

HELP FOR YOUR HEART

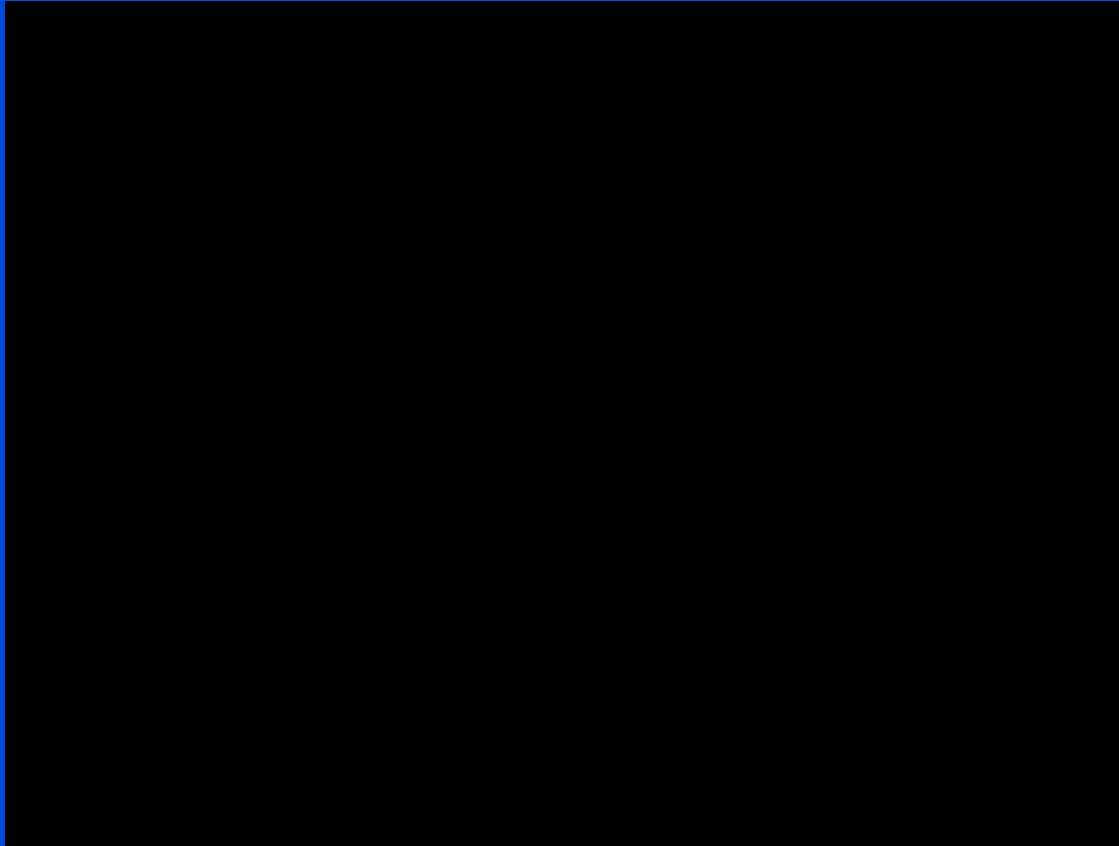
What we all can do to reduce heart diseases
And what to do when we get them



Heart disease – leading cause of death in both
men and women

BUT many also have heart disease and don't
die from it

Our heart is an incredible organ



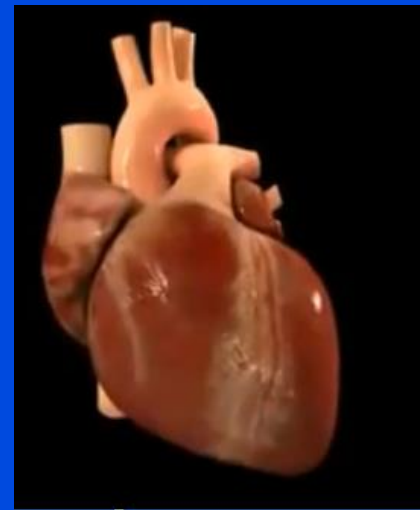
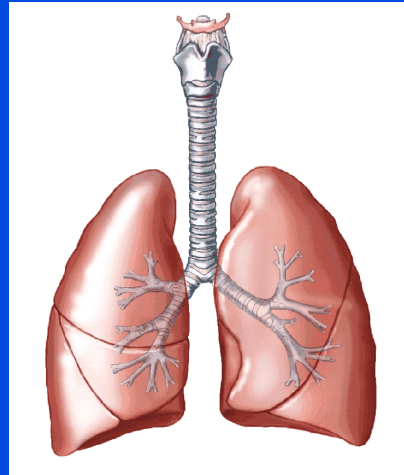
Pumping 70 times/minute 24/7 for 100 years
Each beat pumps 60 – 90 mls of blood
In a lifetime enough to fill 3 supertankers

Most of us ignore it until it develops a problem

How do we look after it best?

It doesn't ask for much special

- Oxygen (lungs),

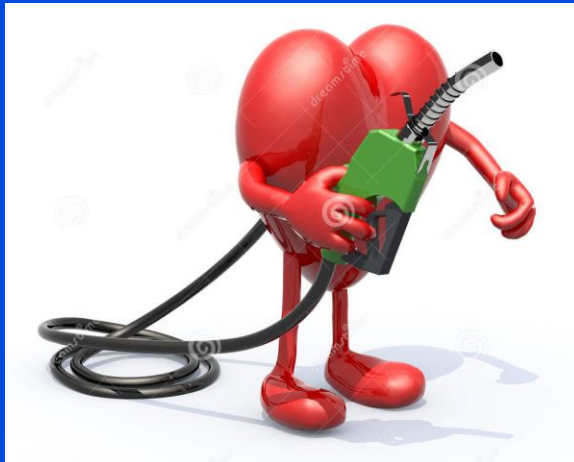
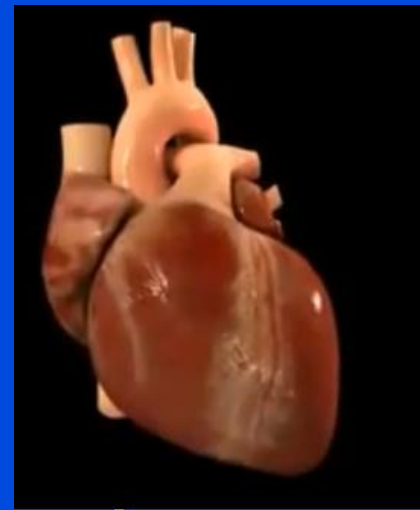


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- Oxygen (lungs),
- Energy – sugars, fats and ketones,

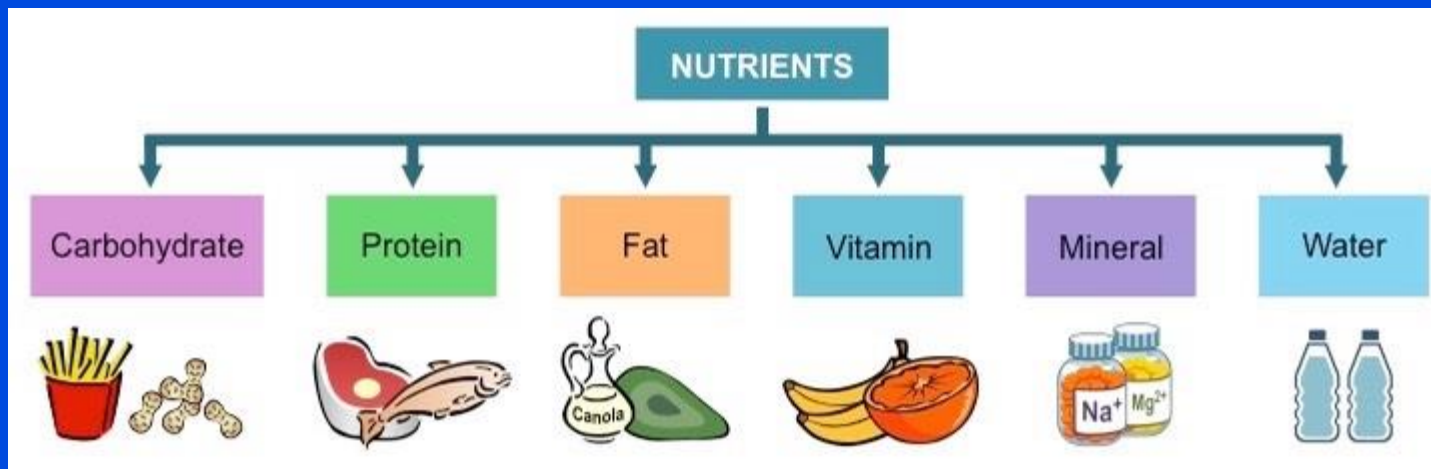


Most of us ignore it until it develops a problem

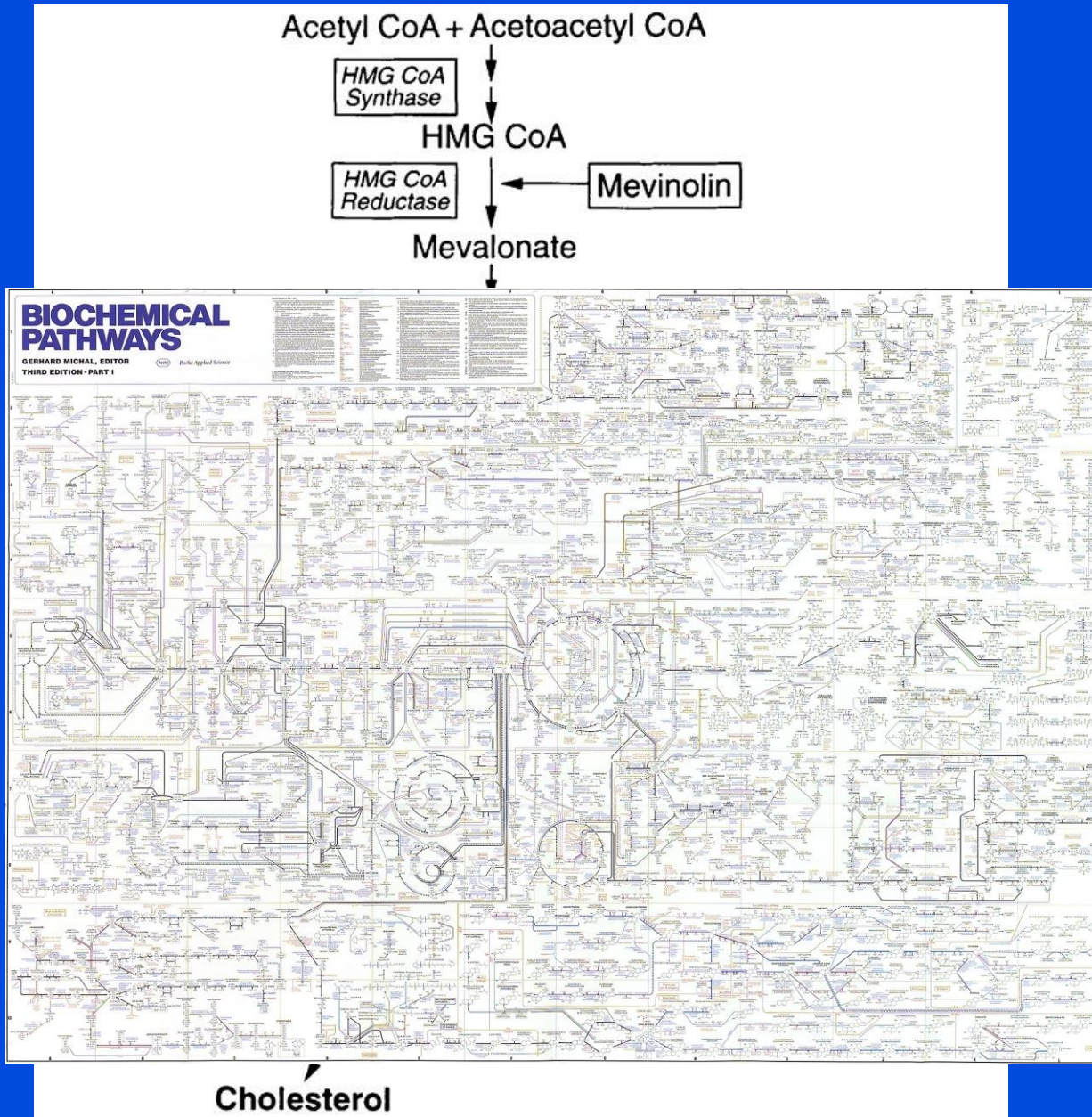
How do we look after it best?

It doesn't ask for much special

- Oxygen (lungs),
- Energy – sugars, fats and ketones,
- **All** the nutrients for the chemical processes to work and building blocks to repair and build as we grow,



Chemical processes in all of our cells

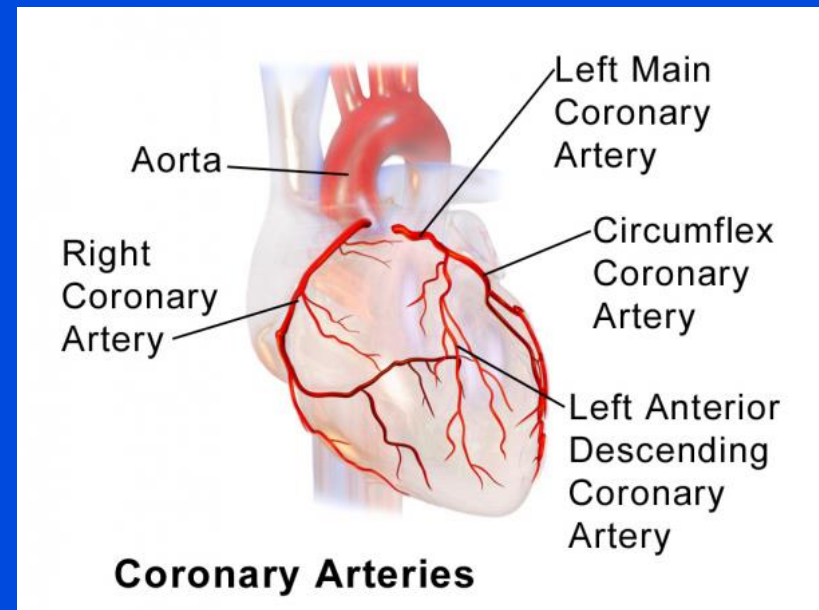
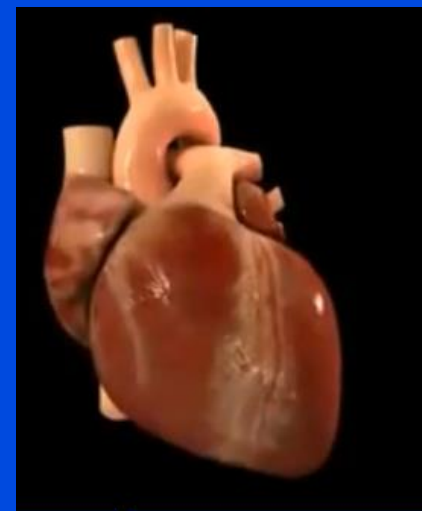


Most of us ignore it until it develops a problem

How do we look after it best?

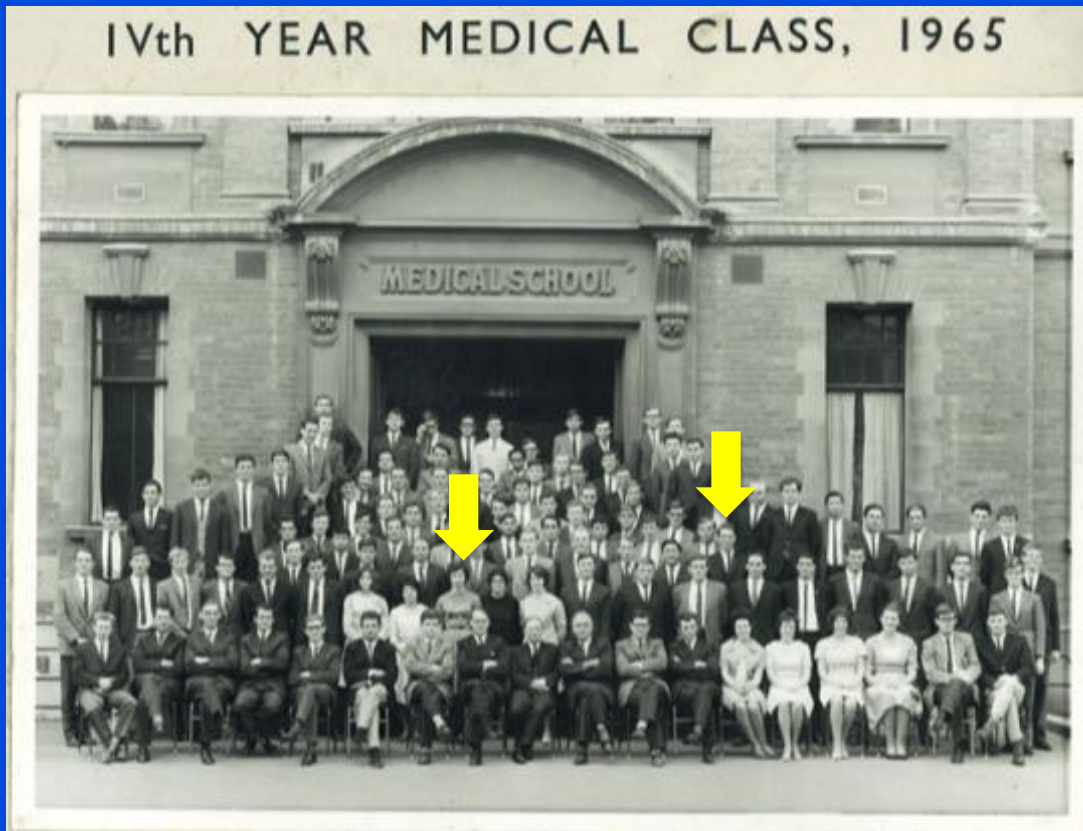
It doesn't ask for much special

- Oxygen (lungs),
- Energy – sugars, fats and ketones,
- All the nutrients for the chemical processes to work and building blocks to repair and build as we grow,
- All delivered by a blood supply coronary arteries



Tonight:

- Coronary artery disease – angina, heart attack, cardiac arrest
- Palpitations – rhythm problems
- Heart Failure
- High blood pressure (Hypertension)



IVth YEAR MEDICAL CLASS, 1965



We soon discovered
that the medicine we
learned was not enough

We could treat
symptoms, but not the
diseases

IVth YEAR MEDICAL CLASS, 1965

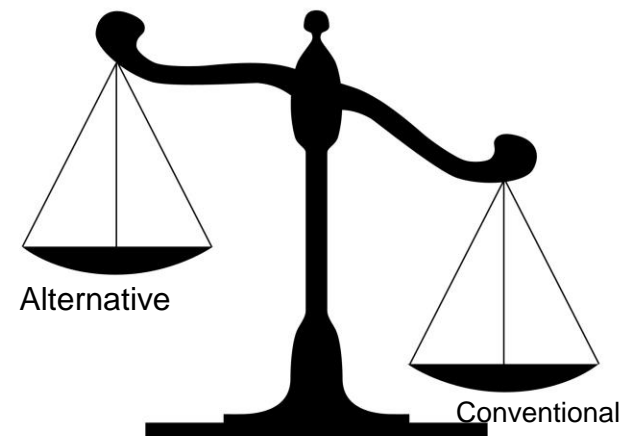


We soon discovered that the medicine we learned was not enough

We could treat symptoms, but not the diseases

We also discovered a whole field of therapies we never heard about in Medical School!

Alternative therapies worked with the body to create health



- **Bob** – was a Fireman
An Iron man – won all competitions
Was 42 years & happily married
with 3 young children

One night he came home from a
run and collapsed onto the floor:



Heart attack & Ventricular fibrillation



Aged 42, with 3 small children



Later his widow and one child came to see me:

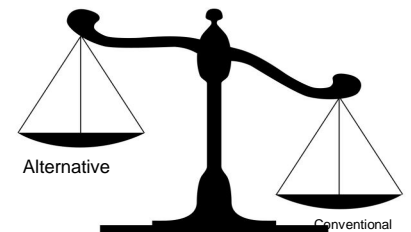


Could we have prevented
this ?

What should the children
do ?

At the time I had no answers.

But now we do – if we open our eyes.



One person in three dies from
heart disease

Graveyards around the world
contain millions of people who died
before their time.

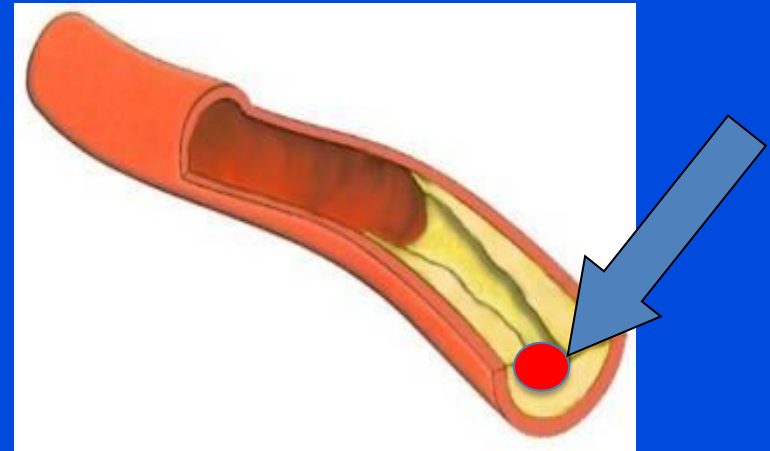


But this is a preventable disease

We can stop it happening

We can make it's effects less fatal

Heart disease is not a disease of old age –
it starts in our teens:



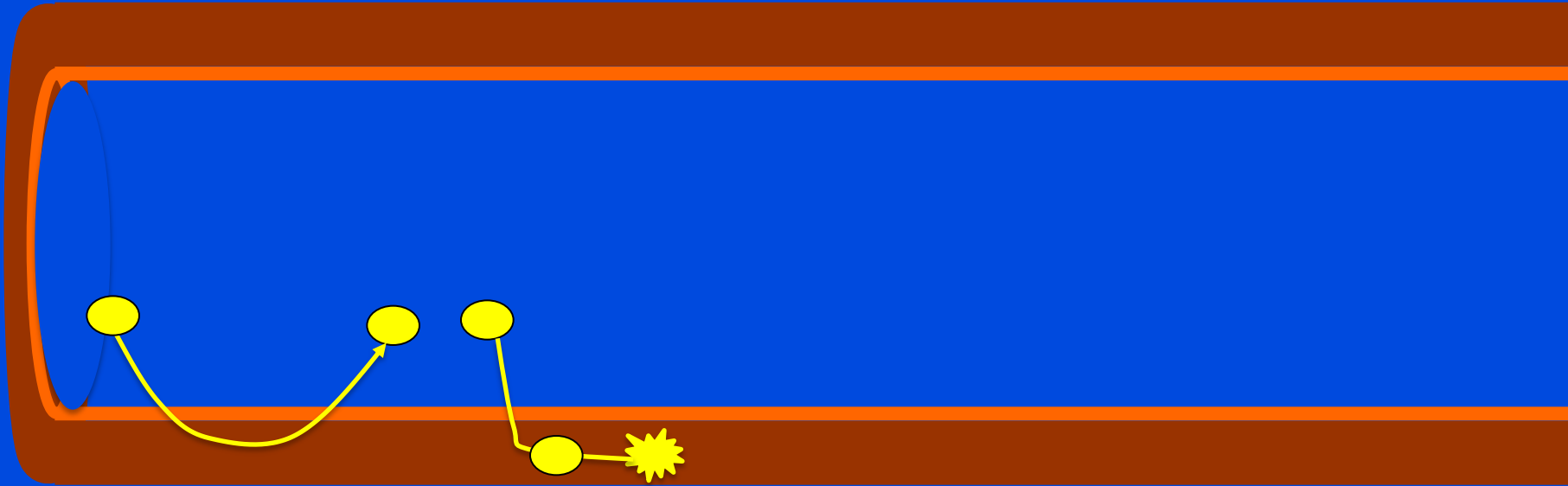
**Young pilots killed in
Vietnam and Korean
wars**

**Over 42% had early
coronary disease**

Cholesterol moves in and out of the artery wall

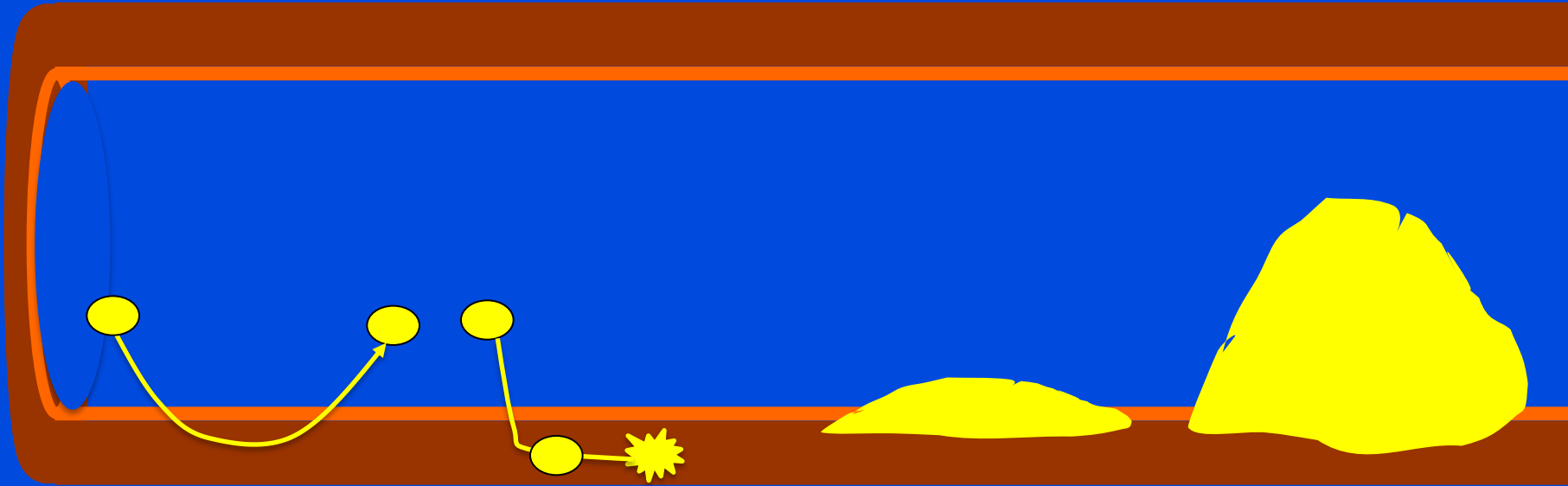


Cholesterol moves in and out of the artery wall



If it is OXIDISED cholesterol it sticks and damages the artery walls

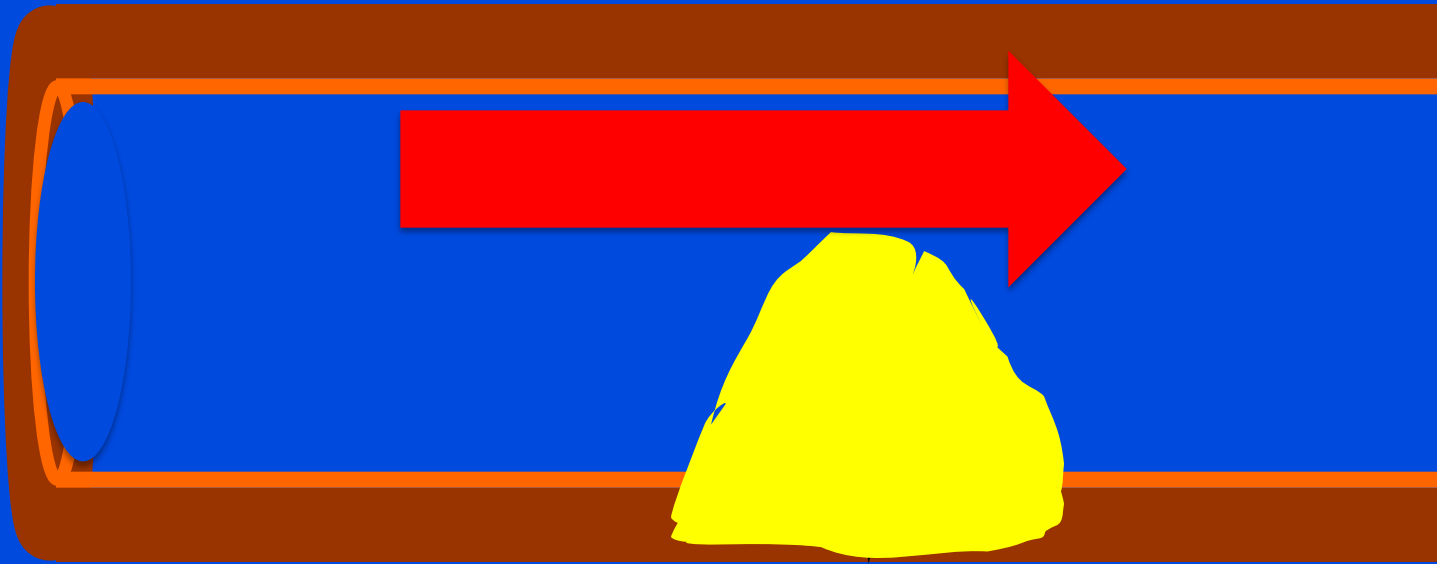
Cholesterol moves in and out of the artery wall



If it is OXIDISED cholesterol it sticks
and damages the artery walls

Then slowly builds up over 20 – 40 years
PLAQUE

The plaque can have a number of effects



I can reduce blood flow to legs or heart



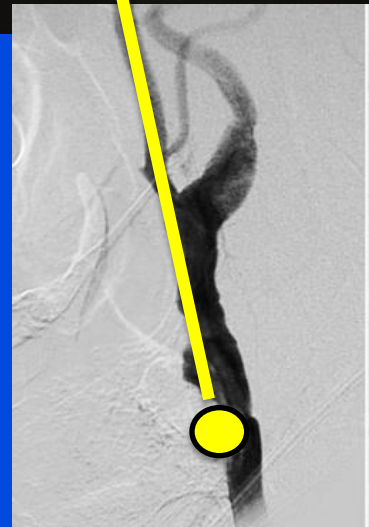
Claudication

Causing pain with
exercise

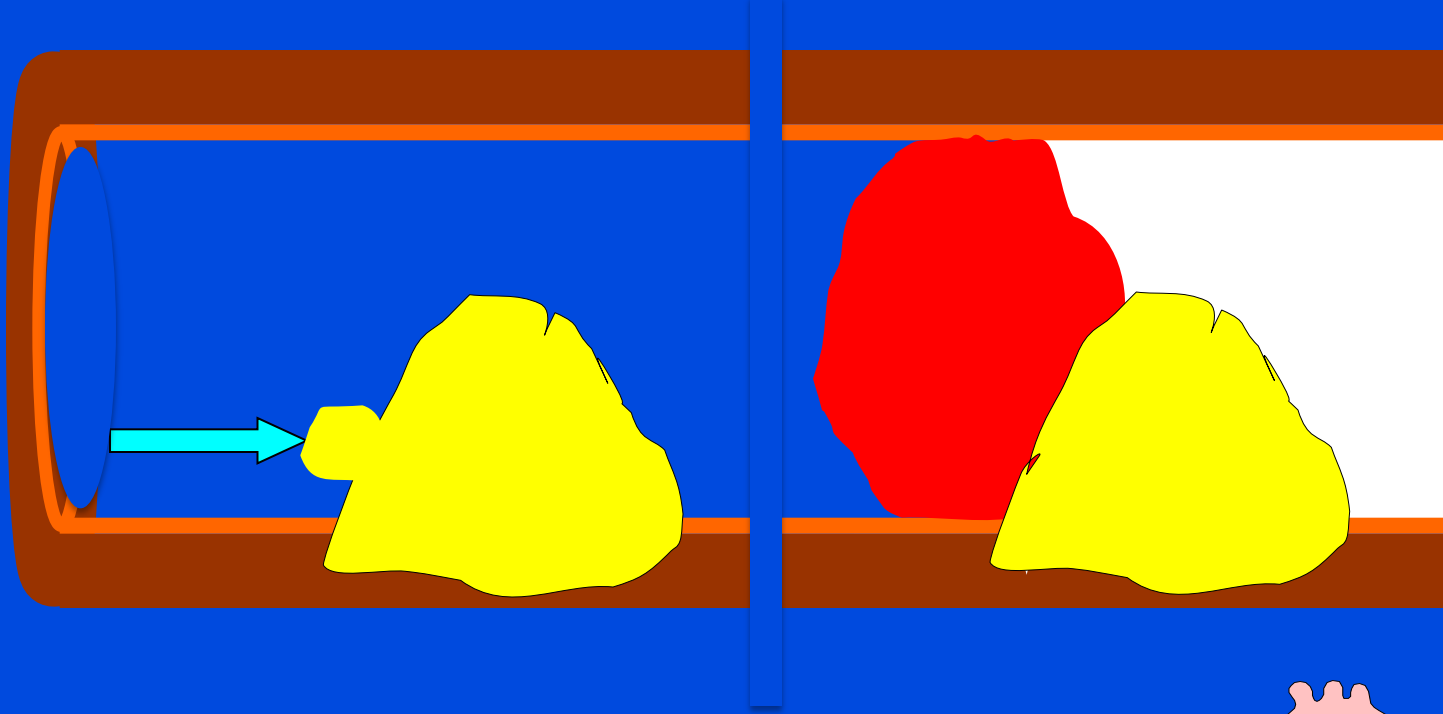


Angina

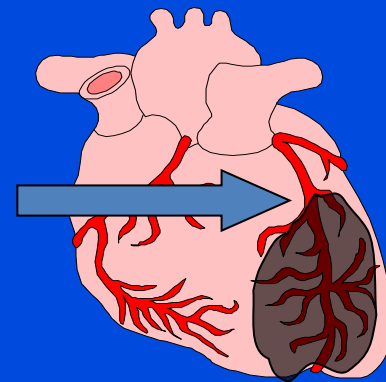
Pieces can break off and 'embolise'
– causing strokes



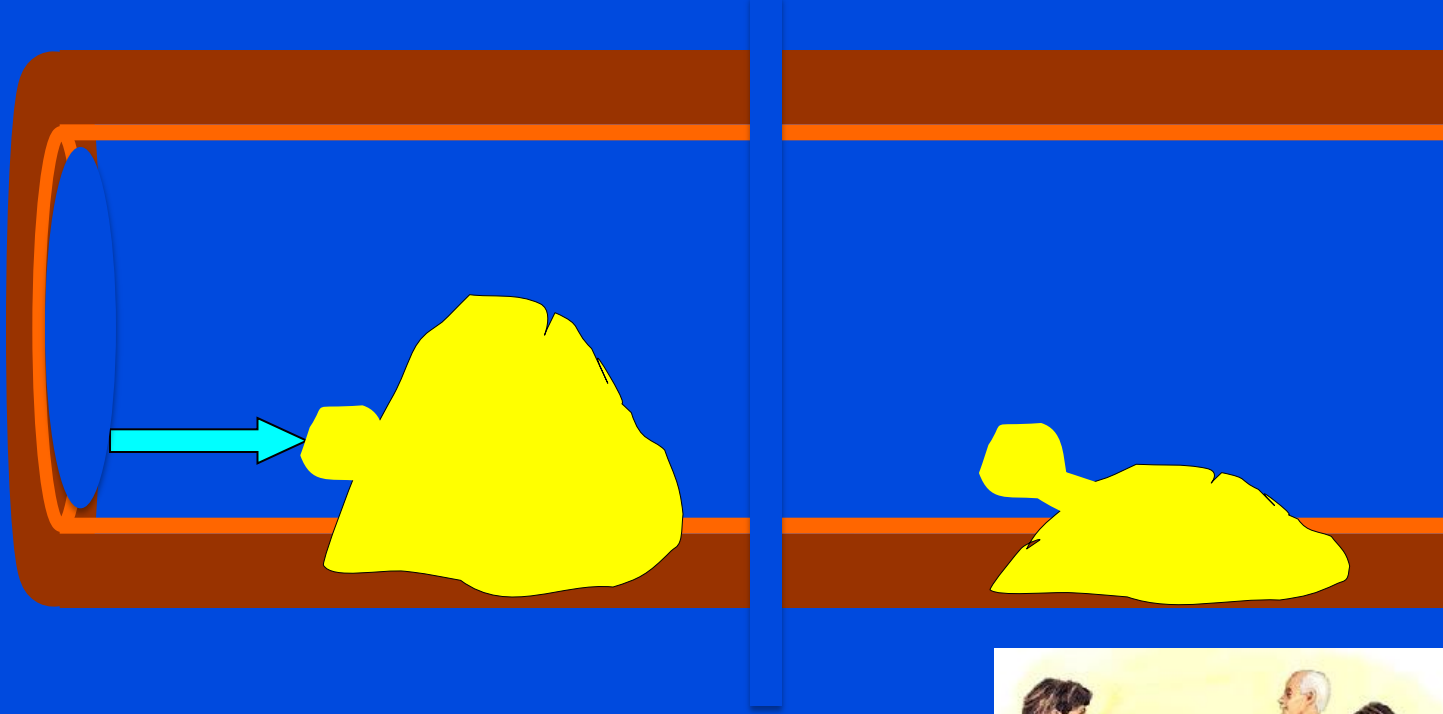
The plaque can rupture causing a blood clot to block the artery



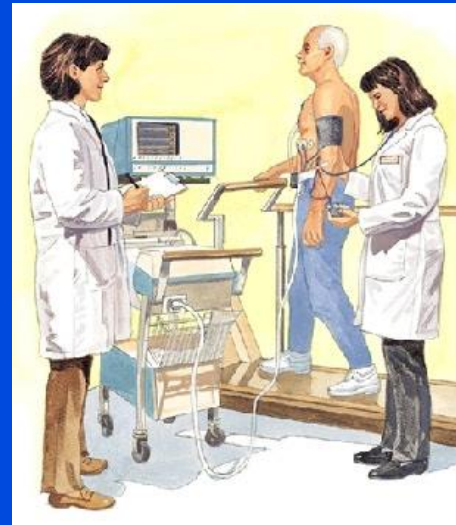
The most common cause
of a heart attack



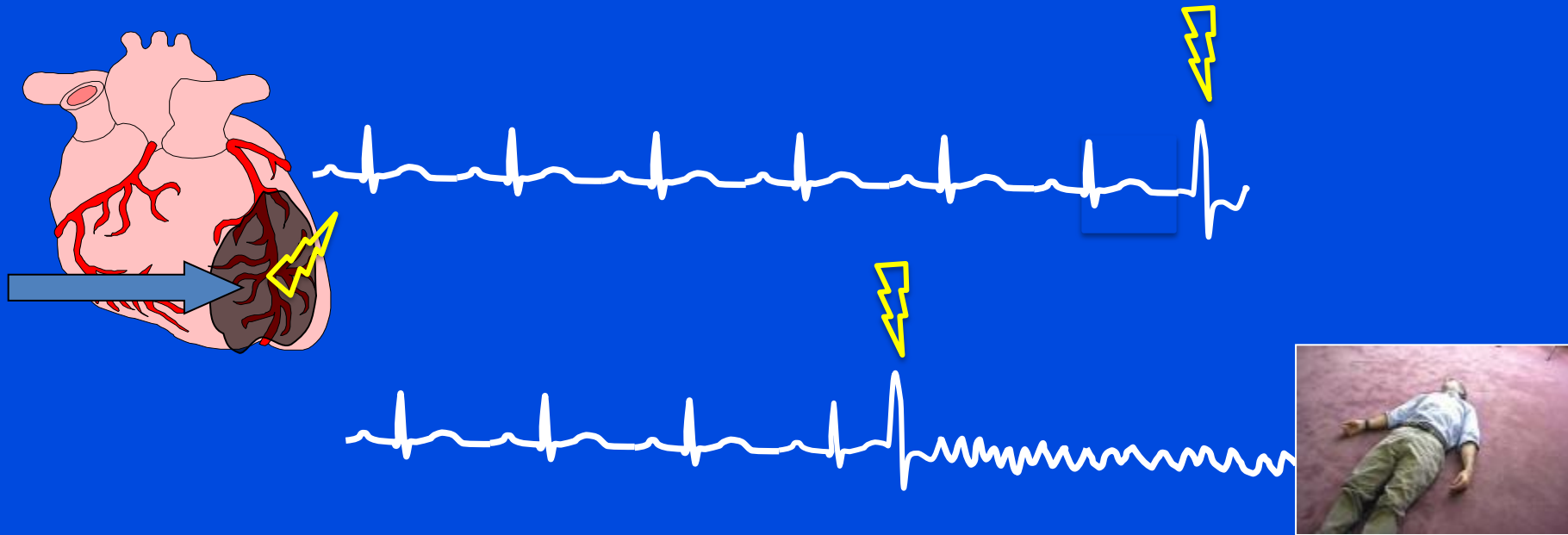
Plaques of any size can rupture - 70% come from small one which don't cause symptoms



Nor do they show on exercise testing



Ventricular fibrillation - The dying heart cells become unstable:



If an 'ectopic beat' hits at just the wrong time – ventricular fibrillation occurs

VF occurs in almost 50% of all heart attacks !

So what can we do in the 21st century, to save lives at all ages?



We can do lots:

1. Prevent heart attacks from happening
- ➡ 2. Pre hospital treatment
3. Hospital treatment

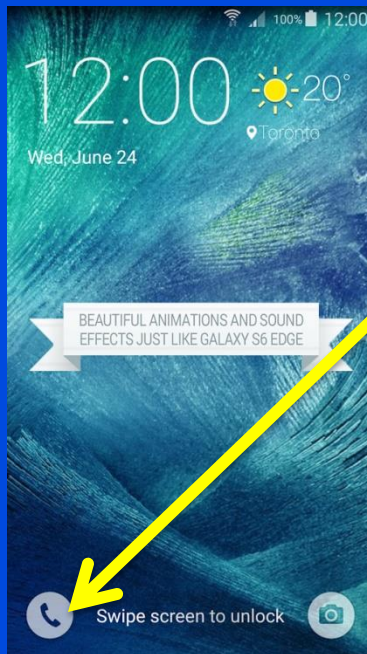
Pre hospital treatment – what you can do:

1. Make comfortable – lie or sit
2. Take 2 puffs of GTN spray every 5 minutes
3. Call the ambulance 111



999, 000, 111, 911 depending on your country.
In most countries – ALL go to the emergency exchange

Mobile phones have the emergency number for the country programmed in:
Works even if phone is locked
Even if the phone is flat, usually there is a small 'charge' for emergency calls



Androids – press phone icon on home page

Apples – swipe right then press emergency

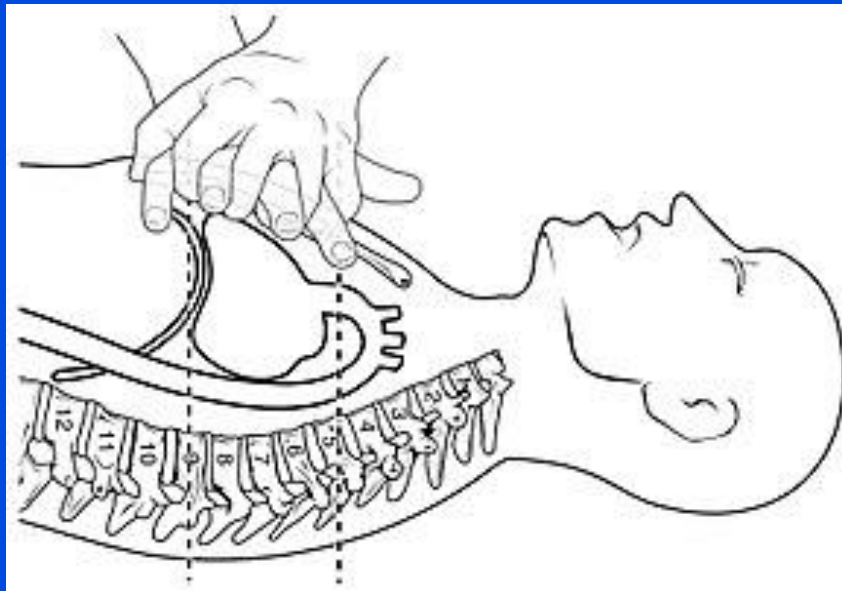


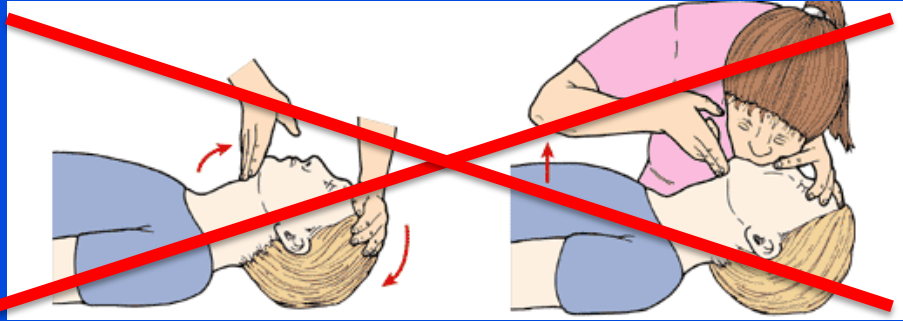
Pre hospital treatment – what you can do:

4. Stay and keep patient calm

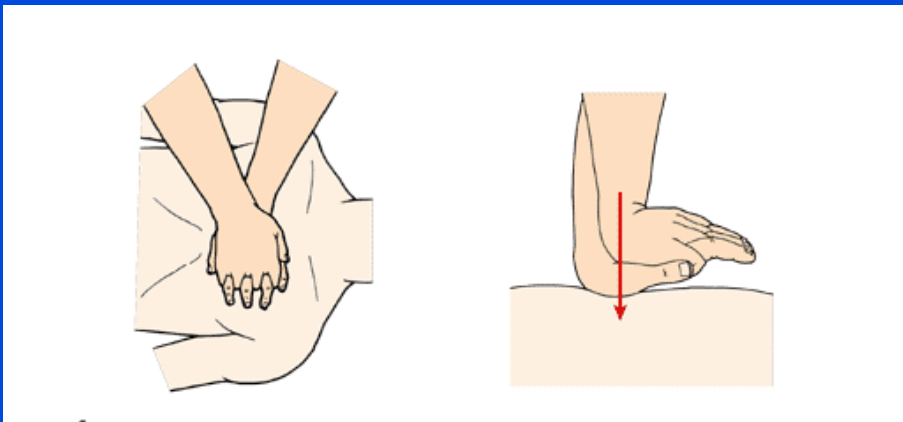


5. If the patient collapses, check pulse dial 111 and start CPR





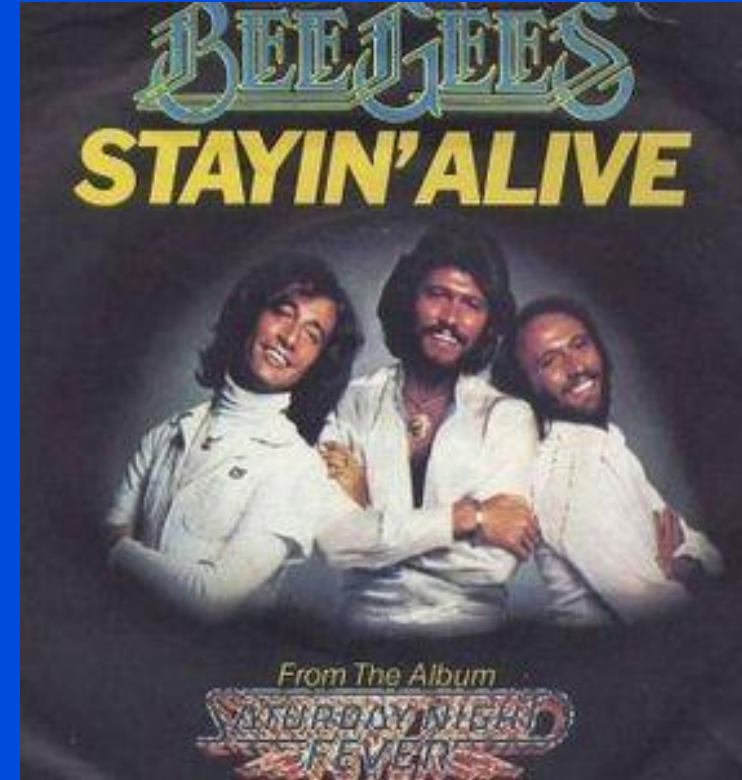
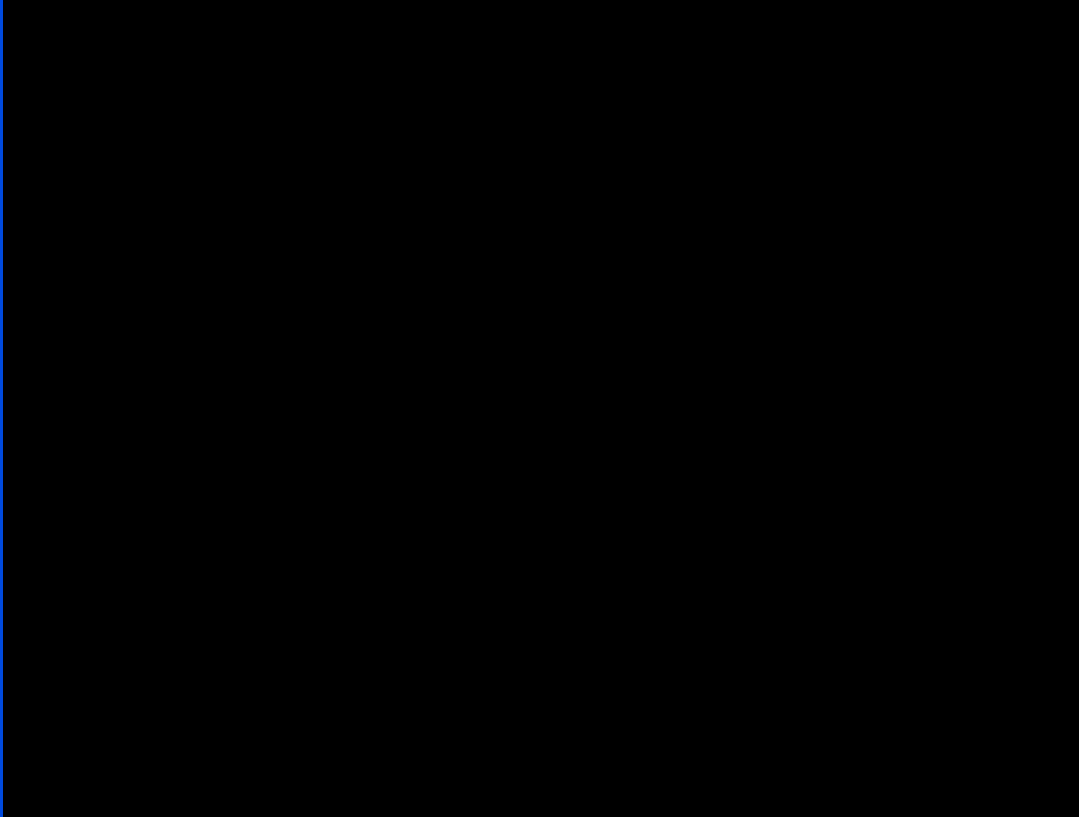
Mouth to mouth no longer recommended



Cardiac massage gets enough oxygen in

100 beats/minute

100 beats per minute



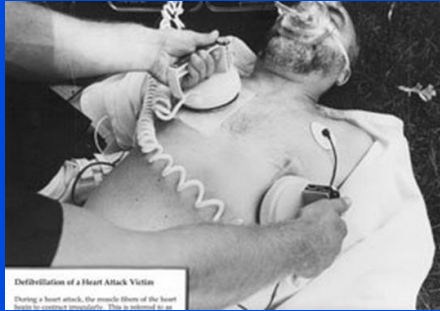
Anyone can do CPR – even children!



Ambulances have oxygen,
drugs and defibrillators.

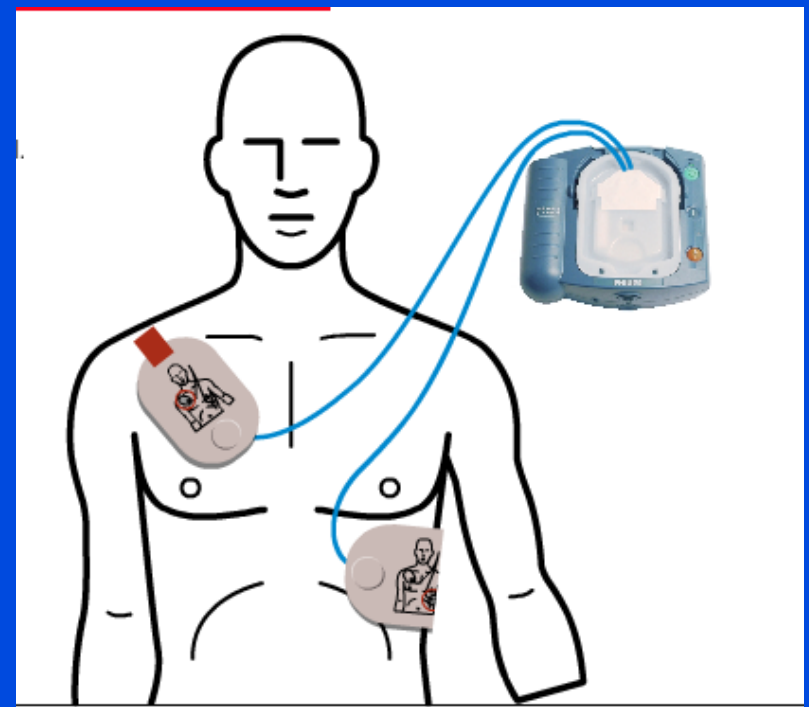


Ambulances have oxygen, drugs and defibrillators.



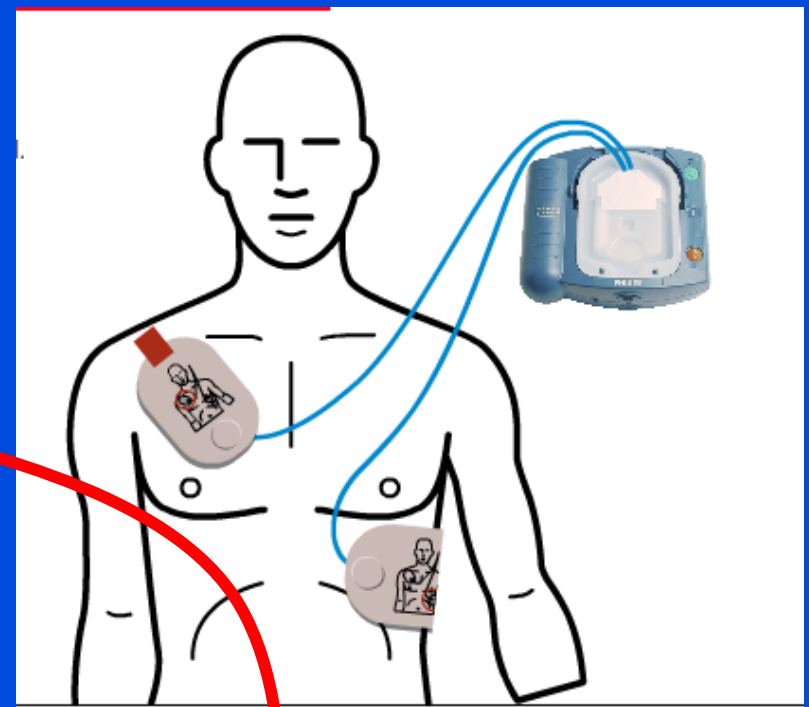
Many Malls, airports, planes, stadiums have advisory defibrillators:



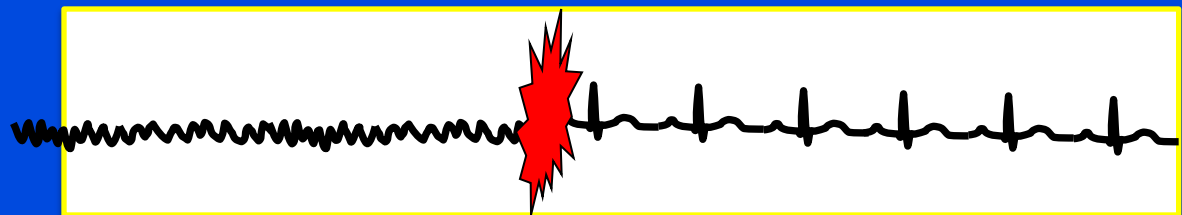


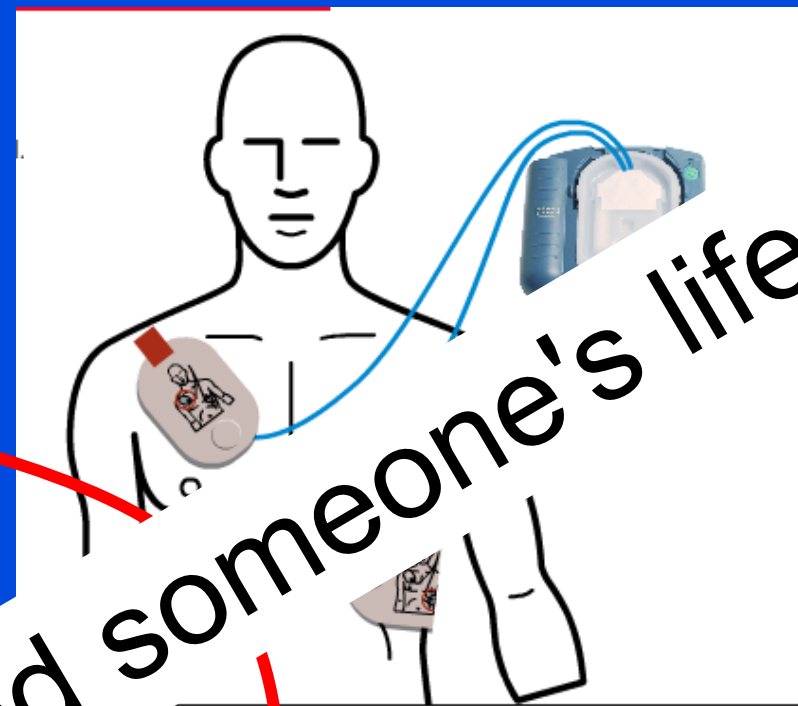
1. Switch on
2. Apply paddles (picture)
The unit analyses the tracing
"Recommend shock"
"Stand back"
3. Press button 3





1. Switch on
2. Apply paddles (picture)
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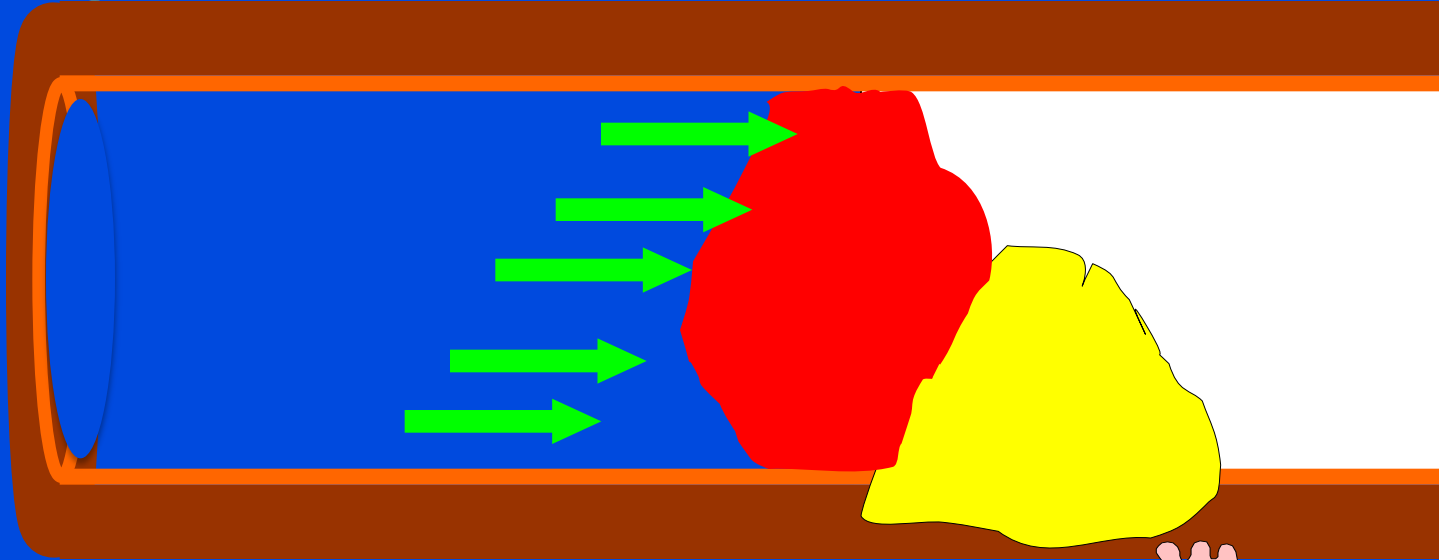




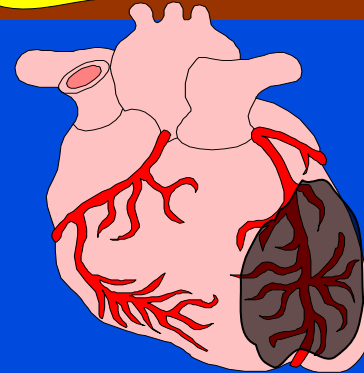
1. Switch on
2. Apply paddle (s)
- The unit will show the tracing
"Ready to shock"
- "Back"
3. Press button 3



In hospital we can dissolve the clot with thrombolysis drugs



If given early enough this can hugely reduce the damage to the heart

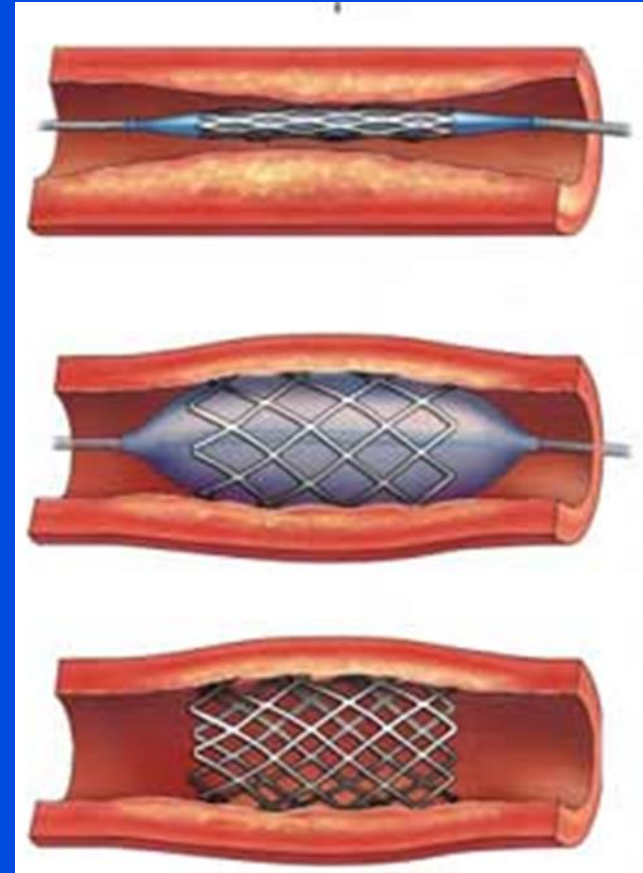


We can also open a blocked artery with angioplasty and stenting:

Get to hospital ASAP !!!
“Minutes = muscle”




Do not wait – after
10 – 15 minutes
chest pain – call 111.



We can do lots:

- 
1. Prevent heart attacks from happening
 2. Pre hospital treatment
 3. Hospital treatment

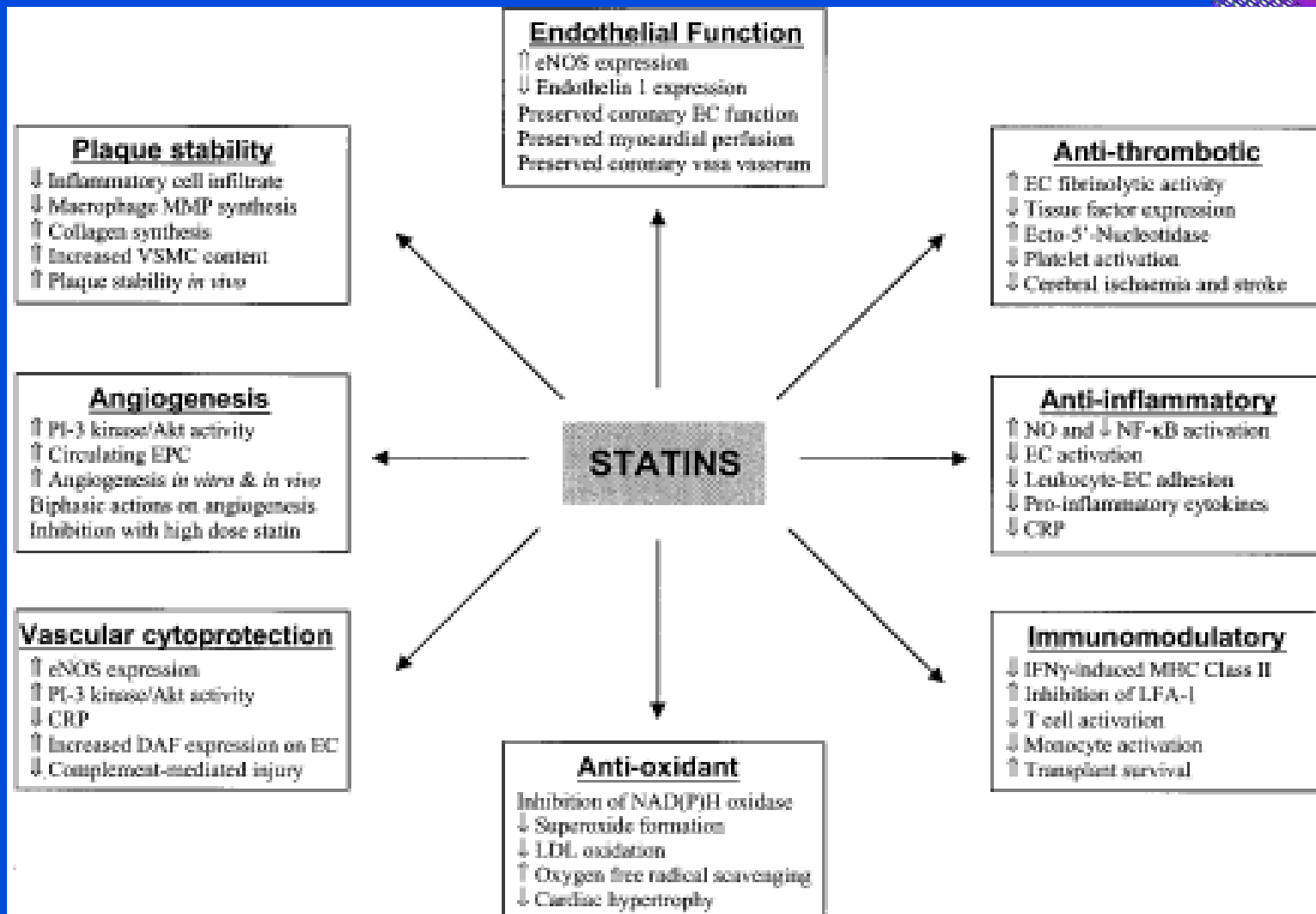
Drugs

- Aspirin – 100 mg – stops clotting
May help in men at high risk - debate
- Cholesterol lowering drugs
 - Fibrates
 - Resins
 - Ezetimibe
 - Statins

All lower cholesterol
All have side effects and dangers
ONLY statins have been shown to reduce heart disease

Statin drugs – Lipex, Zocor, Lipitor

The most profitable drugs in history



Statin drugs – Lipex, Zocor, Lipitor
The most profitable drugs in history



Trials have shown a 20 – 30% reduction in heart attacks, stroke and death

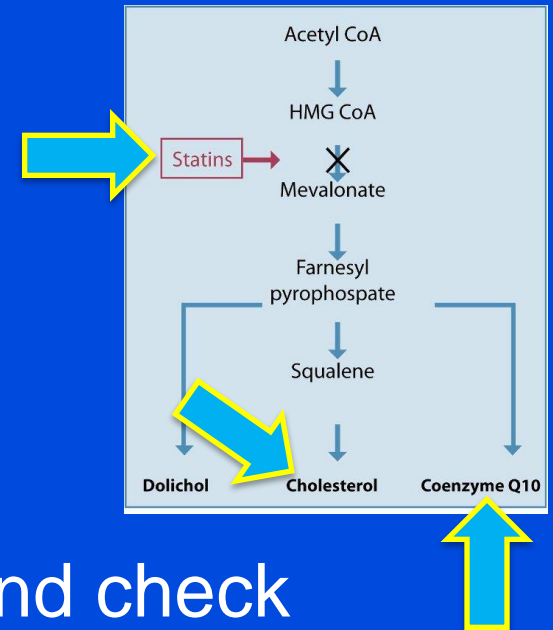
BUT

They do have side and toxic effects



Statins problems:

- v little evidence of benefit in prevention in women
- May cause diabetes
- Side effects –
 - Muscle pains
 - Nerve function
 - Brain function
 - Liver damage
 - Block CoQ10 production



My advice – take if the risk is high, and check carefully for side effects. If none continue, if some consider carefully.

ALWAYS TAKE GOOD CoQ10 AS WELL

Complementary treatments – what WE can do:

- Regular mild exercise.
- Reduce weight – towards ideal
- Sensible alcohol
- Optimal nutrition and supplements
- Fish oils – heart and rhythm
- Selenium
- Calcium and Magnesium
- EECp
- Chelation
- Testosterone
- Co Q10

- Regular mild exercise.
- Reduce weight – towards ideal
- Sensible alcohol



Alcohol – a two edged sword:
Reduces heart disease (2 glasses)
Increases heart failure, breast cancer

- **Optimal nutrition and supplements**
- A good multivitamin/mineral
- Fish oils – heart and rhythm
- Calcium and Magnesium



Gives the artery walls all the nutrients required to function properly and to recover from damage

A good balanced low carbohydrate diet
Fruit & vegetables, meat and fish



- 
- Optimal nutrition and supplements
 - **Fish oils – heart and rhythm**
 - Calcium and Magnesium



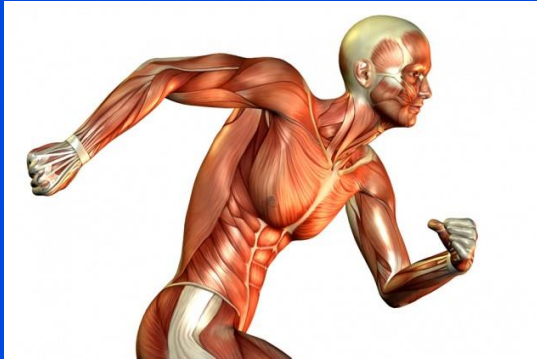
Experiments with animals –
STOPS ventricular fibrillation
(rats, monkeys and dogs)

USA Nurses study – 44% fewer cardiac deaths

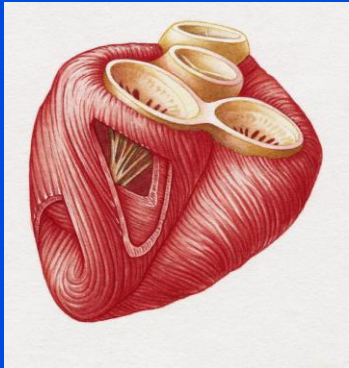
USA Doctors study – reduced sudden death 81%

GISSI P study – 45% reduction in sudden death.

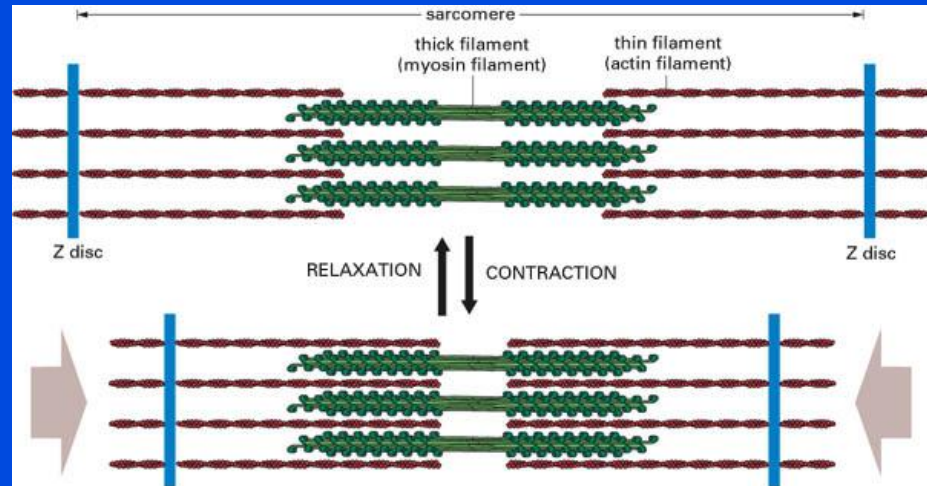
- Optimal nutrition and supplements
- Fish oils – heart and rhythm
- **Calcium and Magnesium**



For muscles to contract and relax they require calcium and magnesium



Ca



Mg

Heart muscle is the same and magnesium helps it relax

There are many papers showing the protective effects of magnesium in heart disease:

- High Blood Pressure
- Palpitations
- Heart failure
- Coronary artery spasm
- Sudden death



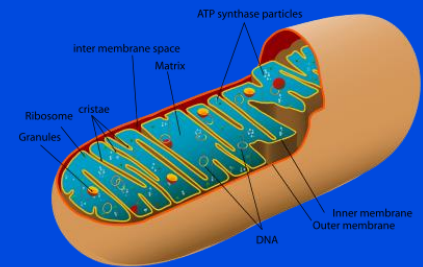
Everyone with any risk of heart disease should be taking at least 500-800 mg of Magnesium/day



Coenzyme Q10

When the heart beats the muscles contract

The muscle fibres need energy
made by burning glucose and fats
in the mitochondria in the cells



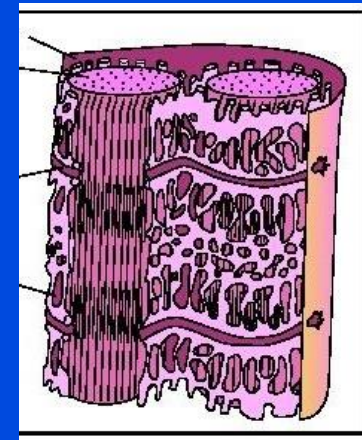
That energy needs to go from the mitochondria
to the muscle fibres

As power plants transport power with wires



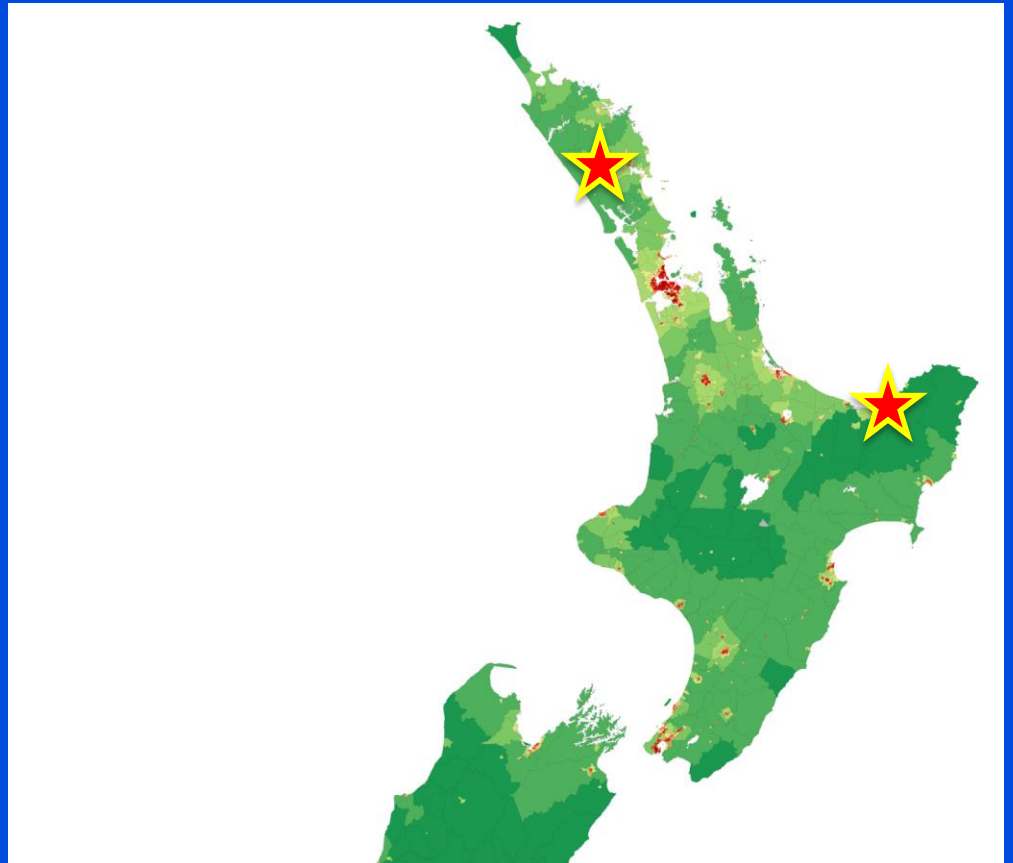
Reduce the wires

Co Enzyme Q10



The muscle cells use CoQ10 to deliver energy

We don't always see the effects of supplements.
They support the body to function as it should
BUT
Occasionally their effects can be almost miraculous:



Whangarei Hospital: I was called to CCU on Friday night

A 75 year old woman— recurrent
cardiac arrests

resistant to all drugs:

Amiodarone

Flecainide

Procainamide

Beta blockers

Lignocaine

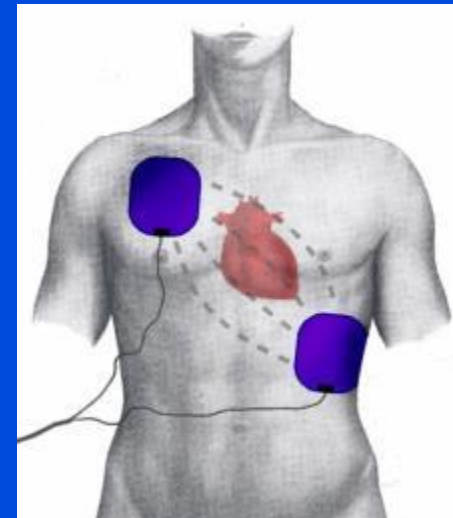
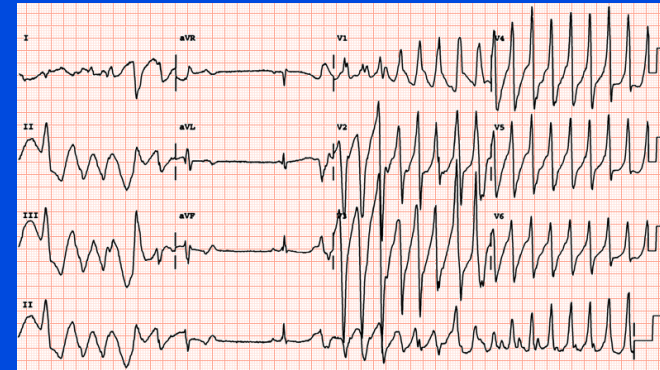
Each time she had to be defibrillated (10)

She was terrified, the nurses were at their wit's end.

I added 1 treatment – and the arrests stopped.

What did I give her?

Mangesium



Do we have proof that good nutrition will help reduce the incidence and dangers of heart disease? - yes we do!



Our grand and great grandparents.



People living in the islands



People in the Mediterranean



Our grand and great
grand parents.

Coronary heart disease was rare



When Monica and I graduated in
1967

Dunedin hospital did not have CCU
– coronary disease was so rare



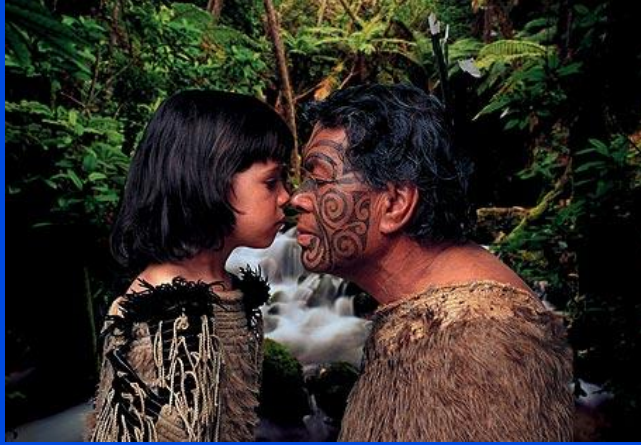
People living in the islands



I visited Rarotonga Hospital



They had had 1 heart attack in the past 5 years!

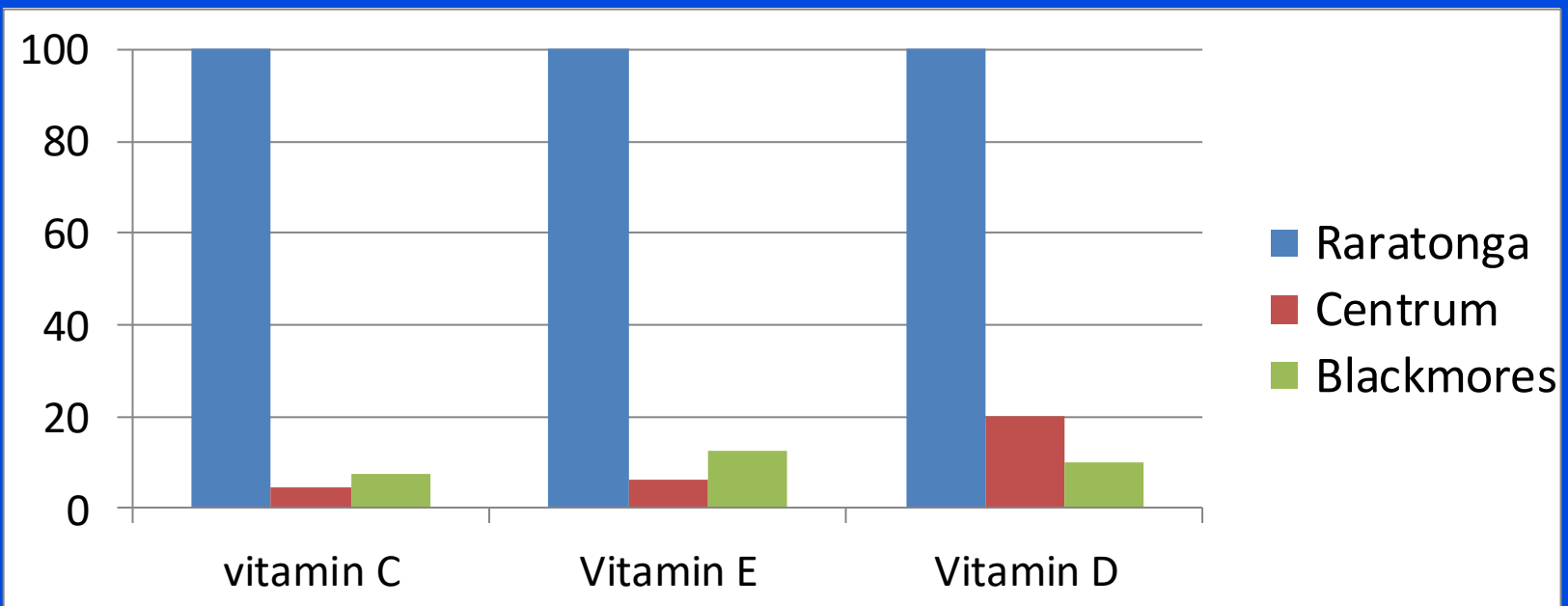
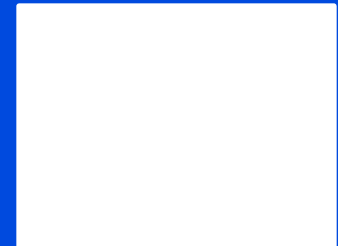


NZ Maori - 1/3 has heart disease
Cook Island Maori - ZERO





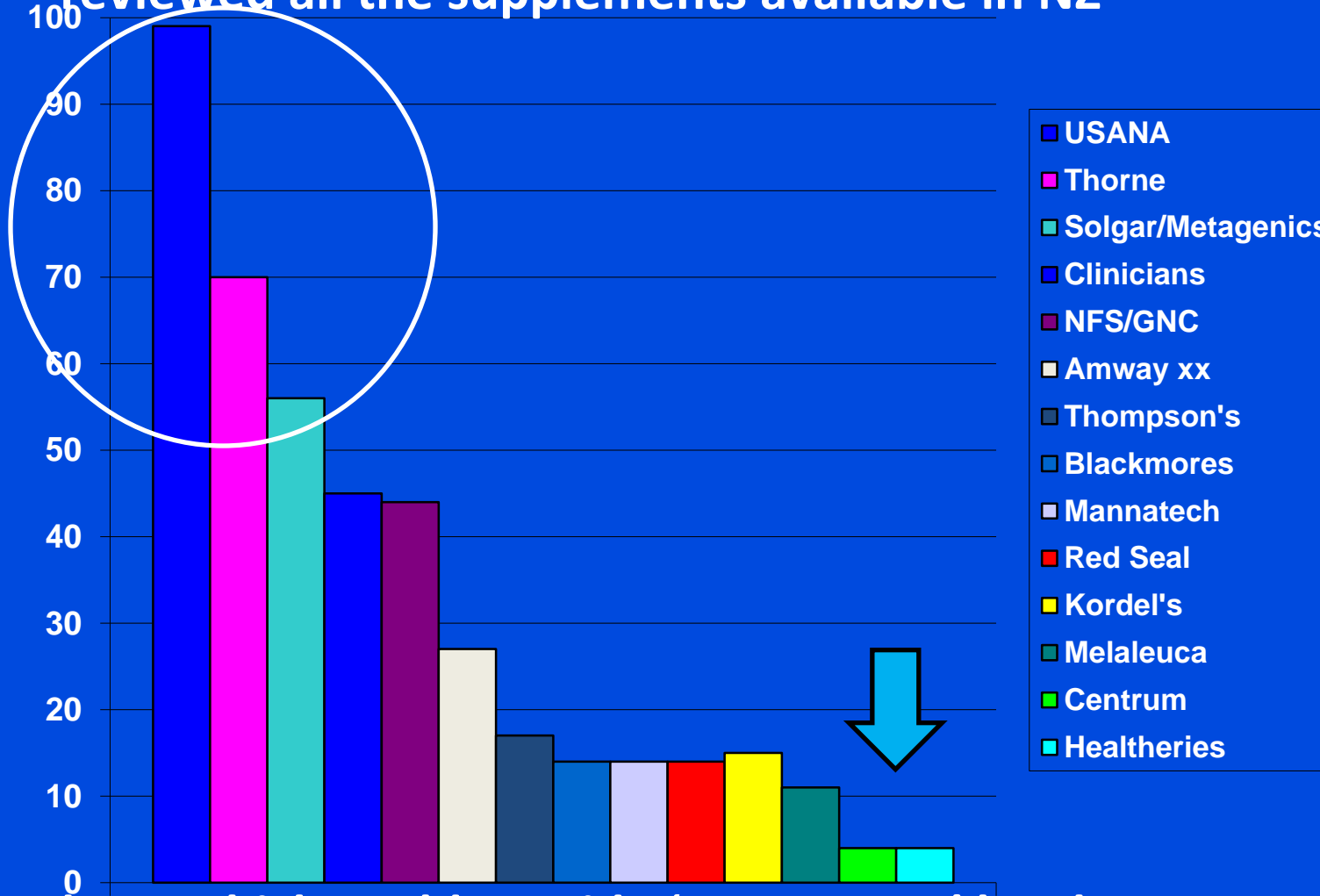
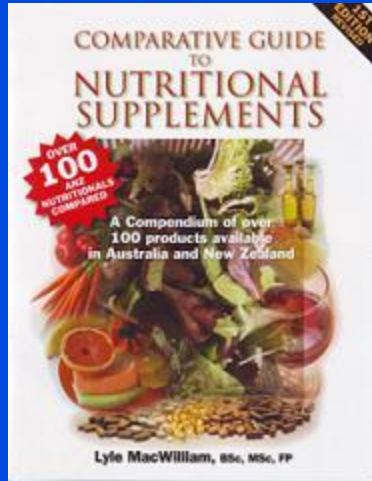
Vitamin C 2,000
Vitamin E 400
Vitamin D 2,000



Is it surprising that supplements make little or no difference?

There are some supplements which achieve these beneficial levels

Nutrisearch is an independent company which has reviewed all the supplements available in NZ



There are products which could provide 'Raratongan' levels

The use of antioxidant supplements:

Harvard USA Nurses study

Looked at all aspects of
their lives –
including supplements



They followed 88,000 nurses from 1974 (the “pill”)



NEJM 1993

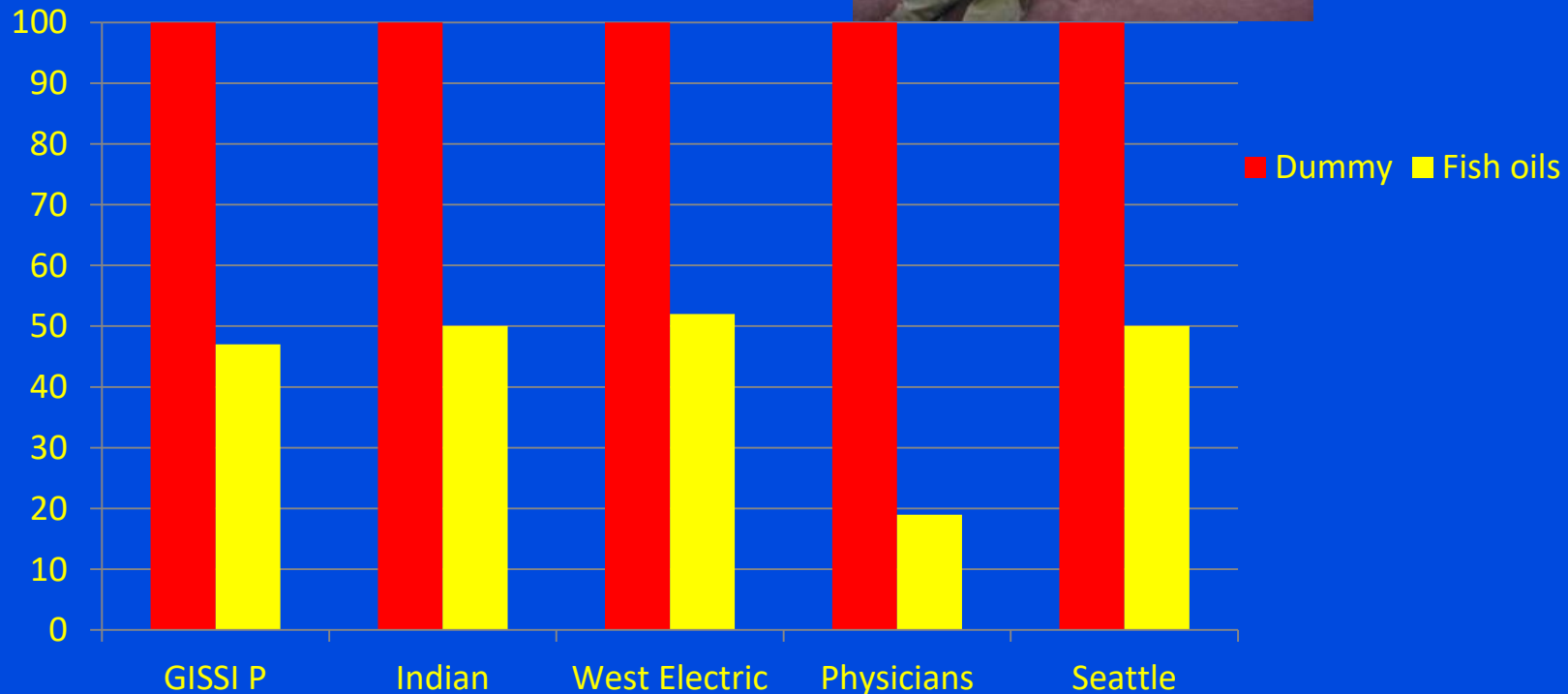
The use of antioxidant supplements:

Heart attacks & death were reduced
in nurses taking supplements:

Multivitamins	- 31%
Vitamin E	- 41%
Vitamin C	- 28%



There have been large trials with fish oils and sudden death:



GISSI P Lancet 1999 Aug 7

Review Circulation. 2002;106:2747

Reducing heart disease is so simple:

1. Eat as well as you can
2. Take supplements to complete the diet
3. Avoid toxins, smoke,
4. Regular exercise



Reducing heart disease is so simple:

1. Eat as well as you can
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BUT

Heart disease starts in our teens



Reducing heart disease is so simple:

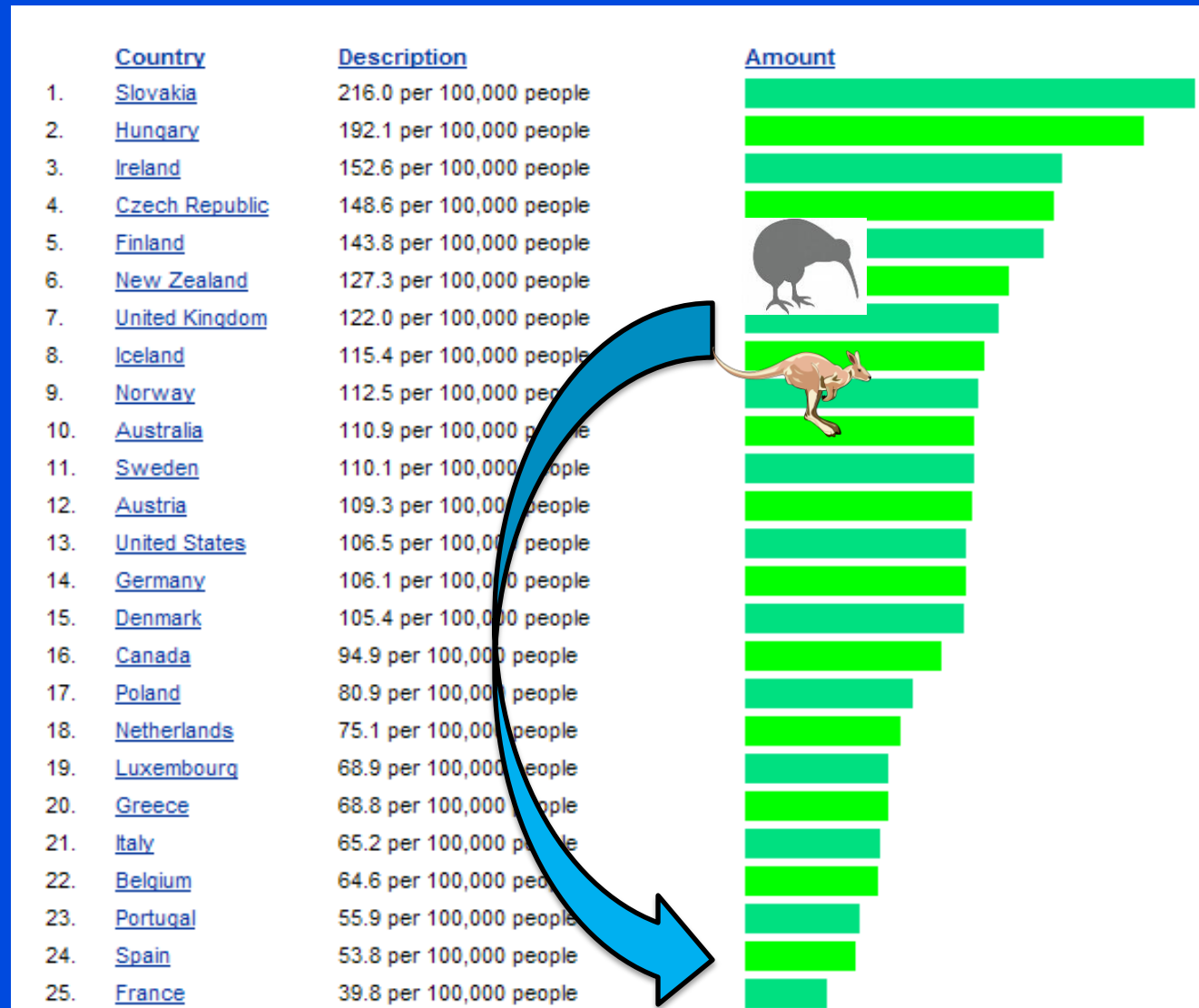
1. Eat as well as you can
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So we need to start doing these in our teen years!



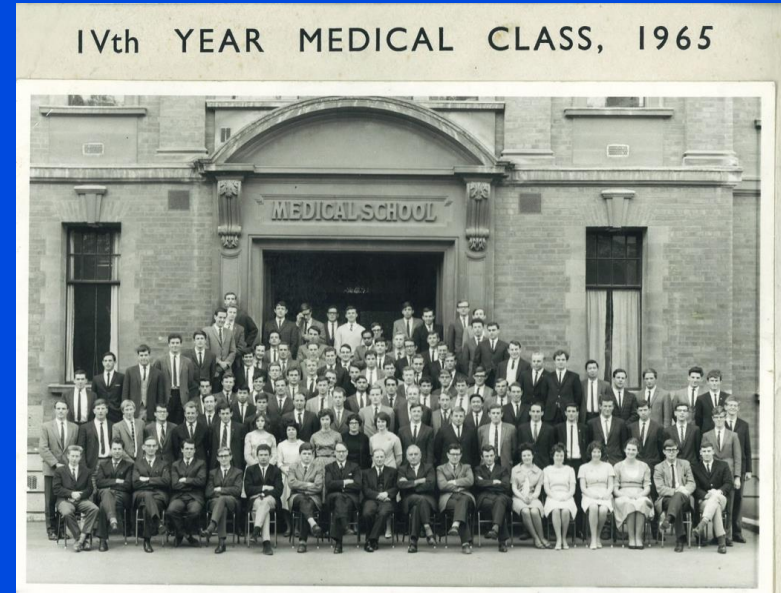
With these we could have a diet almost as healthy as the Mediterranean one



This is what we should have been told in Medical School

It is so simple:

1. Eat as well as you can
2. Take supplements to complete the diet
3. Avoid toxins, smoke,
4. Regular exercise



We didn't learn these, and neither did your doctor.

What about FAT

For years we have been told to avoid fat especially saturated fat (butter, cheese, coconut...)
So we have moved to sugars and carbohydrates

Recent AHA recommendation still tells people to avoid fats.



BUT a recent trial reported in European Caongess of Cardiology 2017 says this is WRONG


PURE study ESC Sept 2017

Followed 135,000 people from around the world for 7 years.

Sugars and carbohydrates  deaths by 28%

Fruit, veges, legumes – reduced all deaths (3-4/day)

ALL fats  death by 23%

Saturated fats  stroke by 21%

When I showed these results to my mother, she said, 'Why did you bother doing this study? This is what our grandmothers and their grandmothers have been advocating for centuries.' And actually she is right."

Eat everything in moderation

- Go low on sugars
- All fats in moderation
- Meat – moderation
- Fish – lots
- Fruit and veges, nuts legumes – lots – best raw
- Alcohol – just a little is good for us



1955



Adrienne was a beautiful 26 year old
She started getting headaches
Losing her vision and became blind
Her kidneys failed
6 months later - she was dead

When we graduated from Medical school, the greatest cause of heart attacks, strokes, blindness and kidney failure was?

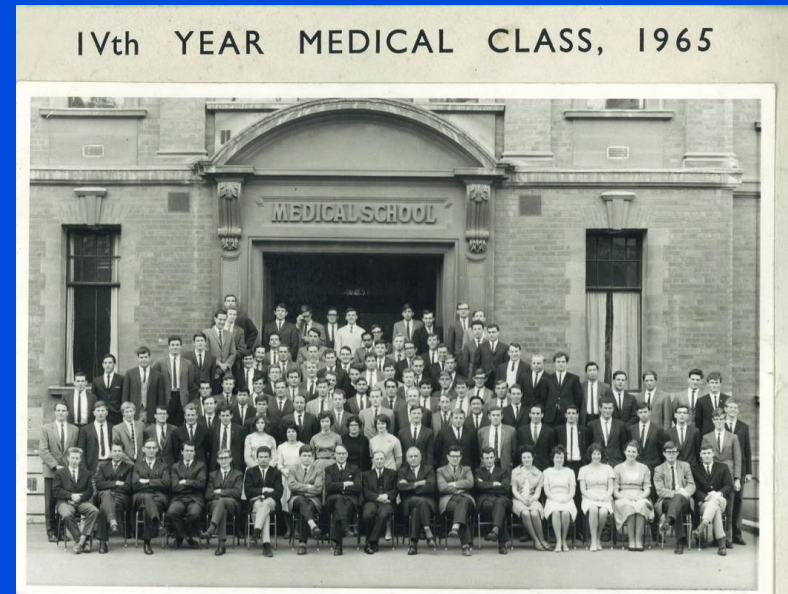
High Blood Pressure

Hypertension

We had no effective drugs

Now people just take 1-2 pills per day

Do we need to take the pills?



Blood pressure tablets:

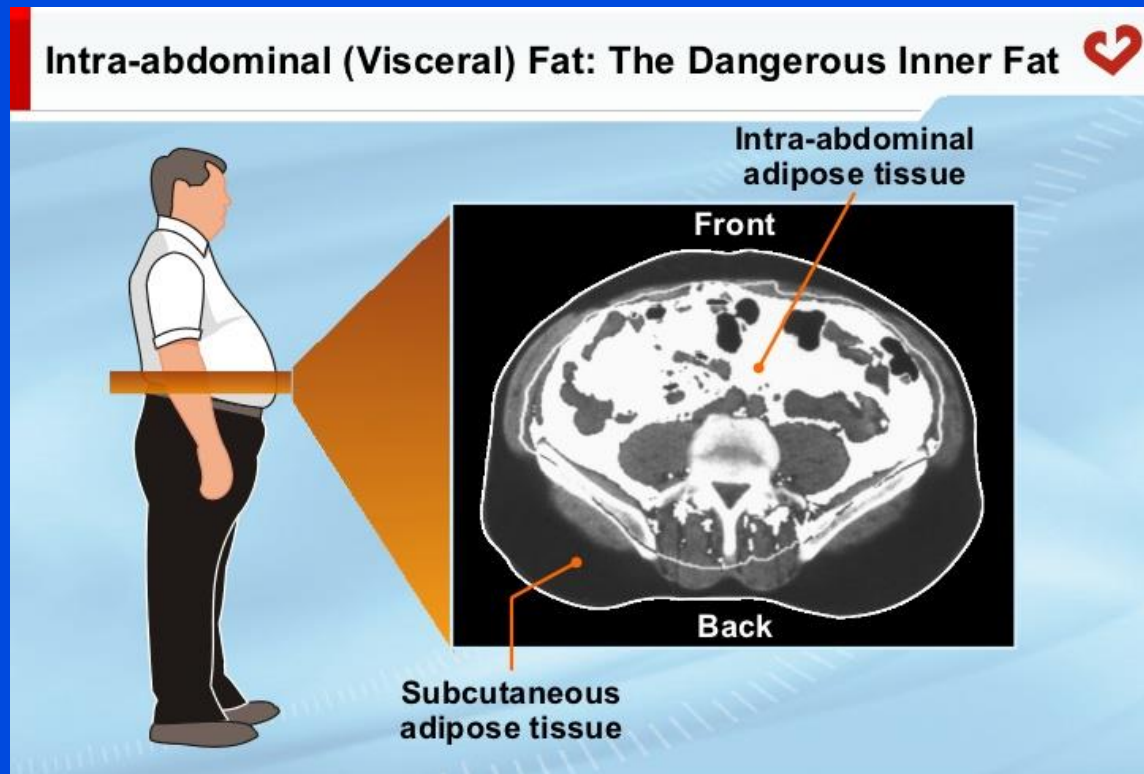
There are many types – diuretics, ACE inhibitors, calcium blockers, beta blockers, alpha blockers....

- Some work better in some people than others
- If not successful – change to another group
- Some can be added together (others not)
- Most have side effects – most are mild – check them out
- If you gets side effects ask for another

Can we do anything about our BP without pills?

Can we do anything about our BP without pills?

- Aim for your ideal weight – esp tummy



Can we do anything about our BP without pills?

- Aim for your ideal weight – esp tummy
- Regular gentle or mild exercise



Can we do anything about our BP without pills?

- Aim for your ideal weight – esp tummy
- Regular gentle or mild exercise
- Relaxation and reduce stress (HYPER TENSION)



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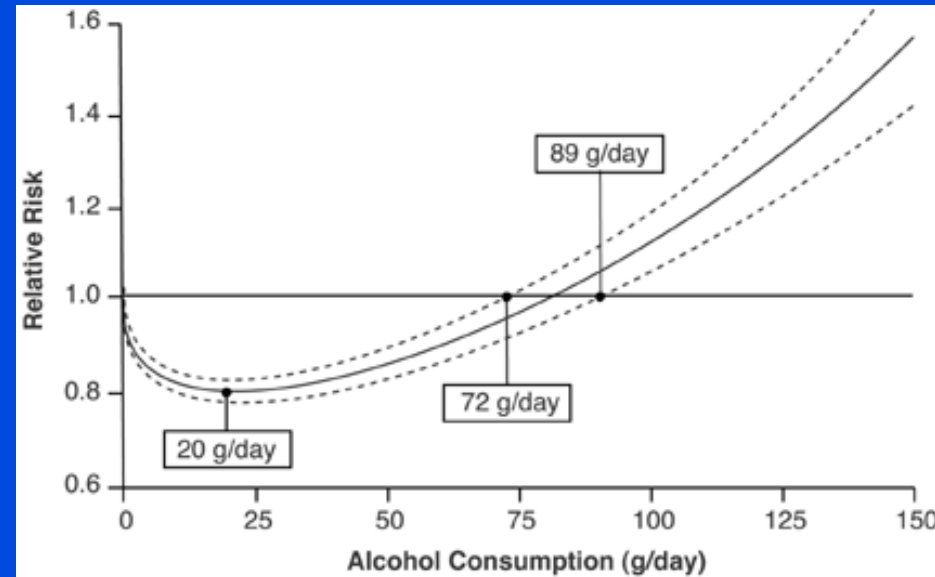
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(DASH)

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When your doctor says you have high BP, start on tablets and all of the above.

After 4-6 months, if BP is down ask if pills can be reduced

Heart Failure

Many diseases end up as heart failure – high BP, heart attack, rapid heart rates, cardiomyopathy, valve diseases, some infections, ALCOHOL.

- Breathlessness
- Swelling in tummy and legs
- Tiredness, low energy
- Faintness



Heart failure – medical treatment

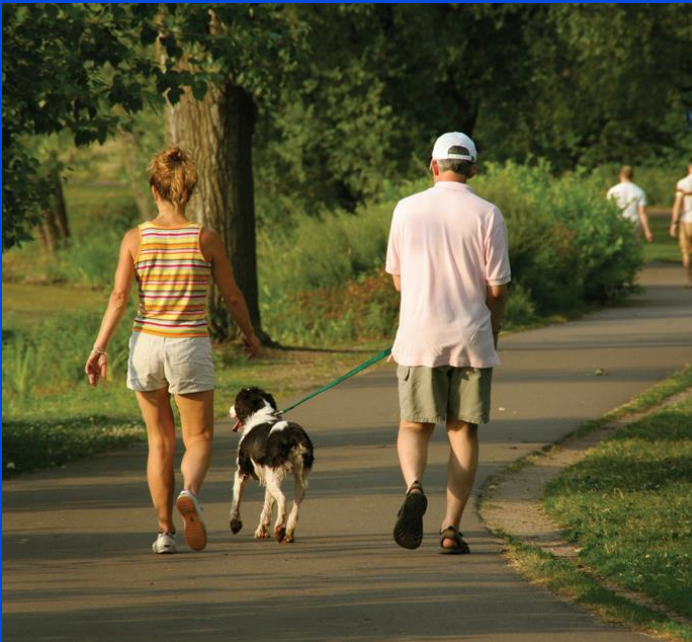
Fix cause if possible – heart failure is not a diagnosis

Drugs

- Fluid pills – diuretics – frusemide, spironolactone
- ACE inhibitors (accupril, inhibace) NB cough - A2 inhibitors
- Beta blockers, digoxin,
- Operations – new valves, heart transplantation

Heart failure – what we can do

- Mild exercise – reduce stress, relaxation,
- Aim for ideal body weight
- Little or NO alcohol
- Good sleep (head up may help),
- Low salt diet



Heart failure – what we can do

- Mild exercise – reduce stress, relaxation,
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Supplements –

- Good multi (with selenium)
- Calcium and magnesium
- Coenzyme Q10
- Omega 3 fish oil
- Testosterone (boys)
- Hawthorne



Do supplements work?



Brian had heart failure – we met in Whakatane hospital Nov
Previous heart attacks cardiomyopathy
No operation possible
On every drug we had – digoxin, ACE,
Beta Blocker, frusemide, aspirin, ...
Bed ridden, BP not measurable –
stopped all observations



Plan - to go to a hospice for his last few days.

Wanted to see his daughters – flying out from the UK, but told he just had ***a few days – weeks at the most.***

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Plan - to go to a hospice for his last few days.

Wanted to see his daughters – flying out from the UK, but told he just had ***a few days – weeks at the most.***

I offered him a 'natural' therapy

3 months later he was enjoying showing NZ to his daughters

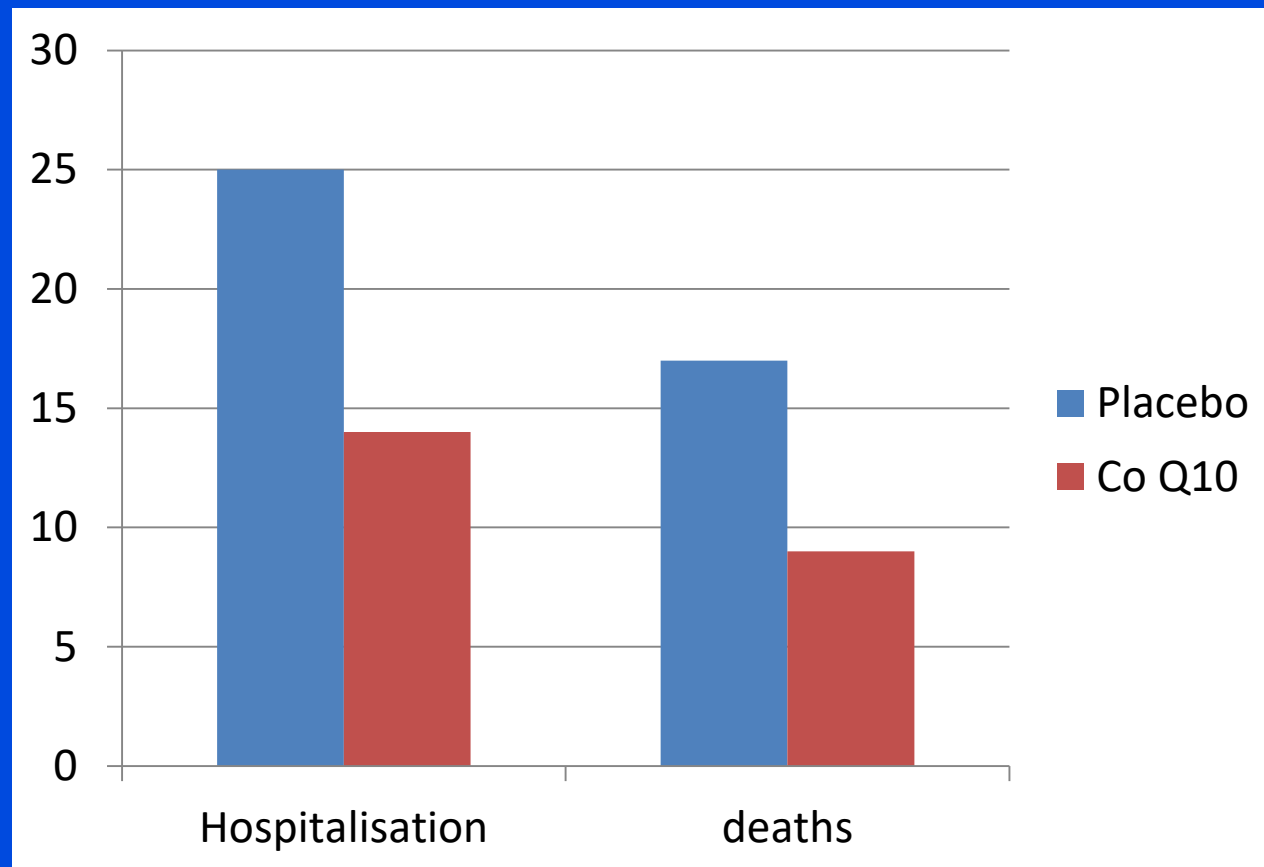


**What was that
therapy?**

CoEnzyme Q10

CoQ10 helps heart failure -

In the Q-Symbio study 2015 - CoQ10 vs placebo in 400 patients with severe heart failure



Taking CoQ10 HALVED hospitalisations and death!

Everyone with heart failure:

1. Heart failure is not a diagnosis
2. Demand and ECG and Echocardiogram
3. Must be on all these supplements

Good multi (with selenium)

- Calcium and magnesium
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Palpitations

Heart beating irregularly, too fast or too slow



Palpitations

Heart beating irregularly, too fast or too slow

- We ALL get some palpitations – most benign



Palpitations

Heart beating irregularly, too fast or too slow

- We ALL get some palpitations – most benign
- Most women at Menopause do

Symptoms of early onset menopause:

- Hot flashes & night sweats
- Irregular periods
- Vaginal dryness
- Mood swings
- Reduced libido
- Disrupted sleeping patterns
- Heart palpitations
- Dry skin
- Hair loss
- Incontinence

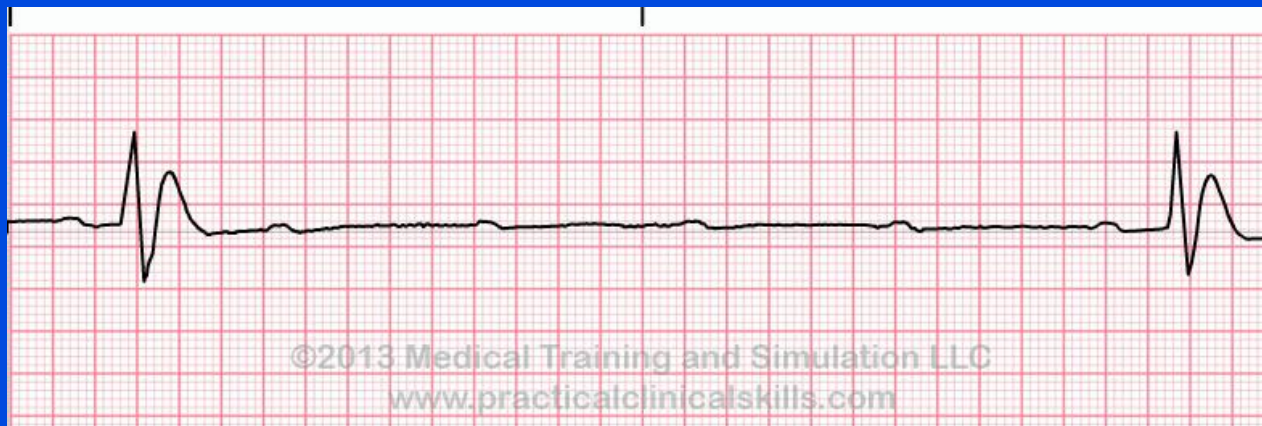


Palpitations are NEVER a herald of a heart attack

Palpitations

Heart beating irregularly, too fast or too slow

- We ALL get some palpitations – most benign
- Most women at Menopause do
- Slow heart rates – can be due to drugs or block



Palpitations

Heart beating irregularly, too fast or too slow

- We ALL get some palpitations – most benign
- Most women at Menopause do
- Slow heart rates – can be due to drugs or block
- Rapid regular beating

If it persists see your doctor or ambulance

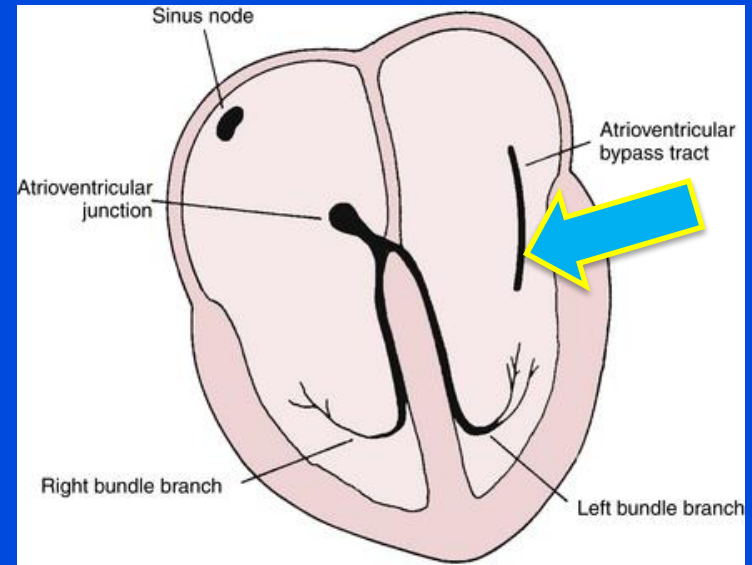


PAT (paroxysmal atrial tachycardia) can occur in younger people

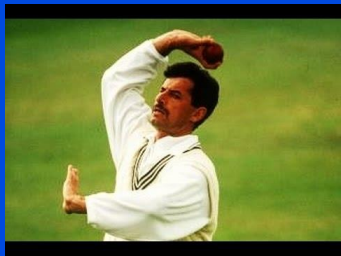
PAT is often due to an extra bypass tract in the heart

Causes intermittent racing of the heart (WPW)

Usually happens in people with healthy hearts



Can easily be cured with a heart catheter – burns the bypass tract



Supine valsalva can also stop it



Palpitations

- Rapid irregular beating – atrial fibrillation – needs treatment – drugs to slow and anticoagulants



Warfarin or dabigatrin

If any palpitations are fast, last for more than a few minutes, cause symptoms – go to an ED dept or ambulance

Palpitations – what we can do ?

- Relax – stress always makes them worse
- Reduce alcohol and probably caffeine
- Supplements –
 - Magnesium
 - Omega 3 fish oils
 - Coenzyme Q10
 - Hawthorne

Do they work ?

Whangarei Hospital: I was called to CCU on Friday night

A 75 year old woman— recurrent
cardiac arrests

resistant to all drugs:

Amiodarone

Flecainide

Procainamide

Beta blockers

Lignocaine

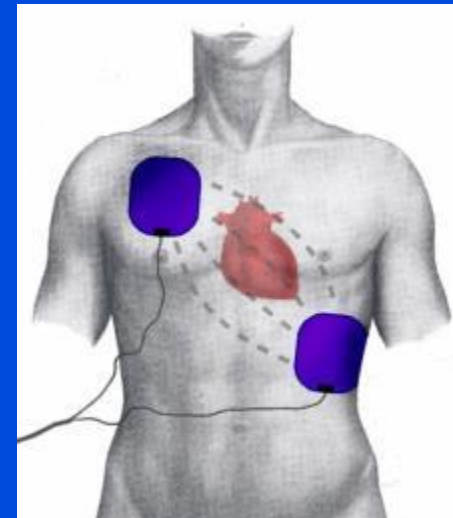
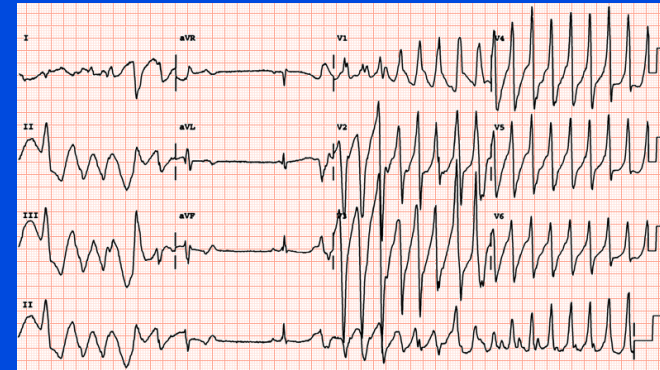
Each time she had to be defibrillated (10)

She was terrified, the nurses were at their wit's end.

I added 1 treatment – and the arrests stopped.

What did I give her?

iv magnesium



Conclusions:

Heart attacks, angina, cardiac arrest, high blood pressure, palpitations and high blood pressure

ALL

Can be helped and partially prevented with:

- Reasonable diet – everything in moderation except sugar
- Fresh fruit, vegetables, legumes and nuts
- Regular mild / gentle exercise
- No smoking
- Mild (<2) or no alcohol
- Supplements – multi (with selenium), fish oil, calcium/magnesium, and CoQ10

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