thomas H. Good, M.D.
- Timothy M. Bateman, M.D.
- James H. O'Keefe, Jr., M.D.
- Kenneth C. Huber, M.D.
- Steven B. Laster, M.D.
- John B. Hiebert, M.D.
- K. Michael Zabel, M.D.
- Stephanie L. Lawhorn, M.D.
- Randall C. Thompson, M.D.
- Anthony Magalski, M.D.
- Tracy L. Stevens, M.D.
- David G. Skolnick, M.D.
- Michael L. Main, M.D.
- William Clifton Daniel, M.D.
- Richard M. Moe, M.D., Ph.D.
- A. Iain McGhie, M.D.
- Charles William Barth, III, M.D.
- J. Aaron Grantham, M.D.
- Steven P. Marso, M.D.
- Brian M. Ramza, M.D.
- Martin H. Zink, M.D.
- Michael A. Hajdu, M.D.
- Matthew G. Deedy, M.D.
- Riaz R. Rabbani, M.D.
- Andrew C. Kao, M.D.
- Kevin A. Bybee, M.D.
- Mikhail Kosiborod, M.D.
- Allen L. Gutovitz, M.D.
- Donald J. McSweyn, M.D.
- Emeritus**
- James E. Crockett, M.D.
- Geoffrey O. Hartzler, M.D.
- Ben D. McCallister, M.D.
- David R. McConahay, M.D.
- David M. Steinhaus, M.D.

## Exercise: Brilliant!

**NEW SCIENCE DEMONSTRATES THAT CARDIO-EXERCISE  
NOT ONLY LEADS TO A HEALTHIER HEART,  
BUT TO IMPROVED BRAIN POWER!**

**By James H. O'Keefe, Jr., M.D.**

The other day I asked Howard, a 52-year-old patient of mine, "What do you do for exercise?" He replied, "I was a varsity swimmer in high school."

Now, as impressive as that may be, it's completely irrelevant to his current health status. It's the survival of the fittest; and what you did decades ago or even last year doesn't matter. Your body and brain want to know: "What have you done for me lately?"

Amazingly, just 30 minutes of moderate or intense aerobic exercise can even make you smarter for the next several hours. We're not talking about the kind of smarts that come from a book; but instead a heightened mental focus that enables quicker and more precise decision-making, enlightened creativity, and improved productivity.

Research has shown that a 30-minute cardio workout

can boost the raw information processing capability of the mind, thereby improving memory and the ability to multi-task. In June 2005 a study of 210 workers found that on a day when they participated in an exercise program, they scored 15 percent

higher in their ability to meet time and output demands compared to the days they didn't exercise.

This means if you take 30 minutes for a good aerobic exercise session in the morning, you will be able to accomplish in an 8-hour day what it would normally take you 9½ hours to do. Don't tell me you don't have time to exercise. Taking 30 to 45 minutes to get your daily workout may be the single most important tool you have to make sure you thrive in your busy, demanding 21st century American life.

*Continued on page 3*



## FOODS THAT GO STRAIGHT TO YOUR HEAD

You, and especially your brain, are what you eat. If you want a bright, happy, and creative mind, with a sharp memory, you will need to make it a point to nourish your brain. A study just published in the *American Journal of Clinical Nutrition* found that among the 1,000 Japanese people studied, those who drank two or more cups of green tea daily were 54 percent less likely to develop cognitive impairment (a term for early Alzheimer's disease) than the people who drank less than two cups weekly. In this study, coffee and black tea did not provide the same benefits.

Omega-3 is the other brain food about which we have a tremendous amount of scientific evidence. DHA is one of the omega-3s that is the main constituent of the cell membranes in the brain. Getting DHA levels back into a healthy range appears to protect against Alzheimer's disease and

*Continued on page 3*

# Start Your Engines: Fire up Your Metabolism, Re-energize Your Life and Burn off Flab!

By James H. O'Keefe, Jr., M.D.

These days you surely want a fuel efficient car and a well-insulated home; but when it comes to your body, you want a lean, mean, hot-burning machine—like it was when you were a teenager. That layer of excess body fat you're carrying around not only keeps you well-insulated, but it also slows your metabolism, leaving you feeling sluggish and making it very difficult to lose weight.

Amazingly, about 60 percent of your total caloric expenditure is used for your resting metabolic rate. This is the energy needed for "keeping the furnace running and the lights on." These tips are the formula for firing up your furnace and burning off that flab. Start your engine today and make 2006 your best year yet!

1. Eat breakfast every day. And think outside the box—the cereal box that is. Cocoa Puffs or Fruit Loops might taste great and have fun prizes inside, but starting your day this way will make you hungry and fat. The breakfast of champions and hot-blooded, high-energy achievers is lean protein, veggies and fruits.

2. Eat lean protein at all three meals. A day without protein is a day of aging. A serving should be about the size and thickness of the palm of your hand. A handful of nuts, a chicken breast, a piece of salmon, cottage cheese, or omega-3 enriched eggs are all great protein choices. Forget sausage, bacon, full-fat dairy and regular hamburger: these are bad fat disguised as meat.

3. Consume at least nine servings of vegetables and/or fruit each day. Eating healthier doesn't take more time or money—just smarter choices. You need to eat about three half cups (or fistfuls) with each meal. The Forever Young program is not a fad diet; it's the nutritional lifestyle for which you are hard-wired. If you follow these guidelines, you will thrive with the vigor and attractiveness that comes from the inside out.

4. Drink 12 to 16 ounces of water before each meal and you will flush out the bloated, post-holiday puffy look. Water has the power to rejuvenate you just like the rains revitalize the desert. Vibrant, shiny, dewy, and hydrated: water is what makes you and every other living thing on Earth feel and look alive. Often people think they're hungry when really they are just dehydrated. Also, generous water consumption raises your metabolism enough that if you do nothing else differently except drink 64 ounces daily, by the end of the year you will have burned off 10 pounds of body fat. Carry a case of water bottles in the trunk of your car, and gulp it down while you're sitting at red lights. When your engine is running hot, you gotta keep your tank filled with water. Okay, so you have to go to the bathroom a lot. This is a small price to pay for looking like a thoroughbred racehorse.

5. Stoke your metabolic furnace with fuels like green tea, cold-water fish and whey protein. Consuming these power foods will automatically dial up your thermostat so that it will burn more calories without even trying; which means you will find it easier to stay lean and fit. Tea, fish and whey protein all help to melt fat away, build valuable muscle, blunt your cravings, lift your mood and give your complexion the glow of youth.

6. Daily exercise is the single most powerful way to revolutionize your health and looks. A daily habit of physical activity improves your mood and self-confidence, which means it leaves you looking and feeling sexier. The exercise should be vigorous if you want to burn belly fat off; aim for an effort of six to eight on a scale from one to 10. A good workout burns fat not only while you are active, but during the next 24 hours as well, due to the afterburn

benefits of an increased metabolism. Find something convenient and enjoyable and make time for it first thing in the morning; before the rest of the world has the chance to start harassing you. If you can make it a routine, in no time it will become automatic and you won't need willpower.

Going up? Take the stairs every chance you get. A recent Harvard study found that people who climbed 55 flights or more of stairs during the course of an average week had a 30 percent lower risk of dying than the elevator crowd. Stair climbing, the most vigorous exercise the typical American does regularly, is a great way to burn calories and get fit within the confines of your daily routine. Think of stairs as an opportunity to

improve your well-being and burn off fat without having to go to the gym; and it beats wasting time waiting for an elevator.

7. No pop, not even diet soft drinks. Ever notice that the only place you see fit and healthy people drinking diet soft drinks is in cola commercials? Calorie-free sweeteners, despite the fact that they do not contain sugar, will not help you to lose weight. Artificial sweeteners remind you of the taste of the forbidden fruit: refined sugar, and thus feed your sweet tooth addiction for sugary treats. Alcoholics Anonymous advises their members to not use alcohol-free beer for the same reason.

8. Make it a priority to get six to eight and one-half hours of sleep each night. People who don't get enough sleep are at a much higher risk of becoming overweight. Sleep deprivation raises your stress hor-



# Start Your Engines *Continued from page 2*

mones, which in turn causes overeating and cravings for high-calorie junk food. These yummy (but toxic) processed foods are quickly deposited around your waist—the most dangerous and unattractive spot to have excess fat. Sleep is a time of healing and rejuvenation, leaving you refreshed, enthused and ready to embrace the new day with vim and vigor.

9. Stop eating junk. By learn-

ing what not to do, you can take a big step towards becoming lean and fit again. You can lose weight by eating nothing else but 1,200 calories a day of cheesecake, and eventually you might be lean—but you wouldn't be healthy. The goal is to not just become thin, but instead to become healthy and fit; and the surest way to get there is by eating lots of fresh produce, lean protein, nuts and berries, and getting daily exercise.

10. Don't worry, be happy. Stress raises your cortisol and blood sugar, causing fat to deposit in your abdomen. On the other hand, laughter reduces stress hormones, lowers blood pressure, bolsters immunity and improves health and well-being. You don't have to be young to feel and act young. So stop trying to be anything other than your own best self. And quit taking your life so seriously. It's not permanent. ♥

---

## Exercise: Brilliant! *Continued from page 1*

Other studies show that aerobic exercise has the mental focusing effect similar to that of drugs utilized for attention deficit hyperactivity disorder (ADHD). Like a lot of problems, ADHD can be treated naturally and without prescription chemicals if you will simply do what you're designed to do: move.

Studies also show that exercise not only improves short-term mental functioning, but is one of the most important ways you can reduce your chances for developing Alzheimer's disease and other forms of dementia, as well as stroke. This is a no-brainer; exercise is like a wonder drug for your mind. Exercise will also reduce anxiety and depression and will immediately lower your blood pressure, blood sugar, triglycerides, and stress hormones.

So staying physically active will help you to stay happier, will raise your self-esteem, improve your energy levels and sleep and even boost your ability to think. Yet these and countless other benefits of exercise are temporary—they wear off in about 24 hours. People ask me how often they need to exercise, and I ask them, "How often do you eat or have to deal with stress?" Exercise cleanses your system of the toxic effects of stress and too many calories. So you need to make exercise a daily habit—like brushing your teeth.

A study of over 6,000 people followed for six years found that next to age, fitness (measured simply by how many minutes a person could exercise on a treadmill test) was the strongest predictor of survival. The fitness level was more important than their blood pressure, cholesterol, family history, or even whether or not they smoked. And fitness is an easily modifiable risk factor, just get out there and do something physical on a daily basis.

The human genome contains only 25,000 genes, or about one-third more than the lowly roundworm. Genetic experts were initially surprised that something as complex as a human being could be built from such a limited blueprint. However, it is becoming increasingly clear that how the genes function is far more important than simply the raw number of genes. Each gene can function in a variety of ways depending on how it is regulated; and daily exercise is the single most powerful way to change how your genes work. The function of over half of all of your genes will be changed for the better when you exercise regularly. If you are out to create a "whole new you," the place to start is by ensuring that you exercise at least 30 minutes or more almost every day.

So you may have to make your daily workout a top priority, and if you rely on motivation or wait for a convenient time to exercise, you will be doomed to a sedentary, low-energy, unfit lifestyle.

The obligations and stress of our busy world make it difficult to keep up

the incentive for exercise; so rely on structure in your life more than motivation. Carve out time in your day for exercise, ideally first thing in the morning. Make it protected time for you and fiercely guard it. When I roll out of bed at 6:15 each morning to go for a run, I often don't really feel like exercising. But I do it because it's just what I do; and if I don't, Joan notices that I and our two border collies are all much more difficult to live with. After about the first five minutes, I can feel my engines firing up and I am happy to be out there. Even though you may not feel like exercising when you first wake up in the morning, once you begin your workout it will become second nature. The rest of the day you will be happier, more focused, efficient, and productive. ♥

---

## FOODS THAT GO STRAIGHT TO YOUR HEAD

*Continued from page 1*

improve thinking ability and mood. But eating fish on a daily basis can increase your mercury levels—something that is not good for your brain. We recommend two or three fish meals weekly, and three capsules of an omega-3 supplement taken daily. CardioTabs Omega-3 is highly purified and contains a higher level of DHA than any other fish oil. You should take three capsules daily, and it's okay to take them all at the same time. ♥

# Nurturing Nature: Good for Your Heart and Soul

By James H. O'Keefe, Jr., M.D.

Recently Joan and I were at a dinner party and the topic of gardening came up. It was fun to see my friend Rich's eyes light up as he told us about his rose gardens. This time of year he is out there working the soil, preparing the beds, watering, fertilizing and trimming the rose-bushes. It is one of his passions in life and he insists that it is a spiritual experience—good for his soul as he puts it.

Rich is not alone in his love for gardening. It is the number one leisure activity in the U.S. This is great news because gardening may be one of the very best things you can do to improve your overall vigor. While you're tending to the lawn, trimming trees and bushes, planting pots, pulling weeds, raking leaves, digging soil, spreading fertilizer or just appreciating the fruits of your labor in the form of beautiful foliage and delicious produce, gardening has the power to make you thrive and grow healthy again, just like the plants you are nurturing.

Gardening involves light to moderate and sometimes even strenuous exercise that incorporates many important elements of an ideal fitness program, such as stretching, balance, cardio, and strength training. Regular garden chores can burn anywhere from 200 to 400 calories each hour, depending on the intensity of the activity. Gardening is nature's version of cross-training: but it demands that you lift bags of dirt instead of iron dumbbells, that you walk behind a mower instead of on a treadmill, and that you stretch to trim those higher and lower branches instead of doing yoga. A recent survey of 2,000 British people reported that 84 percent of them felt instantly relaxed when they were out in nature. I know this is certainly true for me. When I am out working or exercising in nature, I find that the time tends to fly by.

## THE HYGIENIC THEORY

Headlines warn us on a daily basis of a potential killer pandemic of bird flu looming on the horizon or staph aureus bacteria that are evolving resistance to all known antibiotics. So it's not surprising that antibiotic soaps, antiseptic wipes, hygienic face masks, disposable gloves and high-tech indoor air filters are all the rage with germ-phobic Americans. However, some of the most common ailments today may be due to the fact that we don't get enough exposure to the friendly germs out in the natural world.

The hygienic theory is that the rise in asthma, allergies, and other autoimmune diseases, is in part due to the fact that by living in our sterile, man-made indoor urban dwellings, we are increasingly more isolated from nature. The immune system is designed to be constantly interacting with a wide variety of antigens from the natural environment, like those found in soil and on animals and plants.

These days we obsess about trying to make our world more

antiseptic and sterile, when in fact our body thrives on just the opposite—the friendly bacteria and antigens found in nature. To be clear, we're not talking about going out of your way to hang out on overcrowded germ-ridden jet airliners or drinking contaminated water. But this is just one more reason to embrace gardening and other outdoor activities and pets.

Nurturing other life, whether it be gardening, playing with your children or grandchildren, or taking the dog for a walk, does your heart good. And it is not just physical exercise that confers the benefits. Caring for life around you and watching it thrive and bloom in response to your kindness, compassion and love can be one of the real joys in life.

This kind of exercise has the power to change your hormonal profile, lowering the stress hormones and amplifying the hormones that promote relaxation and strengthen your immune system. Reconnecting with nature in springtime is not only good for curing your winter blues, but a great way to grow physically stronger as well. ♥

## Worms!



For a presentation to my daughter's third grade class I decided that a visual demonstration might help the kids to understand the importance of the right diet and lifestyle.

At the beginning of the presentation I placed four worms into four separate jars of alcohol, coffee, chocolate syrup or good clean soil. At the conclusion of the talk, I pointed out to the children:

- ♥ The first worm in alcohol—Dead.
- ♥ The second worm in coffee—Dead.
- ♥ The third worm in chocolate syrup—Dead.
- ♥ The fourth worm in good clean soil—Alive and Well.

So I asked the class: "What can you learn from this little experiment?"

A little girl in the back of the classroom quickly raised her hand and said, "As long as you drink, smoke and eat chocolate, you won't have worms!" ♥



# Cardiovascular Consultants Uses Device to Open Blocked Leg Arteries

Cardiovascular Consultants is using a device to treat a painful and common condition known as peripheral arterial disease (PAD). Called the SilverHawk™ Plaque Excision System, the device is approved by the Food and Drug Administration (FDA) to remove harmful plaque from blocked arteries in the legs.

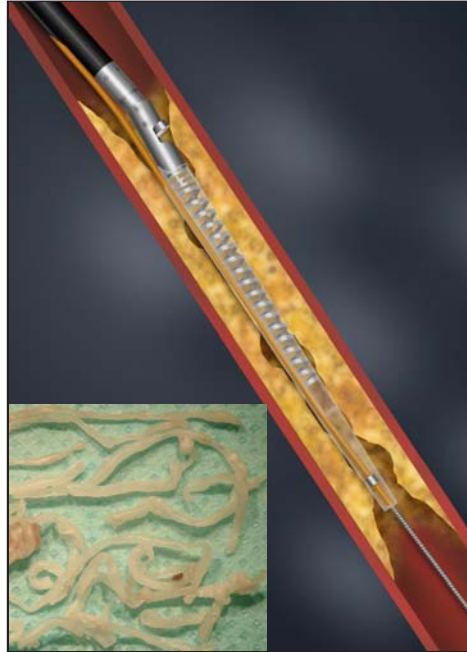
Like angioplasty, plaque excision is a minimally invasive procedure performed through a small incision site in the upper inner thigh where the femoral artery is located. The physician inserts the catheter into the artery and moves the device to the blockage site. The device is actually situated at the end of the catheter, which houses a tiny rotating blade the size of a grain of rice. The blade shaves the plaque from inside the artery. As the plaque is shaved off, it collects in the tip of the device and is removed from the patient's body when the procedure is over.

Before the arrival of plaque excision, treatments for PAD included angioplasty, stenting and open bypass surgery, an invasive procedure which requires creating a large incision and involves a longer hospital stay. Both angioplasty and stenting clear a channel in the artery for blood flow by pushing plaque up against the artery walls. However, patients often return within six months after balloon angioplasty to have the procedure repeated because the artery becomes blocked again from scar tissue formation.

Metal stents are an improvement on angioplasty, but have the potential to break in an artery that must stretch, bend and twist during everyday activity. Forty to 50 percent of these

stents will clog up with scar tissue within two to three years.

"Using this procedure, we can remove large quantities of plaque entirely instead of simply compressing it against the vessel



**Physicians at Cardiovascular Consultants are using this new plaque excision system to remove plaque from the peripheral arteries. Inset: This may look like earthworms, but it's not. This is actually plaque removed from a patient's peripheral arteries using the plaque excision system. Prior to removal, the plaque blocked blood flow to the leg arteries, causing leg pain.**

wall and hoping it won't come back," explains Steven Laster, M.D., an interventional cardiologist with Cardiovascular Consultants who has used the device successfully on 100 patients. "The device is versatile and can be used in the groin and thigh arteries, as well as the smaller arteries below the knee. One-year clinical results are very promising. Eighty-five percent of

patients remain free of additional procedures at one year. Two-year results are anxiously awaited."

In fact, Dr. Laster says many patients with PAD have a difficult time walking half a block without feeling severe cramping in their legs. "This device provides great relief to those patients and has improved their quality of life immensely," he adds.

PAD affects nearly 12 million people in the United States. Similar to cardiovascular disease, PAD is caused by the buildup of fat and cholesterol, known as plaque, which disrupts normal bloodflow to arteries in the vascular system. Symptoms of the disease often include severe pain, numbness, tingling or weakness in the legs because of lack of blood flow. Leg pain, known as claudication, can be so extreme that patients may have difficulty walking short distances.

If left untreated, PAD ultimately can lead to amputation. Last year alone, more than 150,000 amputations were performed in the U.S. In a number of hospitals across the country, plaque excision has been used to save the patient's leg from amputation after other peripheral interventions have failed or when there were no other treatment options for the patient.

Those at risk of developing PAD include patients with high blood pressure, diabetes and high cholesterol. Other contributing factors include obesity, smoking and an inactive lifestyle. Screening for peripheral vascular disease is simple and painless, so consult with your physician to find out if you are at risk. ♥

# Heart Skips and Flutters: Are They Related to Hormones?

By Tracy Stevens, M.D., F.A.C.C.

Heart rhythm disorders are especially common in women. These are described as skipped heart beats, flutters or palpitations. The symptoms are present more at rest and especially when lying down. They may worsen with certain situations such as stress, use of caffeine, alcohol, decongestants, inhalers, sleep aids or weight loss medications. Adrenaline receptors are present in the heart and any condition that raises adrenaline may worsen heart skips or palpitations. Medical disorders may cause or worsen palpitations, including uncontrolled blood pressure, anemia, thyroid abnormalities, electrolyte imbalances and sleep apnea.

Premature atrial contractions (PACs) cause more of a flutter-like sensation, whereas premature ventricular contractions (PVCs) are described as the sensation that the elevator or rollercoaster is falling, followed by a pause and a hard heart beat that may be felt into the neck. Palpitations are usually caused by many PACs that occur in a row, causing a fast pulse and often referred to as supraventricular tachycardia (SVT). These are most commonly "nuisance rhythms," though in some may cause lightheadedness or passing out episodes. This is in contrast to ventricular tachycardia, which can be a life-threatening rhythm caused by many serial PVCs and is predominantly triggered by structural abnormalities of the heart.

Hormonal cycles in women or changes in hormonal therapy may be associated with heart skips or flutters, as well as chest pain. Estrogen receptors are present in the heart and arteries, including the coronary arteries. When estrogen circulates through the bloodstream and binds to the receptors, nitric oxide is released. Nitric oxide enhances the protective lining of our arteries, the endothelium, and

preserves the ability of the artery to dilate. Whenever variations in circulating estrogen occur, there is inconsistent binding to the receptors



which can precipitate chest pain, as well as skipped heart beats. The week prior to the start of the menstrual cycle is a

very common time for women to notice skipped heart beats. Women who are peri-menopausal, or who have stopped or changed their hormone therapy, may also experience these symptoms. This may in part explain some of the findings of the WISE (Women's Ischemia Syndrome Evaluation) study where women with classic chest pain symptoms were found to have "normal" coronary arteries, with the suspicion being more of a microvascular source. Instead of being told their symptoms are not related to blockages in the main coronary arteries, reinforcement should be placed on modification of risk factors. The recent WHI (Women's Health Initiative) study suggests a protective effect of estrogen therapy on heart

disease in peri-menopausal women from ages 50 to 59. The results of this study may be reassuring to women who are considering hormone therapy to treat menopausal symptoms, including palpitations.

Although these skips and flutters are likely to be benign and only require reassurance, a complete history must be obtained and a cardiovascular examination performed. Structural abnormalities of the heart or abnormal electrical circuits must be excluded as causing the rhythm disorder. Most of the time, the rhythm disorder occurs in response to a stimulus from the body's other systems, rather than problems with the structure of the heart. Patients are encouraged to be aware of any precipitating factors or cyclic hormonal patterns.

Heart monitors are often worn to capture and document the rhythm and determine if there is a correlation with symptoms. Medications may be recommended to those who are quite bothered by frequent heart skips and palpitations. Some notice a decrease in symptoms with taking omega-3 fish oil. Commonly, a class of medications called beta blockers are prescribed, which exert their actions by blocking the binding of adrenaline to receptors in the heart. ♥

**Tracy Stevens, M.D., and Marcia McCoy, R.N., M.S.N., Medical Director and Director of the Muriel I. Kauffman Women's Heart Center at Saint Luke's Mid America Heart Institute, with Jane Chesnutt, center, Editor-in-Chief of Woman's Day Magazine, in New York City during Woman's Day's Annual Red Dress Awards. Dr. Stevens is on the Heart Health Advisory Board for Woman's Day Magazine, which has more than 20 million readers.**



# Becoming Healthy and Attractive from the Inside Out

By James H. O'Keefe, Jr., M.D. and Joan O'Keefe, R.D.

*Editor's Note: The following is an excerpt from The Forever Young Diet & Lifestyle.*

Both women and men today spend a great deal of time and money trying to recapture the healthy glow and vigor of youth. However, these fall into the category of "things that money can't buy." Whether it's a clear and radiant complexion, a strong and confident posture, an attractive smile, or a sparkle in your eyes, the right diet and lifestyle is the surest way to become more attractive.

## A CLEAR AND RADIANT COMPLEXION

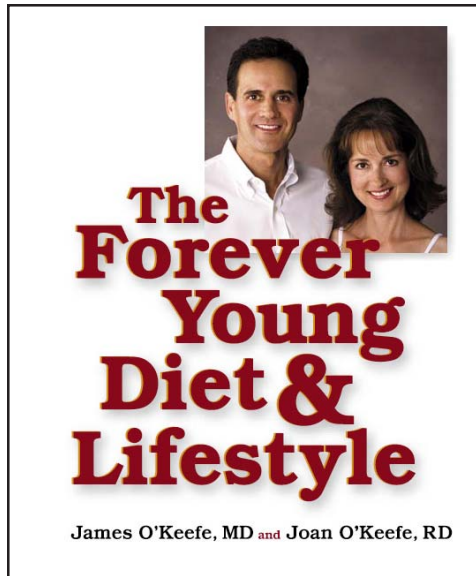
The personal characteristics considered most attractive like a clear and smooth complexion, a clean healthy smile, full shiny hair, a toned and lean body, good posture, and bright eyes, are also indicators of a strong, healthy constitution. It is easy to have these features when you are an active 17-year-old. After 21, there really is only one way to attain this look—you have to earn it with the right diet, exercise, and lifestyle.

Do you know someone with vibrant, clear, beautiful skin? This asset is not a coincidence, but the reflection of a hormonally balanced system that imparts a beauty and youthful glow from the inside out. You can spend all of your free time applying makeup, getting facials at the spa, and even investing in cosmetic surgery, but these will not result in the glow that comes from following the Forever Young program.

When you go with the flow of the typical American lifestyle, eating too many calories, too much sugar and starch, not enough antioxidants, fiber, and fluid, you are destined to have a gray, dull, bumpy, doughy complexion that prematurely ages you.

## ORAL HYGIENE: CRUCIAL FOR BOTH HEALTH AND APPEARANCE

Your teeth and gums speak volumes about your overall health,



and a beautiful smile is important for appearance and comfort. Chronic infections like cavities and gingivitis and more serious periodontal diseases are closely related to health issues like heart disease and diabetes. In a 12-year study of over 14,000 men, Harvard researchers found that those with the healthiest teeth and gums were the least likely to suffer a heart attack or stroke. To keep both your smile and your body healthy, floss once or twice daily and brush your teeth at least two times a day.

## THE EYES: A WINDOW TO YOUR HEALTH

Healthy vision is not to be taken for granted. The eyes have been called the window to your soul, but they also provide telling insights about your physical health.

Cataracts, macular degeneration, and glaucoma are very common problems in Americans as they age. The hormones and pro-oxidant free radicals that rise as you become chronically overweight and overstressed "cook" the proteins in your eyes (similar to the clouding that occurs as you heat an egg white) and can damage and destroy eyesight.

Recent studies indicate that eye problems, including cataracts and age-related macular degeneration, are

associated with a shortened life expectancy. By reducing calorie intake and increasing your antioxidant defenses with at least nine servings of fruits and vegetables daily, you will prevent the cooking of the proteins in your eyes and throughout your system. Statins, or cholesterol drugs such as Lipitor, Crestor and Vytorin, have been linked to a lower risk of developing macular degeneration, cataracts and glaucoma.

You also should wear sunglasses routinely when you are outside—the darker they are and the more they cover your entire field of vision, the better.

## STAND UP STRAIGHT, SHOULDERS BACK, SUCK IN THAT GUT

Carry yourself with a straight, strong posture and you will convey a youthful, confident aura. On the other hand, a stooped, round-shouldered slouch adds decades to your perceived age. The pull of gravity seems to increase for many people as they get older, making it all the more crucial to focus on standing straight and tall.

A simple and effective method to develop good posture is to imagine you are suspended by a string attached to the crown of your head, like a puppet. This is the posture that keeps your head, spine and body properly aligned.

Keep your shoulders squared, your abdominal muscles firm and tight, and your head back and centered between your shoulders. Your weight should be evenly distributed on your two feet, your knees slightly bent, and your hips level.

Good posture does more than just signal good health; it can also affect the aging process. The correct posture helps maintain bone strength and joint health. Strength and flexibility exercises are critically important for maintaining good posture and a healthy musculoskeletal system. ♥

FROM THE  
**HEART**

*From the Heart* is published regularly by Cardiovascular Consultants, P.C. All materials are created by our physicians solely for the education of our patients and referring physicians. Any reproduction must be approved in writing by our physician editor. If you have comments or suggestions, please direct them to:

**James H. O'Keefe, Jr., M.D.**

Editor-In-Chief

4330 Wornall, Suite 2000

Kansas City, MO 64111

(816) 931-1883

330 Arkansas, Suite 202

Lawrence, KS 66044

(785) 841-3636

12300 Metcalf Ave., Suite 280

Overland Park, KS 66213

(913) 491-1000

5844 N.W. Barry Road, Suite 230

Kansas City, MO 64154

(816) 587-2500

20 N.E. Saint Luke's Blvd., Suite 110

Lee's Summit, MO 64086

(816) 554-4848

Website: [www.cc-pc.com](http://www.cc-pc.com)

© 2006, Cardiovascular Consultants, P.C.  
All rights reserved.

## The New and Improved CardioDaily

The two supplements we recommend that nearly all of our patients take are highly purified fish oil, such as the CardioTabs Omega-3, and a multivitamin. The omega-3 is necessary because up to 90 percent of Americans don't get optimal amounts of this crucially important nutrient and the multivitamin is good nutritional insurance that covers any dietary shortcomings.

We are pleased to announce a new formulation of CardioDaily, the CardioTabs multivitamin and mineral supplement. CardioDaily now contains twice as much vitamin D as the previous formulation. Research indicates that vitamin D is critically important for overall health and cardiovascular vigor. Because 90 percent of your body's vitamin D is manufactured in response to sunlight, about two out of three people who live here in Kansas City (or anywhere further north) develop vitamin D deficiency by the end of the winter.

This can weaken your bones, depress the immune system, which can predispose to infections or cancer, contribute to depression, and even play a role in heart disease and overall survival. This has prompted experts to suggest an increased intake of vitamin D, from the previously recommended amounts of 200 to 400 mg daily, to 800 mg—the amount of vitamin D now in CardioDaily.

CoQ-10 is a natural antioxidant made by your body that appears to be important for normal muscle function. Some studies show that people on statins (the class of cholesterol drugs that includes Lipitor, Crestor and Vytorin among others) have lower levels of CoQ-10, which may contribute to the muscle aches and pains that some people experience while on these

statin drugs. It appears that CoQ-10 may be helpful in improving these statin-related muscle aches.

CardioDaily now contains 10 mg of this antioxidant. Also, we have added thiamin, riboflavin, niacin, biotin, pantothenic acid, vitamin A, iodine, copper, manganese, chromium, and molybdenum to make CardioDaily not only a heart healthy

supplement, but also a complete multivitamin/multimineral. These changes reflect CardioTabs' commitment to keeping its formulations at the leading edge of dietary supplement and heart health research.

The proceeds from CardioTabs support the research and education efforts of Cardiovascular Consultants at the Mid America Heart Institute. This includes funding for the "From the Heart" newsletter that reaches approximately 120,000 people. ♥

