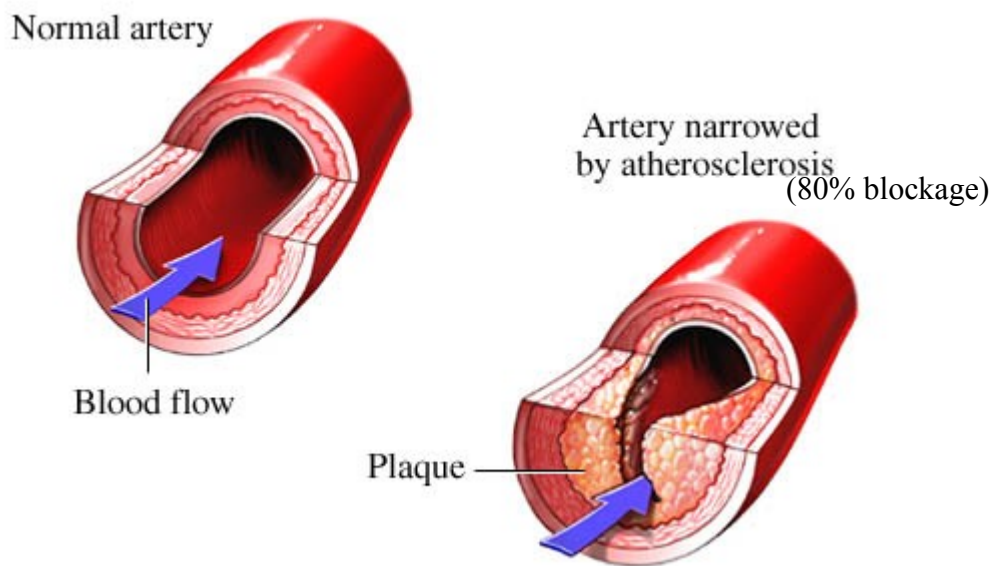


Health Minute™

To stent or not to stent...

In the COURAGE trial, approximately 2500 people with an average of 83% blockage were separated into two groups. One group received a stent while the other group received medical therapy. **Both groups were expected to make the same aggressive diet and lifestyle changes.** After approximately 10 months, 21 percent of the stent group required an additional intervention and 33 percent of the medical therapy group required stent placement. After a period of 4.5 years, there was no difference in the rate of heart attack or death between the two groups. What does this mean? This most likely means that the average 80 year old patient in OUR practice with an asymptomatic 80 percent blockage can defer angioplasty in favor of aggressive lifestyle changes if he/she gets serious enough.



Lifestyle changes	Medical Therapies
Stop smoking Bad cholesterol level 60-85 Good cholesterol >40 30-45 minutes of exercise at least 5 days per week Achieve a BMI of 25 or less – start by losing at least 10% of current body weight Optimal blood pressure less than 130/85 Diabetics keep their A1C less than 7.0 (at least)	Aspirin and/or Plavix as determined by your doctor Statin and/or zetia and/or niacin High quality fish oil such as Arctic Fresh™ ACE inhibitor or Angiotensin 2 receptor blocker Beta blocker such as Toprol XL Calcium channel blocker such as Norvasc if needed for blood pressure control Long acting nitroglycerin as needed for chest pain control