



Alliance Institute
for Integrative Medicine

Women's Awareness Program Heart Health and Menopause

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Some things to know about heart disease in women

- Most common cause of death
- The most preventable
- "Invisible"
- 8x more women die from heart disease than from breast cancer

Why prevention is not the same as early detection

- Understanding genetic predisposition
- Understanding epigenetics

Modifying epigenetic risk

- This needs to be personalized for YOU!
- Lifestyle factors: Smoking, Diet, Sleep, Exercise, Gum Disease, Stress
- Underlying diseases
 - Diabetes, gum disease, auto-immune disease (e.g., Lupus, Rheumatoid arthritis), depression, complications in pregnancy (preeclampsia)
 - Drugs: long term steroid use, street drugs, e.g. cocaine, etc.

1. See your doctor: Take charge of your numbers

- Weight, waist circumference, BMI (body mass index)
- Blood pressure
- Blood sugar
- Cholesterol levels
- Hs-CRP (inflammation)
- Treat diseases that put you at risk

2. Diet

- Understanding the benefits of Modified Mediterranean diet

Mediterranean Diet Pyramid

A contemporary approach to delicious, healthy eating

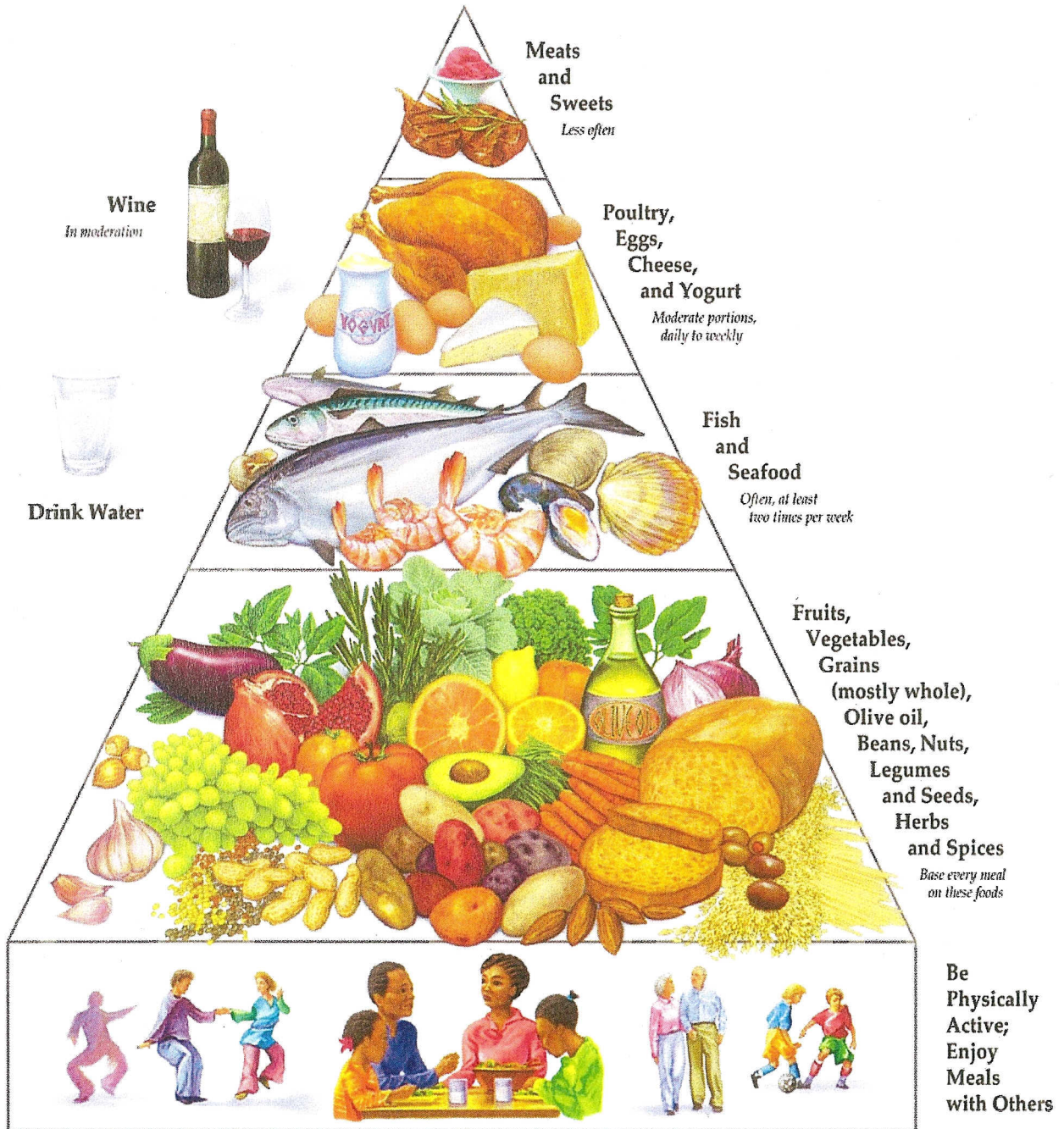


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2. Diet (continued)

- The Ornish Diet (Low Fat)
- The Insulin Resistance/Low Carb Diet (South Beach Diet)
- Supplements that may be beneficial:
 - Omega 3's EPA/DHA
 - Niacin
 - Co Q 10
 - Arginine
 - Vitamin D3

3. Stress reduction:

- Understanding heart break can lead to a broken heart.
- Stress reduction techniques:
 - Herbert Benson MD's Relaxation Response
 - Heartmath (Biofeedback)
 - MBSR (Mindfulness Based Stress Reduction)

4. Exercise:

- 2 ½ hrs/week moderate aerobic exercise
- Strengthening – all major muscle groups > 2 days/week