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## Tips for Staying Young at Heart

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

1. Quit beating yourself up about things you can't change—like your age.

2. Spend time with your upbeat friends. The mopers will only drain the enthusiasm from your life.

3. Keep exploring. Never lose your enthusiasm for new people, places, and ideas. Do not let your mind be idle. An idle brain is the Devil's workshop. And the Devil goes by the name Alzheimer.

4. Laugh out loud and laugh hard. Laugh until your sides hurt and you're gasping for breath.

5. Seize every opportunity to control your own life. The feeling that your life is out of your control leads to stress and aging. Maintaining a sense of control can help you weather stress like water off a duck's back.

6. Crises happen. Grieve, accept, adjust, and move on. The only person who is with you your entire life is you. Be gentle and forgiving with yourself. Do your best, and keep your chin up.

7. Your home is your safe and comfortable refuge. Surround yourself with the

passions and loves of your life, whether it's family, pets, gardens, or friends—connectedness and social relationships will buffer you from stress and prevent premature aging.

8. Safeguard your health: if it's strong, protect it. If you have issues (as we all do sooner or later), address them. Almost anything is fixable, if you seek help for the problem rather than ignoring it.

9. Try to do the things you fear most. When you confront your inner demons, they lose their power over you. Courage is an acquired skill, like a foreign language or golf, that can be mastered only through regular practice. Fate often saves the warrior whose courage endures.

10. Skip the guilt trips. Take a trip to the lake, to the coast, even overseas; but NOT back to where the guilt dwells. Regrets will take you nowhere but down.

11. Every chance you get, remind the people you love how special they are to you, and how much you love them. Cherish the moment; celebrate your chance to *be alive now*. ♥



### DR. HUBER SELECTED TO LEAD PRACTICE

Kenneth C. Huber, M.D., has been named president and executive medical director of Cardiovascular Consultants. Dr. Huber succeeds David M.

Steinhaus, M.D., who resigned effective Oct. 14 to become vice

president and medical director of the cardiac rhythm management division of Medtronic, Inc., Minneapolis, Minn., the global leader in the manufacture of medical technology for the treatment of the heart.

Dr. Huber most recently was chairman of Interventional Cardiology, director of the Cardiac Catheterization Lab and a consulting cardiologist at Cardiovascular Consultants. He also has served as clinical assistant professor of medicine at UMKC.



Continued on page 5

## Who We Are

### An Excerpt from the book, "The Forever Young Diet and Lifestyle" by James H. O'Keefe, M.D. and Joan O'Keefe, R.D.

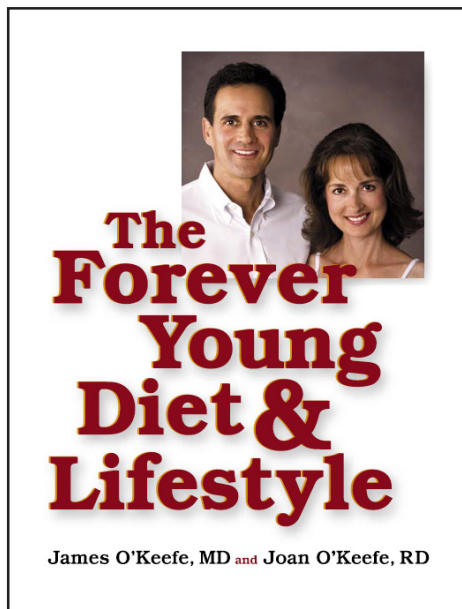
An old adage says "To those who do not hear the music, the dancers appear mad." We are often accused of being a little eccentric in our eating habits and lifestyle. However, if you want to be your best, we hope you will join us on the path less traveled. We guarantee that you won't regret it.

We have been passionate about nutrition and fitness virtually our entire lives, and we feel fortunate to be doing what we love—working in professions that promote health and healing. We met 22 years ago in the halls of St. Mary's Hospital of the Mayo Clinic in Rochester, Minn. At the time, James was a cardiology fellow, and Joan was completing her training in nutrition. As fate would have it, we stumbled across each other at the bedside of a gentleman with a bad heart and a serious weight problem, who needed both of our services. We hit it off immediately and have been best friends ever since. Our focus on health and diet was sharpened by the fact that we both had serious health issues that appeared in young adulthood, and we realized that our well-being and longevity could not be taken for granted. If we wanted to raise our family and enjoy life for decades to come, we knew we had to make taking care of ourselves and each other a top priority.

When James was 20 years old, he was six feet and weighed 154 pounds, as he does now. At the time, he was successfully competing in road-running races and was very fit, or so he thought. In a biochemistry lab, we all drew each other's blood and mixed it with the reagents to measure our own cholesterol levels. James was shocked to find his total cholesterol level above 240. Further testing revealed that his systolic (top) blood pressure was 140 to 160 and his blood sugar was borderline high. When James asked his professors what to do about this, he was less than satisfied with their responses. His

family physician dismissed it by telling him he was young and healthy and not to worry about it. But James' intuition told him that his risk profile was a recipe for heart disease at a young age.

At that moment, James' career in preventive cardiology began in earnest. In medical school, we



receive embarrassingly little formal training on nutrition and human health. Furthermore, the sanctioned diets from the medical establishment have traditionally been ineffective in improving health or promoting weight loss. In the 1980s, the diet that was mistakenly touted as the ideal was a very low-fat, low-protein diet that called for eating about 80 percent of calories from carbohydrates.

When James tried such diets, his triglycerides and blood sugar did not go down; in fact, they went up. The cholesterol went down modestly, but the protective HDL cholesterol went down even more and his energy and stamina were not quite what they used to be. Eventually James realized that not all fats were bad; some of them are about the best health food you can eat. As James transitioned to the Forever Young diet, he noticed profound improvements in all of his risk factors. His blood pressure now

runs under 115/65, his fasting blood sugar is under 90, his HDL is 60, and his total cholesterol (with the help of a low-dose statin) is under 140.

At age 27, while six months pregnant with our first child, Joan was diagnosed with metastatic cancer. After she discovered this potentially lethal problem, her attitude immediately changed from one of shock and fear to optimism and resolve. She promised herself that she would do everything in her power to be around to raise her son. We sought out the best medical care, and she courageously endured the surgeries and radiation. Joan's focus on nutrition and fitness was intensified by the experience. She also felt firsthand the healing power of a strong faith, optimism, and a loving, supportive network of family and friends.

Today, Joan is passionately engaged in her nutrition counseling. Joan calculated that if our youngest child, Caroline, has her last baby at the age she and her mother did, we are going to be in our 80s when our last grandchild is born. She is determined to see that grandchild graduate from high school—which means we will have to hold on until we are about 100. Given that goal and our own health issues, we have a strong personal motivation for making sure the Forever Young program works. We have decided that while it would be nice to live to 100, the real driving force behind our plan is the desire to stay in the prime of our lives—for the rest of our lives.

Listen to your body and pay attention to what makes you thrive and what depletes your energy.

Make sure you know what your health issues are so you can address them before they damage or even end your life. A recent Harris poll showed that the average American is more likely to know the mileage on his car than his blood pressure. Your car can be replaced—your brain can't. There is no more important priority than keeping your mind and body vigorous and strong. ♥

# Rules of the Forever Young Diet

Simplicity is the essence and power of this diet. If you stick to its simple rules, most of the time you will lose excess body fat, grow younger and healthier, and improve your longevity. By following this program you can consistently make the right food decisions, and safely eat anywhere from your own kitchen to a McDonald's restaurant.

The plan starts with an induction phase that generally lasts about two weeks. This strict regimen is to help wean you away from the addiction to sweets and starches. After that, you can add up to one alcoholic drink daily for women or two drinks daily for men. Ideally, it is best to limit yourself to not more than one drink a day regardless of your gender.

Although you may have only one serving of whole grains per day for the first two weeks, after the induction phase most people can use up to two or three servings per day. No sugar or processed grain products are allowed. If you seem to be having a hard time losing your excess body fat, cut back to one serving of grains per day and eliminate the alcohol again.

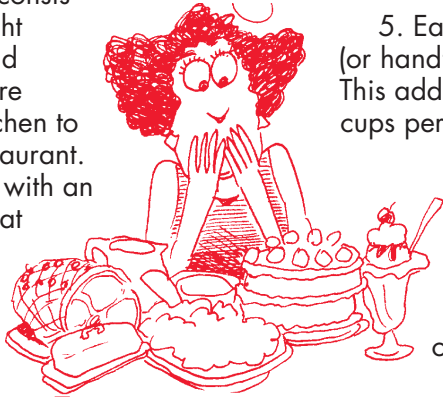
1. Eat three or four meals daily, of approximately the same size. Use the smaller nine-inch plates rather than the standard 11- or 13-inch plates.

2. You *must* eat breakfast every morning—no exceptions.

3. Consume a variety of natural fresh foods each day.

4. Eat lean protein at least three times daily, including at breakfast. This can be more difficult than it sounds. The serving should be about the size of the palm of your hand. Good protein options include

fish, fowl, wild game (like elk, buffalo, and venison), fresh and lean cuts of red meat, whey protein powder, nuts, natural peanut butter, eggs, nonfat yogurt, low-fat cottage cheese, or mozzarella cheese.



5. Eat at least nine servings (or handfuls) of produce daily. This adds up to four and one-half cups per day. Try to include three or four servings of fruit per day; vegetables (except potatoes) as desired, at least four or five servings daily—the fresher and more colorful the better.

6. Do not eat any white flour, white rice, potatoes, or sweets. Avoid any processed foods containing high-fructose corn syrup, hydrogenated (trans) fats, or saturated fats. For desserts, choose fruits such as berries or one to three ounces of dark chocolate. Initially, limit grain products to one serving per day of whole grain such as oatmeal—steel-cut oats or old-fashioned oats (eat raw or lightly cooked). Avoid the quick cook oats. Other options include whole-grain bread (with visible grain, seeds, nuts, etc.), air-popped popcorn, wild rice, brown rice, some breakfast cereals such as those containing no hydrogenated oils or added sugar, and at least three or four grams of fiber per serving.

7. Drink at least two cups of tea daily, preferably green tea—consider drinking some of it as decaffeinated tea. Do not have more than three cups of coffee per day; drink tea if more stimulants are needed.

8. Do not drink any alcohol (yet!). After the two-week induction phase, up to one (for women) or up to two (for men) drinks will be allowed per day. Red wine is best, but any form of alcohol will provide health benefits if consumed in moderation (not more than 10 drinks per week). Avoid sugary mixes like soft drinks. If beer is your preferred alcoholic beverage, try to choose a low-carb or light beer.

9. Try to use a scoop of whey protein powder (without added carbs and mixed in water, nonfat milk, or soymilk) once or twice per day. (We prefer to use whey at breakfast and/or at the midafternoon snack.)

10. Women should try for two cups of nonfat milk daily; men should have one cup.

11. Consider adding soy to your diet in the form of unsweetened soymilk or other soy products—up to two servings daily.

12. Consume four 16-ounce bottles (about one liter) of water daily. You will need more if you are exercising vigorously.

13. Do not drink sugared beverages, fruit juices (low-salt vegetable juices are acceptable), or diet beverages. You will be too busy trying to drink all of the acceptable liquids to even miss the sweet drinks anyway.

14. No TV while eating. You should not have the television on during meals, and there should be no snacking while watching TV programs. No eating in front of the television, since it triggers mindless snacking in many people. Ideally, eating at home should be restricted to only one spot—the kitchen or dining room table for instance.

15. Do not have any food after 8 p.m. Calories that you consume within two or three hours of bedtime are less likely to be burned and more likely to end up as body fat.

16. Take the following supplements: two or three highly purified fish oil capsules per day; one multivitamin daily, containing at least 400 to 800 IU of vitamin D, as well as the daily value of most of the other essential nutrients. Women may need supplemental calcium as well. Men over age 45 and women over 50: take one 81 mg aspirin daily or every other day. ♥

# Ten Tips for Staying Healthy, Fit, Happy and Lean Through the Holiday Season

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

Warning: the holiday season may be hazardous to your health. Studies show that Americans typically gain about seven pounds over the holiday season each year, and some of it stays on permanently despite the New Year's resolutions to get it off. Even more worrisome are reports showing increased risks of heart attack, dangerous cardiac rhythms and even death during the holidays. Emotional stress, depression, over-eating, not enough exercise, and too much salt and alcohol are all likely to be playing a role. Make sure you and your family stay healthy and happy this year by following these rules for safely navigating the holiday hazards.



1. Never go to a holiday party or gathering with a ravenous appetite; it's a recipe for disaster. Before you leave home, have a healthy snack like a scoop of whey protein powder stirred in a glass of skim milk, or an apple with peanut butter, or cottage cheese with strawberries. Also drink 16 to 24 ounces of bottled or filtered water.

2. If you are not able to have a healthy snack before going to a party, park yourself next to the vegetable tray and graze until you've overcome your compulsion to gorge on deep fried cheese balls.

3. The first beverage you choose must be a non-alcoholic, non-caloric drink such as tea, iced tea, sparkling water, water, coffee, etc. No sodas, even diet drinks, allowed all evening.

4. Remember good things first. Initially, fill yourself up with natural low calorie options; the mantra for the rest of the evening is portion control. If you love deep fried cheese balls or crab Rangoon, you can have just one. The goal is to stop eating when you're about 80 percent full—not stuffed to the gills.

5. Pick the smallest plate available and fill it predominately with unprocessed food, still in its natural state (like salads, fruits, veggies, nuts, etc). When you're finished loading it, it should have a flat contour like the Kansas plains, not the pyramidal profile a Colorado Rocky Mountain.

6. Enjoy a glass or two of wine with your meal, the drier the better.

7. For your dessert, choose a small portion of something with redeeming nutritional value like dark chocolate, pumpkin pie, baked apple, or a small scoop of ice cream with fresh berries. Wash it down with as much hot decaf tea or coffee as you please.

8. If the party ends early enough in the day, instead of plopping down in front of yet another football game, invite a family member, friend or even a dog out for a cool refreshing and relaxing walk around the neighborhood.

9. Most people by the end of the night will be miserably overstuffed, hung-over, and well on their way to the typical seven-pound holiday season weight gain and depression. You, on the other hand, will leave the party looking fit and healthy, and feeling comfortable, happy, and ready to sleep like a baby.

10. Don't blow it the next morning by sampling every waist-expanding holiday treat that shows up in your office. You will have better willpower if you eat a breakfast high in protein such as whey protein in skim milk, or Eggland's Best Omega-3 eggs, and a high fiber item or two like an apple, orange, grapefruit, or berries. Also include tea or coffee and 24 ounces of water before noon.

Follow these tips and you'll be ringing in the New Year without regrets. ♥

## Practice Opens New Office in Lee's Summit

Cardiovascular Consultants has expanded its practice to the Lee's Summit community, opening a new office in the Saint Luke's East Campus Medical Building, 20 N.E. Saint Luke's Blvd., Suite 110.

Physicians practicing at this location include Matthew Deedy, M.D., Kevin Bybee, M.D., Andrew Kao, M.D., Mikhail Kosiborod, M.D., and Richard Moe, M.D. Rebecca VanScoy, R.N., serves patients as a nurse practitioner. The practice offers nuclear testing and echocardiography, as well as a Preventive Cardiology Clinic and a Protime Clinic at this site.

Because Cardiovascular Consultants utilizes electronic patient medical records, patients who would like to be seen at the Lee's Summit office don't need to worry about transferring their patient charts and test results. The office can access the information needed through its computer system.

Come visit our beautiful new office and meet our friendly and expert staff. The Lee's Summit community has welcomed the opening of the Cardiovascular Consultants office and Saint Luke's East Emergency Department enthusiastically. The Saint Luke's East Hospital is scheduled to open in early 2006.

The Lee's Summit office is open Monday through Friday from 8 a.m. to 5 p.m. To schedule an appointment, call 816-554-4848. ♥

# Physicians Use New Stent to Treat Thoracic Aneurysms

Just a few short years ago, physicians at Cardiovascular Consultants and the Mid America Heart Institute began using a revolutionary treatment for abdominal aortic aneurysms called an aortic stent. The stent reduced the need for major abdominal surgery, repairing life-threatening aneurysms in a matter of hours.

Now that same principle is being applied to descending thoracic aortic aneurysms. "These are basically aneurysms that occur anywhere between the collar bone and the diaphragm," describes Steve Laster, M.D., interventional cardiologist with Cardiovascular Consultants.

An aneurysm develops when the wall of a blood vessel becomes weak or damaged. Over time, the constant pressure of blood flowing through a weakened vessel can cause a section of it to slowly enlarge, creating a bulge, or aneurysm. An aneurysm can develop in any blood vessel.

The weakness in the vessel is usually caused when there is a breakdown in the proteins that provide structural strength to the wall of the aorta. Proteins such as collagen and elastin can deteriorate with age, but it is likely that the inflammation associated with atherosclerosis can accelerate the process. Men over age 55 are at increased risk for aneurysms, and having a relative with an aneurysm also increases the risk.

Traditional treatment for thoracic aortic aneurysms has involved high-risk surgery requiring a large incision

in the chest. In fact, Dr. Michael DeBakey, one of the pioneers of the surgical treatment for this problem was quoted back in the '70s as saying, "I think the thoracic aorta must be where the human's soul resides because when we remove these aneurysms, the patients don't survive."

During the operation, the surgeon places a synthetic graft to repair the diseased artery. This method can result in long hospital stays and painful recoveries.

And, Dr. Laster says one of the major risks of this surgery is paralysis.

"This new stent is a minimally invasive alternative to the major open surgical approach," Dr. Laster says. "It greatly reduces the risk of paralysis, as well as the many other complications that often accompany surgery to repair the descending thoracic aorta."

In fact, in a clinical trial comparing stent graft repair to traditional open surgical repair, at 30 days the stent device patients had one-third the operative mortality, one quarter the paraplegia rate and 80 percent less blood loss during the procedure. Their intensive care stay was shortened from three days to one, and the hospital stay went from 10 days to

three days, with patients returning to normal activity two times faster.

Dr. Laster adds that long-term follow-up with CT scan surveillance is necessary to be certain the aneurysm repair remains successful.

Dr. Laster works closely with A. Michael Borkon, M.D., cardiovascular and thoracic surgeon with the Mid America Heart Institute. The physicians use CT scan imaging with 3-D reconstruction as an integral part of pre-procedure planning to determine the device size, length selection and

post-procedure follow-up.

The physicians use a catheter delivery technique through a small incision in the patient's groin to place the stent in the thoracic artery. Once in place, the stent re-lines the thoracic aorta and isolates the diseased segment from blood circulation.

"Our results with this new stent have been outstanding," Dr. Laster says. "The patient typically spends 24 to 48 hours hospitalized, versus five to seven days with the traditional surgical repair. But the most important thing is that we are able to offer these patients a viable alternative that greatly reduces their risk for significant complications."

Call Cardiovascular Consultants, 816-931-1883, to learn more. ♥



## Dr. Huber

*Continued from page 1*

A 13-year veteran of the practice, Dr. Huber will continue to treat patients, noting that his work in research and in the care of patients are sources of strength contributing greatly to his capacity to lead in his new executive duties.

Dr. Huber received his medical education from St. Louis University School of Medicine. He completed both an internal medicine residency and a cardiology fellowship at the

Mayo Graduate School of Medicine, Rochester, Minn. from 1985 to 1992.

Dr. Huber holds a diplomate board certification from the American Board of Internal Medicine and the Subspecialty Board of Cardiovascular Diseases, and a board certification from the National Board of Medical Examiners. He is a member of the American College of Cardiology, the American Medical Association, the Missouri State Medical Association

and the Metropolitan Medical Society of Greater Kansas City. He has authored dozens of articles for professional medical and cardiology journals, delivered presentations to professional symposia and participated in dozens of clinical trials.

He resides in Kansas City, Mo., with his wife, Kristen L. Palmer Huber, and their daughters, Alexandra and Christina. ♥

# Mitral Valve Prolapse

## Are you a Click Chick?

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

Mitral valve prolapse (MVP) is a common condition affecting one of the four heart valves. The mitral valve has two leaflets that open and close, allowing blood to flow from the upper chamber to the lower chamber on the left side of the heart. The valve leaflets may be oversized or thickened, causing bowing of the valve when it closes or leakage back into the upper chamber.

There are many clinical scenarios in which MVP can be present. Most commonly, MVP is believed to be an inherited disorder, with a greater expression of the MVP gene in females. This can be what is called an autosomal dominant trait, meaning that the likelihood of having MVP, if present in a parent, is 50 percent. In the past, MVP was thought to have affected up to 20 percent of the general population, mainly women. According to The Framingham Heart Study, 7.6 percent of women and 2.5 percent of men have MVP. Others report an incidence as high as 18 percent in women, and 12 percent in men. However, with newer defining criteria, it is thought to affect only 2 to 3 percent of the general population.

On the whole, MVP is benign and not associated with serious problems. Symptoms not necessarily caused by, but may be associated with MVP, are more common in females and may include chest pain, palpitations, shortness of breath, dizziness, fatigue or anxiety. There are common physical features associated with MVP. These include thin body habitus, a depression of the breast bone termed pectus excavatum, scoliosis curvature of the spine, arm span greater than height and excessive joint flexibility.

Mitral valve prolapse is frequently diagnosed in young adulthood. It is often detected during examination of the heart with a stethoscope. If MVP is present,

abnormal heart sounds may be present, including the characteristic click sound. Normally, one hears the heart sounds as "lub dub" which



reflects the valves in the heart opening and closing.

With MVP, one commonly hears "lub click dub" and a

murmur may also be present, if the mitral valve is leaking as well. The diagnosis of MVP was especially common in the 1980s and was based purely on physical exam. Many women were diagnosed as "click chicks." Although the click with or without the murmur is characteristic of MVP, clicks may also be heard in people without MVP. The definitive diagnosis now requires an ultrasound of the heart, commonly called an echocardiogram. This allows direct visualization of the mitral valve and one can see if there is prolapse, or leaking of the mitral valve, termed mitral regurgitation.

Although most people with MVP never have problems, complications can occur. Complications tend to occur in middle-aged or older adults and more commonly in men, despite the greater prevalence of women with MVP. If the mitral regurgitation is severe, surgery may be recommended to repair or replace the valve in order to prevent the development of complications, including congestive heart failure.

The risk of developing bacterial endocarditis is increased with MVP. This is an infection of the heart valve caused by invasive procedures that introduce bacteria into the bloodstream. This often requires valve replacement. Taking antibiotics before "dirty procedures," such as general teeth cleaning, is encouraged as this markedly reduces the risk of bacterial endocarditis.

For example, those with MVP commonly take antibiotics such as amoxicillin one hour before dental procedures. In the setting of MVP and pregnancy, antibiotics during childbirth are given if there's a risk of an infection that could affect the mitral valve. It is imperative to remind your dentist and doctors before any invasive procedure that you have MVP to determine if antibiotics are needed.

It is felt that the diagnosis of MVP based alone on hearing a click on heart examination in the past has resulted in an "overdiagnosis" of MVP and many people unnecessarily taking antibiotics before procedures. If you have never had an echocardiogram that confirmed the presence of MVP, discuss this with your healthcare provider.

Treatment of MVP ranges from education and reassurance in those who have mild forms of MVP, to valve replacement for those with severe mitral regurgitation or bacterial endocarditis. In the majority of cases, mitral valve prolapse is a benign condition and most patients with this syndrome remain without symptoms and do not have complications. ♥

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**GO RED FOR WOMEN EVENT  
THURSDAY, FEB. 2, 4 TO 7 P.M.  
AT OUR LEE'S SUMMIT OFFICE,  
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**DR. STEPHANIE LAWHORN WILL SPEAK ON  
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**SPACE IS LIMITED FOR THIS SPECIAL EVENT.  
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YOUR SEAT!**

# New Supplements to Help You Thrive

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

## ENTERIC-COATED OMEGA-3

If you have tried fish oil in the past, but didn't stick with it because you found it too fishy, you should try enteric-coated omega-3. The coating on this type of capsule does not dissolve until it passes through the stomach and into the small intestine. This means that you get the unique, far-ranging, and powerful benefits of omega-3 without having to put up with a "fishy burp," which is virtually the only side effect of fish oil. Studies continue to show the importance of consuming adequate amounts of omega-3.

Among the benefits of daily omega-3 supplements are improved brain function. The tissue of the brain is made up of over 60 percent fat. When we eat a natural diet high in fish, green leafy vegetables and nuts, much of the structural fat in the brain is in the form of DHA, the most important omega-3 fat. The DHA level in the brain is normally five-fold higher than in the blood. Consuming fish and other rich sources of omega-3 has also been shown to reduce risk of stroke by approximately 30 percent. Studies consistently show that people who eat fish frequently are less likely to develop Alzheimer's disease and other forms of dementia. Omega-3 deficiency has also been linked to depression. The countries that have the highest intake of fish have the lowest rates of depression. We refer to the mood-raising, brain-boosting abilities of omega-3 fats as the "omega effect." When you supplement your diet with a high-DHA fish oil supplement like CardioTabs Omega-3, you may notice a more happy, optimistic, and focused outlook.

Atrial fibrillation is among the most common heart rhythm abnormalities we deal with today. A recent randomized, placebo-controlled trial of 160 people following bypass graft surgery found that an omega-3 supplement reduced the risk of atrial fibrillation by 54 percent compared to placebo. Intake of fish and omega-3 fats can

also help to restore and maintain normal weight.

A recent study showed a 14 percent increase in fat burning during exercise in people who received a fish oil supplement for about three to five weeks. Other studies show omega-3 helps to decrease cravings for high calorie junk food by improving the level of leptin, a hormone related to appetite.

## CINNAMON AND WHEY

Cinnamon is a spice that appears to have powerful benefits for overweight or obese people, or those with elevated glucose and/or cholesterol levels. This spice has been used for over 4,000 years and contains polyphenols that help to improve the body's ability to handle blood sugar. Studies indicate that adding only one-quarter to one-half teaspoon of cinnamon daily to the diets of people with diabetes may reduce blood sugar and LDL cholesterol by as much as 20 percent. Cinnamon has no calories and can provide a natural, sweet flavor, making it a healthy addition to foods like yogurt, coffee, tea or whey protein.

Whey protein is another great way to improve the overall health of

your diet. A study from the July 2005 issue of *The American Journal of Clinical Nutrition* studied the effects of whey protein on the sugar levels after eating a meal. This study found that when added to a high carbohydrate meal, whey protein substantially reduced the spike in post-meal blood sugar seen in both healthy and diabetic people. Whey protein also is one of the best nutrients for producing satiety—the sensation of fullness. We recommend using a scoop of whey protein at breakfast, ideally with some high-fiber food like an apple, orange, grapefruit, a handful of nuts or berries. Add a cup of tea or coffee and a big glass of water and you have started your day out on an ideal note.

CardioWhey Natural with Cinnamon is a high quality whey protein isolate with added fresh, ground cinnamon. This unique product is a logical way to help improve risk factors and maintain normal blood sugar levels. It is also a great addition for people trying to burn off belly fat and become lean and fit again. Another great time to use whey protein is after your workout, when your muscles are hungry for high, biological quality protein like whey, which will help you repair your muscles and grow stronger. ♥

**YOU CAN STAY ON TOP OF THE LATEST DEVELOPMENTS IN HEART HEALTH!  
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**FROM THE  
HEART**

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## "Forever Young" Now Available Online

**James H. O'Keefe, M.D. and his wife, Joan O'Keefe, R.D., have authored a book titled, "The Forever Young Diet and Lifestyle" that is rolling off the press in November 2005.**

**In the book, the O'Keefe's address many of the same issues discussed in this newsletter, but in much greater depth. "The Forever Young Diet and Lifestyle" presents a commonsense plan that improves satiety; promotes wholesome, fresh, and easily obtained foods, and reinforces a rational, holistic, mind-body approach to diet and lifestyle.**

**The program is a complete package that can help provide a lifetime of energy and good health.**

**The book is available now online through the CardioTabs Web site at [www.cardiotabs.com](http://www.cardiotabs.com) or by phone at 1-800-811-1007 for \$17.95 (a 22 percent discount off the retail bookstore price).**

**A portion of the proceeds from the book's sales through CardioTabs go to clinical research and patient education at Cardiovascular Consultants at the Mid America Heart Institute. The book also is available at local bookstores and at [www.amazon.com](http://www.amazon.com).**

**Look for several excerpts from the book in this issue of "From the Heart" newsletter. ♥**



The **Forever  
Young  
Diet &  
Lifestyle**