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Dr. Kahn's Guide To Avoiding A Heart Attack



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Heart disease is the number one cause of early and unexpected death in the Western world.

Stop for a minute and think about that. One out of every three persons will die of heart disease. Real people. Like a 42 year old accountant, a 56 year old doctor, a 54 year old stay at home mother, a 65 year old surgeon, a 63 year old heart surgeon. These are just some of the people I have known that have unexpectedly dropped dead of heart disease recently. They left loved ones that will miss their presence forever and they were robbed of seeing sunrises and sunsets, weddings, grandchildren, vacations, and laughter.



I do not want that to happen to you or anyone you love. It is my number one professional goal to teach as many people as possible that heart attacks are PREVENTABLE.

We have the science to prevent heart attacks, or at least 90% of them. Hundreds of thousands of people dying every year would not have died if they read and implemented this short guide.



Please, read this, share this, and practice the simple lifestyle steps that reduce the chance of having a heart attack by nearly 90%. Don't negotiate it, just do every part of the simple formula for health and happiness.

This guide explains the lifestyle that makes you heart attack free. Another guide explains advanced testing.

LIFESTYLE: The Key to Living Heart Attack Free

If there was a new medication that dropped the risk of heart attack by 80-90% it would be an instant billion dollar drug. Pharmacies would run out of stock, doctors would prescribe it like crazy, and people would remember to take it daily. Well, there is no such pill nor do I think there will be but there is such a treatment. It is a lifestyle of health born out of many large scientific studies. Let's look at those studies to learn what you need to do every day. The first study dealt with diabetes prevention.

2001

The Harvard School of Public Health reported on a study of 84,941 female nurses that were free of heart disease, cancer and diabetes. A low-risk lifestyle was defined as staying trim, eating a lot of plant fiber and polyunsaturated fats, regular moderate to vigorous exercise (at least 30 minutes a day), no smoking and drinking at least half an alcoholic drink daily. During follow-up, 3,300 women were diagnosed with diabetes. The single most important predictor was being overweight or obese. Sadly, only 3.4% of the women fit the entire profile of the low risk lifestyle. These women, however, had a **91%** lower chance of diabetes compared with the other members of the study.

Bottom Line: Diabetes, a major reason people develop heart disease and heart attacks, can be prevented over **90%** of the time by managing your lifestyle as well as you manage your check book.

2004

The INTERHEART study measured the risk of heart attacks in 52 countries and found 15,000 cases. They found nine risk factors which accounted for **90%-95%** of the cases of heart attacks... and all of these factors can be controlled! What predicted a heart attack?

They were smoking, elevated bad cholesterol, high blood pressure, diabetes, abdominal obesity (waist over 35 inches for a woman and 40 inches for a man), high mental stress, few fruits and vegetables daily, lower alcohol intake and lack of physical exercise.

Bottom line: The question is, can you take charge of your life and create a lifestyle where you don't smoke, have an occasional glass of red wine, learn stress management techniques like meditation, know and control your blood pressure, cholesterol and blood sugar and trim that waist down? Would that checklist be worth 95% freedom from a heart attack during your career and after? Do 9 out of 9 and you can nearly eliminate your risk of ever having a heart attack. Not a pill or an operation but a daily lifestyle. You can do it!



2006

Harvard researchers analyzed data from 43,000 men in the Health Professionals Study between the ages of 40-75 who had no heart disease at the beginning of the study. The healthy lifestyle subjects had normal weight, were non-smokers, were physically active for more than 30 minutes a day, used moderate alcohol, and had a diet comprised of more nearly half healthy plants.

Over the 16 years of follow-up, a heart attack developed in 2,183 men, some of which were fatal heart attacks. Men who had five out of five low risk characteristics had an **87%** lower rate of heart attacks! During the study, men who made two or more lifestyle changes to move closer to the ideal low risk group had a lower risk of heart attacks, too.

Bottom line: It is never too late to change, and change should start today. These are five simple steps. Remember, don't smoke, maintain your weight near goal, walk, have an occasional drink if not an issue, and eat plants, lots of plants, every day. That is not a hard list.



2007

Swedish investigators studied over 24,000 women after menopause who were free of heart disease. 308 cases of heart attacks developed over six years of follow-up. A low risk diet (high scores for fruits and vegetable intake, whole grains, legumes, fish, moderate alcohol intake), along with not smoking, walking or biking 40 minutes daily, and maintaining a trim waist-to-hip ratio reduced the risk of heart attacks by... **92%!**

Bottom Line: After menopause, women are at increased risk of heart attacks and stroke, but they can be almost completely eliminated by LIFESTYLE MEDICINE. Get on the program and live heart attack-free.



2008

Harvard scientists reported on over 43,000 men from the Health Professionals study and over 71,000 women from the Nurses' Health Study. This time the risk of stroke was assessed and evaluated in terms of lifestyle habits in persons with no history of stroke.

If you want to avoid approximately **50%** of strokes, you would need to match the following healthy lifestyle habits: no smoking, a body mass index of under 25, 30 minutes a day of moderate activity, modest alcohol intake and a diet in the top 40% of healthy factors (eat your vegetables comes up over and over).

Bottom Line: Strokes are devastating, career-ending and often fatal. Cut your risk by **50%** by following lifestyle recommendations derived from over 100,000 persons.



2008

In the MORGEN study, researchers in the Netherlands studied almost 18,000 men and women without heart disease. They followed them for up to 14 years, and in that time more than 600 of the group had heart attacks including deaths. They found that if people followed four steps they were able to lower their risk of heart attacks by **67%**:

- 1) averaging 30 minutes a day of physical activity
- 2) eating a healthy diet in the Mediterranean style rich in fruits, vegetables and whole grains
- 3) not smoking
- 4) enjoying more than one alcoholic beverage a month

People who added a fifth health habit — sleeping seven or more hours at night on average — lowered their risk of heart attacks by **83%** compared to those not following these steps.

Bottom Line: In addition to the prior health recommendations, you need to sleep! Sleep lets your body recover from a tough day at the office, gym or in the car on the cellphone. Do not cut sleep out of your health plan. If you are not sleeping, see a specialist and find out if you have sleep apnea, which can be tested for at home in your own bed. At least 8 out of 10 heart attacks don't need to happen!

2014

The Karolinska Study in Sweden examined more than 20,000 men free of heart issues and followed them for 11 years. They found that there were certain habits that lowered the risk of heart attacks, including:

- 1) a diet rich in fruits, vegetables, legumes, nuts, whole grains and reduced fat
- 2) not smoking
- 3) moderate alcohol consumption daily
- 4) thin waistlines
- 5) more than 40 minutes of daily physical activity

Sound familiar? Men who followed all five of these lifestyle habits had an **86%** lower chance of developing or dying of heart attacks than those who followed none. Sadly, only 1% of the Swedes studied followed all five habits!

Bottom Line: Be one of the 1%, the group which does all five healthy heart habits. Be at the top of your class in health habits and go almost **90%** heart attack-free with little effort and expense. Seriously, how hard is it?

A decorative graphic of a green leaf with a stem and two smaller leaves, positioned in the bottom right corner of the page. The background features abstract green wavy lines.

Summary: Heart Attack Proof Your Lifestyle

You don't need a \$100,000 heart operation, a pacemaker or a stent to make your heart healthy, to enjoy life, and to avoid a heart attack. You need to have a healthy lifestyle every day and you will feel so much better you will be thankful that you learned the steps. So join me in living a heart attack free life by being sure every day to:

- 1) Don't Smoke
- 2) Walk at least 30 minutes
- 3) Eat 5 or more servings of fruits and vegetables
- 4) Keep your weight and waist trim
- 5) Sleep 7 hours a night
- 6) Enjoy a small amount of red wine if not an issue
- 7) Have a sense of gratitude and love

Good Luck! See you at 100!!

